

The Labyrinth

Meditation in motion

ANSD Quiet Day

with Dr Barry Donaghue cfc

Saturday 20 August 2022

9.30am to 3pm



**The labyrinth is an ancient, sacred way of meditating in motion,
illuminating human experience and liminal spaces.**

Evidence of labyrinths appear all over the world, across cultures, with rock carvings dating back 40,000 years. The sacred geometry inscribed within sacred space can work with the archetypes within to shed light on life's conundrums, and on another level, to provide a path into liminal experience. The aim of this Quiet Day will be to open up some of the possibilities and to provide time, poetry and spacious silence in which to experience and explore.

**The day will include an indoor and outdoor labyrinth,
along with hand-held labyrinths for finger or stylus tracing.**

Brother Barry is a Christian Brother, spiritual director, retreat facilitator and labyrinth presenter, trained by Rev Dr Lauren Artress and accredited by the Veriditas world-wide labyrinth movement. He has 60 years' experience in spiritual formation in eleven countries.

Please RSVP by Friday 12 August to ansdact@gmail.com

Venue: The Chapel, Australian Centre for Christianity and Culture, 15 Blackall St, Barton, Canberra (off Kings Ave, parking available).

Cost: Payment of \$30 via electronic transfer to "Australian Network for Spiritual Direction" / **BSB 032-719** / Account **301 994** / Reference: **SurnameQD**.
Cash only on the day.

Enquiries: Annie Patterson, ANSD Convenor for Canberra & Region,
0450 488 278.

