

# LAN Circle Wrap-up

August 22, 2023- Our One Year Anniversary!!!

**Labyrinth Activism: a spiritual practice using the labyrinth, heart centered intention and action for change.**



We welcomed 27 people to our circle on Tuesday. Mary Ann Wamhoff led us on a Sufi breathing and meditation journey.

## LLP Updates

- Tish: Book club-**The Hope, A Guide to Sacred Activism** is our next book and we will meet on October 10<sup>th</sup>.
- Johanna gave us a Global Coherence Initiative reminder for Wednesday night at 7 pm ET.
- Ellen filled us in on the Parliament of World Religions that took place in Chicago in August.

## Inspiration

- Dr. McGee will join us next month via zoom or video to update us on the Haiti Project
- Tony Christie Interview
  - You can rewatch the interview here: <https://youtu.be/wd-qaDU77sA>
  - Contact Tony at [Tonymchristie.com](http://Tonymchristie.com)
  - Labyrinth Cards: <https://www.kinstonecircle.com/contact-us/>

## Small and Full Groups

- We meditated on our Intention for Maui for 5 minutes as a large group: Relief is delivered to the people of Maui. They feel support and healing.
- We then split up into small groups to talk about what we experienced. There seemed to be a common thread of rebirth and greenery. The ocean as cleansing and the people standing shoulder to shoulder.

## Something New

Our LAN circles will have a new format beginning next month. We will spend 60 minutes on our intention work, and we will incorporate a finger labyrinth walk into it.

## Next Steps

- Mark your calendars for the next book club on October 10.
- The next LAN Circle is September 26.
- Michael Murschell won the autographed copy of our Book Club book THE HOPE by Andrew Harvey.

## Closing

Mary Ann Wamhoff closed our circle with more Sufi Breathing. Beautiful and thank you!!