

# LAPIDUS JOURNAL

## The Lapidus 20th Anniversary Special Triple Edition

### *Capturing the Collective and Connected Spirit of Writing for Wellbeing*

Welcome to *The Lapidus 20<sup>th</sup> Anniversary Special Triple Edition* – we hope you agree that this exciting *Triple Edition* is bursting with ideas, metaphors, stories, science, and practices, to celebrate a very special year. Like any important anniversary we hold close to our hearts, we wanted to capture part of the celebration and share it with others. These were certainly the sentiments and experiences of our beautiful [Lapidus Day 2016](#) and the lively conversations that were spurred on the [Lapidus Facebook page](#) afterwards.

We wanted this Special Edition to *Capture the Collective and Connected Spirit of Writing for Wellbeing*. Why? It appears that with each passing year, we learn more about the pressures and demands of modern life on our planet and all of the inhabitants on it, as well as the destructive implications of these on wellness. It seems that feeling and being connective and collective in our thinking and acting is a productive way forward for wellness – and importantly, that words and writing for well-being are a highly engaging route towards these outcomes.

The excellent response to the call for papers indicated to us that we ourselves connected with a wider collective who wanted to celebrate with us, with many beautiful contributions from original founding members, new members, and members-to-be. So much so, we created three parts to the Special Edition:

[Part 1 - The First 20 Years of Lapidus](#) – collates alternative accounts and reflections particularly from our [Lapidus Day 2016](#) celebration;

[Part 2 – Collectives Connecting to a Collective Spirit](#), illustrates writing practices which enable multiple people to connect with each other or to other things in some way, and in doing so, create new meanings, understandings, or relationships with something, including themselves;

[Part 3 – Individuals Connecting to a Collective Spirit](#), illustrates individually focused writing practices to create new meanings, understandings, or relationships with something, including themselves.

I wish to thank all of the contributors and all of those who have made this possible, especially my Co-Editor Lisa Rossetti whose ability to engage with others' stories is so deeply precious, and Barbara Bloomfield whose passion for helping others' never seems to waiver.

These thanks also go to one of our most valued editorial team members, Mel Parks. Mel and her unbounded patience, energy, and resource, will be taking up a wonderful new opportunity for personal and professional growth, and I am sure will be carrying the Spirit of Lapidus with her to touch the lives of others in all she does. Live with wellness, Mel.

As you will soon read, Victoria Field says in Part 1 of this Special Edition, "*in a thousand small ways, the work of its members is changing the worlds of individuals*". I am confident the next 20 years will be even bigger and better. I hope you can join the Editorial Team and I in wishing Lapidus a very happy birthday!

