



Discover the Labyrinth at VGH

The labyrinth is an ancient symbol. The earliest labyrinth found so far was carved into a stone, the date approximately 3900 BC. The labyrinth is also new and modern. As you walk the labyrinth, you may find yourself in meditation or you may just find yourself on a walk within the turning paths. You can walk the labyrinth for a reason or for no reason. The walking is an experience in itself.

The first labyrinth at VGH was completed in 2004, and was dismantled when the new Trauma Centre was built. It has now been reborn on a new site, beside the parking for ER, across from the North Tower.

Many people contributed to the Healing Garden project, early in this decade. Those funds have continued to be put to good use. The majority of the patio stones used for the labyrinth were still usable, the benches were reused and placed into this area and the remainder of the funds, which had been kept, were used for the purchase of soil and sand for placement in and around the new labyrinth. VGH Administration, McNutt Sod, and Odell's Soil & Sand all gave generous financial or 'in kind' donations.

Time and expertise have been given by Sheila Weitman of VGH's Weitman's Landscaping and VIHA at VGH, has been generous both in clearing, filling and completing the new labyrinth area.

We celebrate this gift to the spiritual side of healing and health.

For more information please contact Karen Wilson, VGH Chaplain 727-4278