

August 2019

Report from Stanwood/Camano Island, WA

We have had a rewarding and productive LABYRINTH COMMITTEE meeting monthly for 3 years now. Such great people! — 6 currently on the team and several of us share facilitating the meetings. We do a big World Labyrinth Day event with all kinds of activities and a simple WALK FOR PEACE on 9/11 with a volunteer musician accompanying the Walk. We put on a full day drop-in workshop with labyrinths to walk, a talk and video, plus exhibits at a local Mind/Body/Spirit event.



We have established our first public labyrinth painted on an existing concrete slab at City Hall in Stanwood. Plans are in the works to include one in at least one park being renovated, and we are partnering with our Community Resource Center to put one in their front lawn. We have great support from the City (they send a Planner to our meetings!) and get good coverage in the local press, and are slowly making contacts with folks in the schools. People here are beginning to know what a labyrinth is!

One of our members saw a call for people to provide Kids' Activities at the Camano Farmers' Market this summer. We applied and arranged for a date. Dan Niven set up 2 of his rope kit labyrinths in the grassy area and we had signs, a table with materials and small tables with finger labyrinths,



all staffed by 3 of our members. The Market is small, from 3-7pm Tuesdays. We had a steady trickle of people at our booth (3 signed up to be notified of future events)—some great conversations—and children enjoying the labyrinths pretty

constantly. We all felt it was worthwhile and enjoyable and that participating in an existing event is a great way to go.

About the Author Judy Mieger:



I grew up in the Philadelphia area, have lived in Phoenix, France, and Micronesia, and having spent 30 years in Cottage Grove, will always consider myself an Oregonian. Been on beautiful Camano Island, WA for 10 years. Retired after 25 years as a La Leche League Leader.

Co-direct a small Threshold Choir, sing at my Episcopal church, and am trained as a Spiritual Director and Labyrinth Facilitator. Proud MANU to 4 way-above-average grandchildren. Life is a gift.