



## LETTERS TO THE EDITOR

LISA SCHULMEISTER, RN, MN, CS, OCN®  
EDITOR

*Editor's note.* In the September/October issue of the *Clinical Journal of Oncology Nursing (CJON)*, the Integrated Care feature highlighted "Labyrinths: A Pathway to Reflection and Contemplation" and included an "Ask an Expert" column on how labyrinths can be integrated into caring for patients with cancer. *CJON* asked readers to share their healthcare institutions' experiences with labyrinths and received many interesting responses, all of which are featured here.

### Where Can Portable Canvas Labyrinths Be Obtained?

My healthcare institution is making plans to renovate its oncology unit, and I would like to obtain more information on where we could obtain a portable canvas labyrinth and what sizes they come in.

Cindy Sessa

Unit Secretary C.H.U.C.  
St. Francis Hospital and Medical Center  
Hartford, CT

### Consultant Shares Sources

I personally recommend the following for portable labyrinths.

- **Veriditas: The Worldwide Labyrinth Project**—For more information, visit [www.gracecathedral.org](http://www.gracecathedral.org) or contact Adrienne Morello, customer service manager, at 415-749-6358 (415-749-6357, fax). 36' or 24' diameter canvas labyrinths are available.
- **The St. Louis Labyrinth Project**—For more information, visit [www.labyrinthproject.com](http://www.labyrinthproject.com) or contact Robert Ferre, owner and first labyrinth builder in the United States, at 800-873-9873 (888-873-9873, fax). Various sizes, styles, and materials are available.

Margaret Nicolson

Labyrinth Consultant  
New Orleans, LA

### Moffitt Arts in Medicine Team Dedicates Labyrinth to Global Peace and Healing

At H. Lee Moffitt Cancer Center and Research Institute at the University of South Florida in Tampa, a portable 22' X 24' canvas labyrinth was draped over a long row of tables in a corner of the main lobby in May 2002. Moffitt's Arts in Medicine team directed more than 100 patients, visitors, and staff in painting the complex design by hand.



More than 100 patients, visitors, and staff helped to paint the labyrinth design at H. Lee Moffitt Cancer Center.

During the two days that it took to complete the labyrinth, the names of the painters, representing every age and level of painting experience, were inscribed in embroidery-like calligraphy around the edge, becoming a permanent part of the labyrinth's history.

The following day, the labyrinth was dedicated to global peace and healing in a formal ceremony. Patients with IV poles, staff in hospital scrubs, people in business suits, and children joined the inaugural walk of the labyrinth's "sacred space." A quiet corner for reflection was set with art materials for journaling or expressing images from their walk.

The weeklong celebration featured live music, peace walks, poetry, circle dancing, *Shibashi* (a form of *Tai Chi/Qi Gong* for healing), and other relaxation methods. The Arts in Medicine team held workshops on the history of labyrinths and finger-labyrinth making.



Moffitt's Arts in Medicine team introduced the practice of walking the labyrinth with intention and purpose.

ing. "The Healing Journey" art exhibit in the hospital's main corridor featured works by the artists who staff the Arts in Medicine program and demonstrated how the arts are a vital part of the healing process.

On the one-year anniversary of the events of September 11, the Moffitt labyrinth was laid out in the main lobby to offer a space set apart from everyday activities for "The Journey Beyond 9-11: Walking the Labyrinth for Peace." The Arts in Medicine team introduced the practice of walking the labyrinth with intention, and participants were invited to write a wish for peace on the wing of an origami crane and carry it with them on their walk. The family of a young Japanese patient introduced the paper crane, a traditional symbol of peace and healing in Japan. Each crane is folded from hand-printed paper, and Artists in Residence and volunteers taught participants how to fold the cranes during the day so that they could take the peace symbol with them.

Moffitt will join the world community on December 31 in walking the labyrinth to usher in the New Year. People from all over the world walk labyrinths as an alternative way to celebrate the New Year.

Carol Shore, BA, CET  
Artist in Residence

Tina M. Mason, RN, MSN, AOCN®  
Oncology Clinical Nurse Specialist

H. Lee Moffitt Cancer Center and  
Research Institute  
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### Ohio Labyrinth Encourages Powerful Spiritual Practice

In 2000, a special team of northeast Ohio physicians, nurses, administrators, art therapists, and chaplains formulated an innovative and comprehensive model for cancer care on

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