

Good News Moravian Church

2 Primrose Blvd.

Sherwood Park, AB T8H 1G2

(780) 467-0337

www.goodnewschurch.ca

March 25, 2017

Dear Mayor and County Councilors,

Thank you for your consideration of this request. Five years ago, Good News Moravian Church started a community garden and installed a labyrinth as part of that garden. In the years since, the garden has grown to 30 beds with one bed dedicated to the Strathcona County Food Bank. Benches, a picnic table and a decorative garden have been added making this a restful spot for many in our community. The labyrinth, a meditative walking path, has drawn walkers from the gardening and greater community. However, over time the pavers and limestone have shifted and the path needs major refurbishment. We would like to reinstall the labyrinth with rubber mulch, which is expected to last significantly longer. The church will supply all of the considerable labour to do this but we are small (50 members) and so are asking for financial help to be able to complete this project.

For those unfamiliar with labyrinths the following information comes from the Labyrinth Company (www.labyrinthcompany.com).

Labyrinths are ancient human symbols known to go back at least 3500 years and probably much older. They appeared on most inhabited continents in prehistory, with examples known from North & South America, Africa, Asia and across Europe from the Mediterranean to Scandinavia.

A labyrinth is not a maze, but a walking meditation device with a single winding path from the edge to the center. There are no tricks, choices or dead ends in a labyrinth walk. The same path is used to return to the outside. Combining a number of even older symbols, including the circle, spiral and meander, the labyrinth represents the journey inward to our own true selves and back out into the everyday world.

Walking a labyrinth is a right brain activity (creative, intuitive, imaginative), and can induce or enhance a contemplative or meditative state of mind. It is a tool which can clear the mind, calm our anxieties during periods of transition and stress, guide healing, deepen self-knowledge, enhance creativity, allow for reconciliation, restore feelings of belonging to a community, and lead to personal and spiritual growth.

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For many walkers the labyrinth becomes a metaphor for the journey of life: although full of twists and turns, each of us is on a single path through his or her life, and yet each person's journey is a separate and distinct qualitative experience. In walking labyrinths, modern seekers are emulating and recapturing the pilgrimage tradition of many ancient faiths.

Research conducted at the Harvard Medical School's Mind/Body Medical Institute by Dr. Herbert Benson has found that focused walking meditations are highly efficient at reducing anxiety and eliciting what Dr. Benson calls the 'relaxation response'. This effect has significant long-term health benefits, including lower blood pressure and breathing rates, reduced incidents of chronic pain, reduction of insomnia, improved fertility, and many other benefits. Regular meditative practice leads to greater powers of concentration and a sense of control and efficiency in one's life. Labyrinth walking is among the simplest forms of focused walking meditation, and the demonstrated health benefits have led hundreds of hospitals, health care facilities, and spas to install labyrinths in recent years.

We would love to refurbish the labyrinth so that it can be a benefit to our community for many years. If we are able to do this we will offer introduction dates to the community to explain the labyrinth and invite people to use it.

Thank you for your consideration of our request.

Best Regards,

Labyrinth Budget**Burnco**

	Price per unit	#	Price
Landscaping Fabric 4x250	\$189.99	1	\$189.99
Pins	\$.21	100	\$21.00
Rubber Mulch 2000 lb bag	\$799.99	2	\$1789.9
Rubber mulch 20 lb bag	\$8.99	30	\$269.70
Replacement budget for damaged pavers (will reuse existing pavers)			\$100.00
Delivery costs;			\$100.00

Outdoor brochure holder (to affix to shed)

Uline \$23.00

Information Brochures

Vistaprint \$59.98

Labour

40 hours site preparation done by church volunteers

40 hours installation done by church volunteers

Total estimated cost: \$2553.64