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### **Food Labyrinth Nourishes Soul and Helps Feed Hungry**

The public is invited to create a food labyrinth on the floor of the First Presbyterian Church auditorium in Newport. On Thursday, December 3rd, from noon to seven p.m., boxes and cans will be transformed into a large labyrinth. Donors may bring gifts of food to place on the path of the labyrinth as they walk, or canned and non perishable food items may be brought to the church prior to the event Monday – Thursday from 9 a.m. to noon all during the month of November.

The labyrinth itself is being laid out by one of Labyrinth Network Northwest's key players, Kay Kinneavy. Kinneavy will be available to assist walkers or answer questions about labyrinths. Meditative music will be provided throughout the day by several local artists.

Early labyrinths were etched in cathedral floors in Europe in the Middle Ages. Today labyrinths are used in hospitals, corporations, schools, prisons, public parks, gardens, spas, retreat centers, at the beach and in backyards. Lauren Artress, a leader in the labyrinth movement, explains, "You don't have to be Christian to walk the labyrinth. And actually, in the broad sense, it's an interreligious or interfaith tool, open for everybody. . . . it's a huge symbol. It illuminates the mystery."

"Our community gives so much throughout the year in support of our cause to end hunger in Lincoln County," says Joyce Thompson Graham, Agency Relations Coordinator for Food Share of Lincoln County, "We are offering this labyrinth as a small 'Thank you' to our neighbors." Thompson Graham continues, saying that although last year's labyrinth event brought in over 800 pounds of food and \$2400 in donations, Food Share is sponsoring this event mostly because the organization wants to give people a chance for quiet reflection during this busy holiday season. "We want individuals and groups of friends and co-workers to come on over and walk the labyrinth, to spend a few moments giving thanks for all the blessings we share each day," she comments.

For more information about the event or about how to support Food Share of Lincoln County, please call Food Share offices at 541-265-8578 or stop by 535 NE 1st Street, Newport.

The First Presbyterian Church is located at 227 NE 12th Street in Newport, one block off of Highway 101.