

LABYRINTH JOURNEYS

Produced and Directed by Cintia Cabib

www.labyrinthjourneysfilm.com

Running Time: 27 minutes

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SYNOPSIS

Throughout the Washington, D.C. metropolitan area, people are finding comfort and meaning in walking the labyrinth, an ancient symbol and structure which is more than 4,000 years old. *Labyrinth Journeys* presents the personal stories of individuals who walk the labyrinth at seven locations in the Washington, D.C. metropolitan area: Washington National Cathedral, Walter Reed National Military Medical Center, the National Intrepid Center of Excellence at Walter Reed, the School for Tomorrow, the American Psychological Association's green roof, a neighborhood garden, and MedStar Georgetown University Hospital. Adults, teenagers and children describe how they use this ancient path as a tool for healing, rehabilitation, meditation, stress reduction, spiritual awareness and playful exploration.

THE LABYRINTHS

Washington National Cathedral



Washington National Cathedral holds a monthly labyrinth walk as part of the Cathedral's Crossroads Program, an evening devoted to contemplation. Three individuals share the circumstances that led them to walk the labyrinth and describe its transformative effect on their lives. Crossroads Coordinator Terri Lynn Simpson traces the history of the labyrinth from 2000 BCE to the present.

American Psychological Association Green Roof



A few blocks from the U.S. Capitol, office workers take a break by walking the labyrinth on the American Psychological Association's green roof. Among the people we encounter are Holly Siprelle, who led the effort to build the labyrinth, Susan Hillson, who walks the labyrinth to resolve work and personal issues and John Flanagan, who uses the pathway as a team-building exercise with his co-workers.

Vickie Baily's Garden in Garrett Park, Maryland



When Vickie Baily and her husband Martin bought their 19th century home in Garrett Park, Maryland, they had to change the grade in their yard to prevent water from leaking into the basement. After leveling the ground, they built a labyrinth on their lawn which they share with the local community. The labyrinth has become a magnet for children, especially on Halloween.

Walter Reed National Military Medical Center



The striking outdoor labyrinth at Walter Reed National Military Medical Center provides a meditative space for patients, caregivers and staff. During a celebration of World Labyrinth Day, Senior Master Sergeant Demetrica Jefferis, a breast cancer survivor, walks the labyrinth for the first time and describes the impact it has on her as she reflects on her diagnosis and recuperation.

National Intrepid Center of Excellence at Walter Reed



At the National Intrepid Center of Excellence (NICoE) at Walter Reed, service members who are treated for traumatic brain injury and psychological health conditions walk the skylit labyrinth as part of NICoE's mind-body therapy program. Patrick Flanigan, who sustained traumatic brain injuries during the Iraq War, describes why he turned to the labyrinth after being admitted to NICoE, how it helped him heal, and how it changed his outlook on life.

School for Tomorrow



At the School for Tomorrow in Rockville, Maryland, students walk the labyrinth in the school's "chill room." Students Madison Middleton and Matt Jones describe how walking the labyrinth helps them cope with the stresses in their lives. Founder and Head of School Alan Shusterman explains the importance of having a meditative space for the students which is accessible to them throughout the school day.

MedStar Georgetown University Hospital



Artists with the Georgetown Lombardi Comprehensive Cancer Center Arts and Humanities Program transformed a concrete pad outside a surgical waiting area into a labyrinth. A mother whose son has undergone two liver transplants, a children's oncology nurse, and a medical school student share their reasons for walking the labyrinth.

Producer and Director



Cintia Cabib is an independent producer, videographer and editor. Her award-winning programs have aired on public television and have been screened widely in the U.S. and abroad. Cintia's documentaries and educational videos have covered a variety of topics, including the vital role of seven urban community gardens, the colorful history of an 88-year old carousel, and health issues affecting African Americans.

Production Credits: “Labyrinth Journeys”

PRODUCER AND EDITOR

Cintia Cabib

CAMERA AND SOUND

Cintia Cabib
John Z. Wetmore

PRODUCTION ASSISTANTS

Cat Demaree
Sharon Sobel

MUSIC

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GRAPHICS

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ADDITIONAL FOOTAGE PROVIDED BY

Georgetown Lombardi Arts and Humanities Program
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Lawrence Green, Time Traveling Media

PHOTOS AND IMAGES COURTESY OF

Vickie Baily
Discover Labyrinths with Lars Howlett
Kim Donahue
Jeff Saward/Labyrinthos
Sovrintendenza Capitolina ai Beni Culturali – Musei Capitolini
Walter Reed National Military Medical Center

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THANK YOU

Vickie Baily
Klia Bassing
Lisa Bowen
Kim Donahue
Debra Felix
Kenneth Kasprzak
Lauren Kingsland
Julia Langley
Andrea Lucie
Sarah Marshall
Robert Matthews
Mimi McNamara
Tori McSorley
Tiffany Montavon
Shadae Paul
Alan Shusterman
Terri Lynn Simpson
Holly Siprelle
Katrina Skinner
Craig Stapert
Ron Warren
Richard Weinberg
Nicole Weston
Marianne Worley

All the labyrinth walkers who participated in the film

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