

For the patients, staff and visitors of St. John Hospital and Medical Center, Sister Verenice is truly an "angel."

Sister Verenice is a loyal, dedicated associate and ardent supporter of St. John Hospital. She has been a board member of the hospital since 1958 and has been employed by the hospital since 1971. In addition to her days spent visiting and comforting patients, Sister Verenice is active in fund-raising activities for St. John Hospital and Medical Center and other charitable organizations in the metro-Detroit area.



Sister Verenice McQuade, SSJ,
Director of Community/Patient
Services St. John Hospital and
Medical Center

Sister Verenice is always willing to do whatever it takes to help others. She tackles tasks willingly, selflessly and always with a smile. She is an inspiration to all.

**Valade Healing Arts Center
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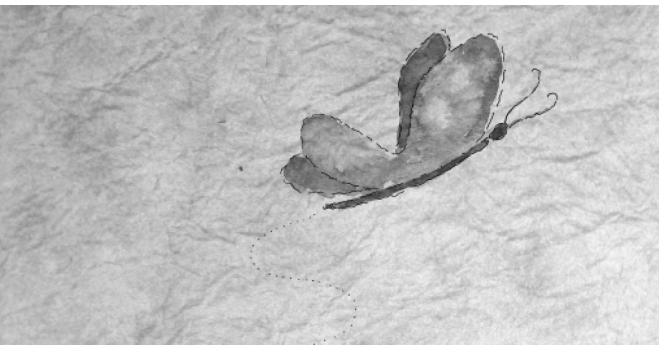
**ST. JOHN
HOSPITAL
& MEDICAL
CENTER**

**The Healing Garden
and Labyrinth Walk**

What is a labyrinth?

A labyrinth is a pattern with a purpose, an ancient tool that speaks to a long-forgotten part of us. Lying dormant for centuries, labyrinths are undergoing a revival of use and interest. They offer a chance to take time out from our busy lives, to leave schedules and stress behind. Walking a labyrinth is a gift we give ourselves, leading to discovery, insight, peacefulness, happiness, connectedness and well-being.

Thinking is not required to walk a labyrinth. At the same time, one must stay the path. This combination of reduced mental activity and heightened awareness makes the labyrinth ideal for walking meditation or prayer. Some walk or dance the labyrinth just for the fun of it, or to express a certain intent or wish. There is a strong connection between the labyrinth and earth energies, re-establishing a long-lost rapport with nature. The turns of the labyrinth are thought to balance the two hemispheres of the brain, resulting in physical and emotional healing.



The Santa Rosa Labyrinth at Van Elslander Cancer Center

The Santa Rosa Labyrinth at the Van Elslander Cancer Center was originally designed by Lea Goode in 1997 after the Angela Center in Santa Rosa, California. This modern labyrinth incorporates seven circuits, or concentric paths, with a "heart space" on the fourth path, approached from all four directions. This small space can be used for contemplation of the heart while traveling the paths. The labyrinth is framed on an octagon, reminiscent of octagonal, baptismal fonts symbolizing rebirth and transformation.



Healing labyrinths are different from mazes in that there is only one, well-defined path to the center. When walking the labyrinth, it is important to find your own pace. Allow the Santa Rosa labyrinth to provide you with the opportunity for meditation or prayer to enhance spiritual mind/body healing.

The labyrinth walk

Donated by John and Marlene Boll. This gift was made in honor of Sister Verenice McQuade, SSJ, a beloved figure at St. John Hospital and Medical Center.

Sister Verenice has been described as a little bit of heaven here on earth. She is a kind and compassionate person who always has a warm smile, a caring hug or a familiar "hello dear" for each person she meets. Nobody is ever a stranger to Sr. Verenice – not even a stranger.