

# ***Embracing Others with Knitted Prayer***

led by

Elizabeth Tompkins

Saturday, March 1, 2008  
9:00 a.m. to noon

For centuries, people have been knitting and giving shawls to others as symbols of love, solace and healing.

As in other acts of generosity, they often find that they receive more than they give. The morning will be spent introducing both the art and the prayer of knitting.



***No previous knitting experience is required.***

*Rediscover the cadence of knitting. One that lends itself to prayer, and can transport the knitter to a deep, interior place.*

The workshop will be led by Elizabeth Tompkins, a Spiritual Director, Retreat and Labyrinth Facilitator, and one who has created over 50 beautiful prayer shawls. Bring your own needles (US size 11, 13 or 15). A skein of yarn will be provided. Coffee service will begin at 8:30 a.m.

Register by February 18

Cost: \$35, Includes materials

Congregation of St. Joseph  
**Transformations**  
SPIRITUALITY CENTER

**For more information or to register online visit  
[www.transformationscenter.org](http://www.transformationscenter.org)**