

The Spiritual Practice of Knitting Day Retreat

with Rachel Valente

Saturday, March 24, 2012

10:00 a.m. - 5:00 p.m.

Offering: \$45, includes lunch

This program will explore the notion that knitting can be a spiritual practice and that creativity is a way to live out our human legacy of being created in God's image. Our discussions throughout the day will be focused on the past, present and future of knitting. We will begin by exploring our personal histories with knitting and spend time sharing in small groups the connections that participants have made through knitting. Next, there will be time for journaling with an option to write a blessing for someone whom you have connected to through knitting in the past. We will also explore knitting as a contemplative practice and some of the wisdom that we can learn through knitting. There will then be free time for contemplative knitting and individual prayer. We will conclude our day together with a prayer service in the chapel where we will bless both the hands of the knitters and their work.



Rachel Valente is an instructor and designer at Yarn Tree Studio in Raleigh, NC. She is a graduate of Yale Divinity School and a longtime retreatant at Holy Family.

REGISTRATION FORM

Name
March 24 - Shawl Knitting

Address

City State Zip

Phone Email

Parish Town

My \$45.00 offering is enclosed.

I also include \$.....for those needing financial assistance to attend retreats.

Mail Reservation Form and Offering to: **Holy Family Passionist Retreat Center**

303 Tunxis Road, West Hartford, CT 06107-3199

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