



Holy Cross Episcopal Church

Prayer Shawl Ministry

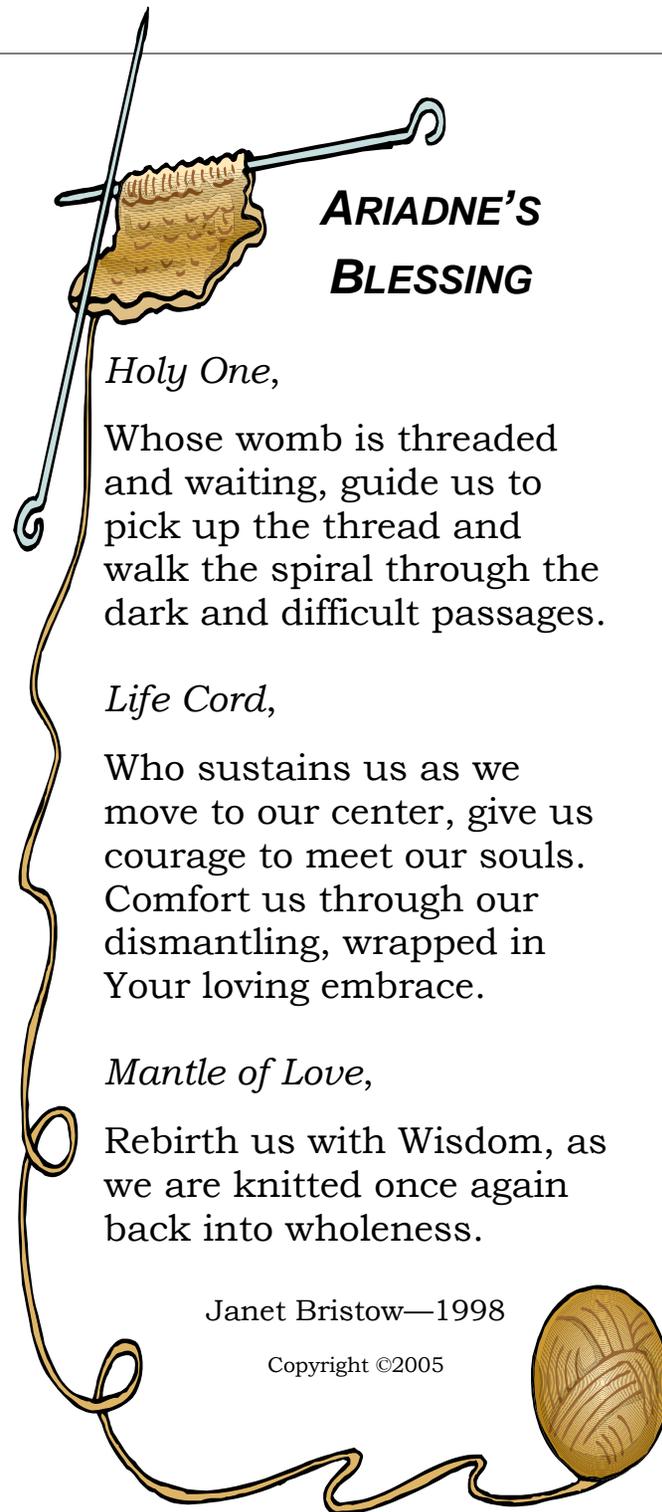
**Knitting Meditation Gatherings:
The third Saturday of each
month 3 PM to 4:30 PM**

For more information about our ministry

Email: prayershawls@holycrosscv.org
Phone: 510-889-7233



Shawl Ministry Website:
www.shawlministry.com



ARIADNE'S BLESSING

Holy One,

Whose womb is threaded
and waiting, guide us to
pick up the thread and
walk the spiral through the
dark and difficult passages.

Life Cord,

Who sustains us as we
move to our center, give us
courage to meet our souls.
Comfort us through our
dismantling, wrapped in
Your loving embrace.

Mantle of Love,

Rebirth us with Wisdom, as
we are knitted once again
back into wholeness.

Janet Bristow—1998

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Shawl Ministry



*“You created every part of me,
knitting me in my
Mother’s womb.
For such handiwork,
I praise you. Awesome this
great wonder!”*

Psalm 139:13-14

Holy Cross Shawl Ministry

The Holy Cross Prayer Shawl Ministry is a contemplative gathering as well as individual practice. As a group we offer our prayers and weave them into our knitting. The prayers and knitting are continued as an individual meditation between gatherings. Completed shawls, a tangible sign of prayer, are blessed and set aside for future use.

All women, men, and youth who are interested in knitting or crocheting prayer shawls as a meditation practice are invited.

While the meditation gathering is not a knitting or crocheting class, we have experienced people who are available to help you learn the crafts.

About The Shawls

In 1998, Janet Bristow and Victoria Galo, two graduates of the 1997 Women's Leadership Institute at The Hartford Seminary in Hartford, Connecticut gave birth to a ministry as a result of their experience in this program of applied Feminist Spirituality under the direction of Professor Miriam Therese Winter, MMS.

Care and the love of knitting and crochet have been combined into a prayerful ministry that reaches out to those in need of comfort, solace, and in celebration of life events. Many prayers are knitted into every shawl. The knitter begins each shawl with prayer for the recipients and for the well-being of the world.

Intentions are continued throughout the creation of the shawl. When the shawl is completed it is offered a final blessing before being sent along its way. As this gift has been sent along, some recipients continue the kindness by creating a shawl to be passed on to another person.

Thus, the blessing is rippled from person to person, with both the giver and receiver feeling the unconditional embrace of a sheltering, mothering God!

*"Shawls ... made for centuries
universal and embracing,
symbolic of an inclusive,
unconditionally loving, God.*

*They wrap, enfold,
comfort, cover, give
solace, mother, hug,
shelter and beautify.*

*Those who have
received these shawls
have been uplifted and affirmed,
as if given wings to fly above
their troubles..."*



Janet Bristow -1998
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