


MONTHLY REFLECTIONS FOR CHURCH LEADERS

JANUARY 2012

RIDEAU PARK UNITED CHURCH

When my sister was diagnosed with leukemia, the network of prayer spread... I, however, was not sure how to pray. As a young child, I believed there was a right way to pray and was convinced that my prayers were not worthy enough for God. I may not know how to pray, but I know how to be quiet and knit. I knit to create beauty, to give gifts, to curb my anxiety, and to let my thoughts wander. During her illness, I knit my sister hats and head scarves. I knit while she slept. I knit while we chatted. I knit while we waited at the outpatient clinic. After my sister died, it was hard to knit and even harder to pray. Then on a night in early spring, I sat in an armchair listening to music and picked up my needles to knit this shawl... a simple repetitive pattern that let me relax into the knitting. Alone with this music and the rhythm of my knitting, I felt a deep peace. Perhaps this is prayer.

Marilyn Webster, in The Prayer Shawl Companion



Holy One
Whose light is threaded
and waiting for us,
Guide us to pick up the thread
And walk the spiral through
passages of darkness
and difficulty.

Life Cord, who sustains us
as we move to our Centre.
Give us the Courage to meet
our own souls.

Mantle of Love,
Rebirth us with Wisdom,
And knit us once again
into Wholeness. Amen

Questions for Reflection:

Is there an activity you enjoy that gives you a sense of deep peace, like prayer?

Is there a way that activity is ministry for your own soul? For others?