

Convent of St. Helena

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www.osh.org

“You Knit Me in My Mother’s Womb”

A Contemplative Knitting Retreat

with Lee Grindheim and Carol Kornfield

Nov. 14 - 16

Knitting has been described as a meditative act. Studies show that during knitting our breathing and heart rates drop. Best of all, this craft provides us the rare opportunity to slow down. Lee has been knitting for 50 years and has taught lace, cable, color and continental knitting. Carol coordinates the Prayer Shawl ministry at her church in Manhattan. Come unwind, reflect and create in the beauty of the convent surroundings as we explore spiritual aspects of knitting. Bring your current project or start a new one during this silent get away.



This weekend is open to all levels of expertise, no formal instruction will be given. However, *if you are a beginner*, you can join Carol and Lee on Friday from 1:00 - 5:00 pm for a pre-retreat instructional session.

Patterns for beginners will be provided and instruction will be offered in continental and English knitting styles.

Beginners need to bring: For a prayer shawl: 3 skeins Lion Brand homespun yarn, size 11 or 13 needles (circular needles recommended).

For one Seaman's Institute scarf, bring 5 oz of machine washable, 4-ply yarn. For a watch cap, bring 3 to 5 oz 4-ply yarn. Two skeins (10 oz) will make both scarf and watch cap. Bring #7 needles.

Evidently even the Virgin Mary thought that knitting was spiritual. Here is an abbey altar piece known as “The Visit of the Angels” painted in the late 1300’s by Master Bartram.

\$225 includes program, lodging and meals.

For Reservations: VailsGateConvent@osh.org or 845 562 0592 (220)