

# A STITCH AND A PRAYER

with

THOMAS ROACH

March 10 - 12, 2017

**EVER** try to quiet your mind for prayer, but find that your hands fidget? Perhaps while doing something repetitive or rhythmic with your hands, you have felt more calm or centered?

As a way of entering into Lent this year, you are invited to discover ways that setting your hands to work can free your mind for meditation or prayer. This is an opportunity to incorporate stitching into your personal spiritual practice. Drawing inspiration from natural world and a guided mediation of The Lord's Prayer, you will learn simple stitches and techniques that you can repeat at home. A series of exercises will help point the way to understanding your own relationship between hand and mind.

All stitching is based on simple running stitches so that you need not have any previous experience with sewing.

Your guide for this process is Vancouver textile artist **THOMAS ROACH**. Thomas completed a 9-month artist-in-residence project at Vancouver's Christ Church (Anglican) Cathedral where he guided 70 members of the community through a creative process producing 230 stitched panels connecting prayer and hand-work. Through the use of natural dyes, printing, stitching and intricate piecing, his recent textile works seek to evoke "thin-places" where one might encounter the Divine. He also creates vestments and textiles for liturgy and regularly consults with parishes about use of liturgical space.



When: Friday, March 10, 2017  
7 - 9:00 pm

Saturday, March 11, 2017  
9:00 - 4:00 pm

Sunday, March 12, 2017  
9:00 - finishes with lunch

Cost: \$285 Live-in; \$185 Commute

To register call 403 228-4215. VISA and Mastercard are accepted. Cancellation fees apply.