

Last year during advent I visited my sister in law who has dementia. I found that she was knitting (and struggling a bit) an angel. Her church women's group were knitting angels to give out to the congregation at Christmas. We worked peacefully together knitting and she was able to make one..

Later I was given a crocheted angel from someone from a local church here. It has been sitting on my mirror all the year as a reminder of the presence of Gods angels.

Angels were very much part of the Christmas story, visiting Elizabeth, Mary, Joseph and the shepherds with messages from God. Stories of many of the Celtic Saints such as Cuthbert relate their belief that they got messages from God through angels.



*Catford Angel*

Knitting is a very meditative activity.

The rhythm helps to settle our bodies and spirits in quiet, with just enough concentration to avoid too many other distraction.

You only need small amounts of wool and let your imagination flow with colours and textures. What do angels mean to you? What place do they have in your life?

Find a quiet place and start by giving this time to God for Him to be close as you knit and give him your worries and anxiety, your prayers for others, your fears and hopes and as your angel comes into being in your hands, pray that His gifts will flow on you and those you carry on your hearts.

In the busyness of preparation for Christmas, and one that will be very different for most of us let these time of creative meditation be wonderful times of hope and healing and love.

You can find a large variety of patterns from simple to very complicated. Just google knitted angels and find one that is right for you. You may get so carried away that you produce a heavenly host or want to give them away!

Daphne