



Knit One, Purl a Prayer: A Spirituality of Knitting (Active Prayer)

Peggy Rosenthal

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This new spirituality of knitting addresses topics such as knitting as a popular pastime, what knitting does for our minds, bodies, and spirits, and how knitting helps people reduce stress, overcome loss, form friendships, and connect with a community. Most important, the author shows readers and crafters how knitting can become prayer.

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