

# Slow Stitching

Doing Grief™ Community Healing Project at the Palms



**SATURDAY, APRIL 15, 2-3:30 P.M.**

## **"The Healing Properties of Slow Stitching" with Jane Jones**

In this simple needlework experience, we will create small pieces of art, using the slow stitching method (with recycled fabric and fibers). Through informal discussion we'll explore how this simple act can bring peace, centeredness, and healing.

*All supplies will be provided. No experience necessary. If you choose, bring a special piece of fabric that represents healing for you.*



**"My soul is fed with needle and thread." ~ Proverb**



**What is Slow Stitching?** Slow stitching is an ancient practice, although the term is relatively new. To slow stitch is to take time to mindfully create something new through stitching with needle and thread. It's also a fantastic way to use up those spare fabrics and old clothes.

**Interfaith Chapel for Healing – The Church of the Palms  
14808 N Boswell Blvd, Sun City, AZ 85351**

**Suggested Donation: \$5**

**Connect@DoingGrief.com or  
leave a message at 602-315-8480**



Jane Jones

**"Slow stitching means setting aside time to find myself somewhere in the thread and spread myself out on a piece of fabric." – Kelly Martinez**

**Jane Jones, M.A.** is a lifelong needle worker/artist in embroidery, crochet, pattern making, needlepoint, and eco-dying. "Slow stitching" brought Jane hours of peace after a traumatic, life-changing experience. Jane served First Congregational Church in Prescott, AZ as a full-time licensed pastor from 2009-2015. In the Southwest Conference – United Church of Christ, she has served as Moderator, on the Committee on Ministry, and Faith Formation team. Jane earned degrees in Education and taught 4th grade to university for 20 years. Jane was a Lecturer at ASU West in Teaching Skills, Educational Psychology, and History of Education before moving to Prescott.

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