



THE *Able* LIFE

Stories of ordinary people in the Carmel family cultivating lives which abide in Christ to build relationships and live the Gospel with everything.

SUMMER 2020



KNIT TOGETHER

Pamela Hughes, a Carmel member since 1997, has been knitting since she was a kid. At 9 years old, her grandmother taught her how to crochet hats for her dolls - which she confesses looked more like sombreros! But in 2009, this simple craft became a tool for comfort and community.

While seeking respite at SECU Family House in Chapel Hill, Pamela encountered a basket of knitted "prayer squares" with messages of hope and encouragement. *"My 20-year-old daughter experienced a life-threatening illness and was in the hospital for more than a month. After being encouraged by the tangible expression of love from someone who did not know me, I had my mom bring me yarn and I started to make prayer squares while I waited."*

Pamela's hands haven't stopped knitting since!

For the past year, Pamela has led a group of Carmel women who share a love of knitting, crocheting, fellowship, and faith in Jesus. *Knit Together* - as the group is now known - was born out of a Women's Ministry Summer Serve event last year where nine individuals gathered to knit baby blankets for mothers who chose life at our local pregnancy resource center.

While this group has "knit together" to produce and donate hundreds of items for local ministry partners in the past year, they have also knit together a strong fellowship that spans generations and extends beyond the yarn.

Together, they've attended an Alpaca Convention in Concord to see the source of yarn. They've participated in several 5K runs/walks. They've celebrated the milestone birthdays of group members. They were among the first Carmel groups to meet over Zoom when COVID hit because "we were missing each other so



much and just wanted to be together!" And they were among the first groups at Carmel to gather outside in person - to celebrate their 1st birthday as a group. And they are praying for more opportunities to minister through this group.

Reflecting on this past year, Pamela says *"Knit Together has grown into something beyond my expectations! I had wanted it to be an ongoing thing and not just a one time meeting last summer. And the community we have created and the endless opportunities have been amazing. While we have a great time when we are together, we are meeting with a purpose that truly is outside ourselves."*



Celebrating *Knit Together's* 1st Birthday: (L to R) Kady, Lori, Elliott, Kay, Sally, Fern, Teresa and Pamela



Kady is 16, has been part of the Carmel family since 3rd Grade and is active in Student Ministry. She and her mother Lori participated in the first Knit Together gathering during Summer Serve in part because it was convenient - at a home just down the street.

This was the first time these neighbors and Carmel members had met - and God's timing was perfect. Kady's father ended up having heart surgery just weeks after that first gathering. Pamela reflects, *"Although only knowing Kady and Lori for a few weeks, I was able to sit with Lori at the hospital while her husband had heart surgery. I'd been through that with my own husband"*.

After the first gathering, Kady was hooked *"Everyone was so friendly and Pam so bubbly and welcoming. I loved knitting with the group and it was nice to see friendships develop in women who previously did not all know each other."*

As Kady spent more time with the group, she came to truly admire the ladies as they shared stories

Since quarantine began in March, Kay Hager has been crocheting and delivering 'scrunchies' to young girls/teens: "It's easy and fun! I place them in a zip top bag with a note and drop them at their front door as I walk. I've received some of the sweetest cards, handwritten notes and texts from the recipients/or their moms thanking me. I pray individually for these sweet girls as I crochet each stitch asking God to place a hedge of protection around them and their families during this time."





of trials in their lives - big and small, current and past. *"I was impressed with the joy they had and how they shared experiences. Learning their stories was inspiring."*

Kady enjoyed the fellowship of Knit Together so much, she started a knitting club at her high school. *"I enjoy telling my school club about the service projects we do as Knit Together and about the neat women I have come to know."* Personally, Kady's favorite knitting project thus far has been the small hearts she knitted and gave to her father's nurses as a thank you following his heart surgery.

In the past year, Knit Together has provided:

- Pencil Sweaters for Lansdowne Elementary
- Baby blankets and stuffed bunnies for Human Coalition
- Hats, scarfs, headbands, fingerless gloves for Mosaic
- Hearts for Pineville Heart ICU
- Hats, scarfs, headbands, fingerless gloves for *Strip It to Win It 5K to benefit homeless neighbors*
- Hearts for Levine Children's Hospital, Carrington Place, Charlotte Academy of Music efforts with area nursing homes, Cupid's Cup 5K runners
- Prayer squares, flowers, crosses and handwritten notes for Changed Choices
- Blankets, prayer squares, flowers and crosses for Ronald McDonald House Charlotte

Pamela concludes *"Everything we make we tag with a message of hope or scripture. God's word does not return void - even on a little prayer square!"*



The name "Knit Together" comes from Colossians 2:2 *"I want them to be encouraged and knit together by strong ties of love."* This group shares the love of knitting, crocheting, fellowship, and faith in Jesus. If you have a love for knitting or know nothing about it but desire to learn (or simply meet these amazing women), you are invited to join Knit Together the 2nd and 4th Mondays of every month to knit, crochet, talk, laugh, plan, pray, and just BE together!



Carmel is committed to making disciples of those Nearest, our Neighbors and the Nations.

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