

## St Brigits cross

When the first signs of spring start to show, take some time out to reflect.

There is a story that while Brigit was telling a king the good news of Christ, she wove a cross like this from rushes found on the floor.

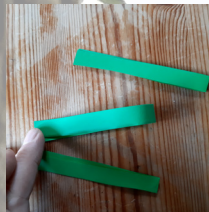
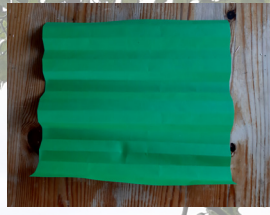
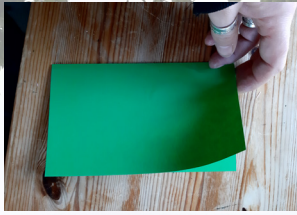
Perhaps in that moment she was being a nursemaid to eternal Truth, by shining light on a weaving tradition so that people re-understood it and themselves.



This worksheet shows you how to make four simple crosses from a sheet of paper.

If you have access to rushes, or grass you can use the same technique to make a bigger cross. You could even use wire.

- Take a sheet of paper and cut it into strips.
- Fold the paper in half (make the longest strips you can if it is a rectangle!)
- Fold it in half again, and again and again (2, 4, 8, 16)
- Unfold and cut along the lines to make 16 strips of paper.



Fold the strips in half.



Fold one strip over the folded end of another



Push the folded end of a 3rd strip through the folded end of the 2nd one



Push the 4th folded strip through folded end of the 3rd.



loop the folded end of the 4th strip over the open end of the 1st strip.



Pull the whole thing tight, and you will have a simple cross.



You should have enough strips to make 4 crosses

Traditional reed cross



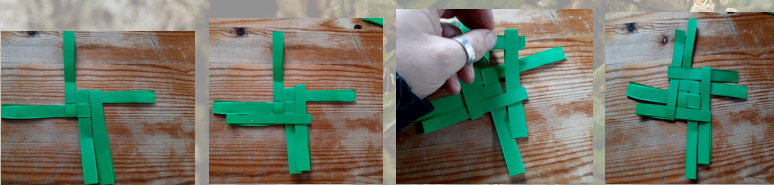
Recycled wire cross



The weaving moves in a clock wise direction like the Sun in the sky, it has equal arms like the Chi Rho. This is a symbol Christians carved on stones to remember Jesus Christs triumph over death around the time St. Brigit walked the earth.

You can make a bigger cross by adding more folded strips and weaving them. Use straws, or rolled paper, or reeds and you get diferent effects. Experiment with Weaving

These crosses can be made and placed at doorways as a reminder to be mindful of the rotation of the wheel of the year, and passing from one season to the other. You might also choose to take hope in the good news that just as the sun returns with warmth and life begins to spring every year, so too there is a divine potential within you ready to grow (John 1 vs 12)



When the crosses are made, place them with hope and optimism (and perhaps a prayer too!) for the year ahead.

Things get tough, but if you can, look for the dawn. If you can't, then ask for help, and perhaps these symbols will help remind you to look in moments when you are unsure!