



As you enter the experience of indigo dyeing today may you treasure slowness, and take on a posture of humility and generosity as you approach the dyeing vats. Indigo was once weaponized against enslaved people who were forced to tend, harvest, and process this cash crop. Today, we seek in part to redeem the beauty of indigo, its artistic expression, and healing potential.

Movement 1 | RESIST

A resist dye technique involves blocking certain areas of cloth from receiving dye, (you'll use rubber bands). This allows for lighter and darker colors to be achieved in the same dyeing process.

What prayer(s) do you carry today? Ones that you have been hesitant to name? Too big for words? Too tired to utter? Of joy? Gratitude?

Allow this resist technique to form your prayer.

"...in God all things hold together." Colossians 1:17

Movement 2 | SOAK & WRING

Prepare your fabric by soaking it in the bucket of water - this allows for the dye to access all areas of the fiber. Squeeze out excess water from the fabric to limit dripping.

Allow all aspects of your prayer to be accessed and soaked by God's love. Whether that is joy, frustration, hope, sorrow, or disappointment.

*"How wide, and long, and high and deep is the love of Christ."
Ephesians 3:18*

Movement 3 | DIVE, DIP & DYE

Each time you introduce your cloth to the vat, do so with minimal disruption to the surface of the liquid. With indigo dyeing the number of dips your cloth makes into the vat is what will deepen the indigo color, not the length of time it spends in the vat.

Dip your prayer into God's presence again and again trusting that every turn to God is deepening and strengthening your body & soul.

*"I will strengthen you, I will help you, I will uphold you."
Isaiah 41:10*

Movement 4 | REST & COMMUNION

Resting your dyed cloth allows for the oxidation process to begin, and the magic of the dye and resist technique to interact.

Rest your prayer at the table, allowing the mystery of God's love and the community of love around you to do its work. Remember how good it is to feast on the beauty, the patterns of God's presence in your life.

"Taste and see that the Lord is good." Psalm 34:8

INDIGO



