

Prayer Shawl Ministry Information & Patterns

About prayer shawls and lap robes:

Prayer Shawls and Robes have been made for centuries; they are universal and embracing: they comfort and enfold; wrap and warm; mother and hug; shelter and embrace. Those who knit and receive shawls and robes are blessed.

People knit/crochet shawls and lap robes for many reasons. Most prayer shawl ministries knit/crochet shawls and robes to console those who are grieving, comfort those who are ill, and bring hope to those in despair. They may also be knit/crocheted to celebrate life and its milestones. The reasons to knit/crochet a shawl or lap robe are as numerous as the people who knit/crochet them.

Prayer shawl circles usually meet once a month for one and a half to two hours. Prayers are said for the person as shawls are worked on at home. When a prayer shawl circle meets a prayer is said as a group at the beginning of the meeting to bless this project. As each person knits, stories are shared about the person for whom the shawl or robe is made and why. We may not know a person such as abused women or children in a shelter but we talk about our hopes for them. At the end of each meeting, once we have heard each story we offer a final prayer of blessing. Our pastor usually comes to bless the shawls before they are passed on to their new owner.

In 1998, Vicky Galo and Janet Bristow began their first prayer shawl meeting. In 2005 we began a prayer shawl ministry at Holy Trinity Church in Beaverton, OR. Since then this ministry has given away 350 prayer shawls. When you knit, wear, or use your shawl or lap robe you are connected with people throughout the world. For more information read "Knitting into the Mystery" a guide to the shawl-knitting ministry by Susan Jorgensen and Susan S. Izard or The Prayer Shawl Ministry by Lion Brand Yarn. For further information or a prayer shawl, contact Linda Dum (503) 642-1168 or email Linda at linda_butterfly52@yahoo.com

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Prayers:

Weave prayers into the shawl as you knit. Begin with a prayer for blessing the shawl. Then, pray for the person who will receive the shawl, as you are making the shawl.

The prayer for healing to say when you start knitting a shawl:

In the name of the Father: the Creator, the Giver of Life, the Holder of Time; in the name of Jesus: the Savior, the Healer, and the Lifter of Pain; in the name of

the Spirit; the Comforter, the Consoler, and the Sustainer of Life. I knit this shawl as a mantle of strength. I knit a mantle of healing. I knit a mantle of patience. I knit a mantle to enfold you. I knit a mantle to encircle you. I knit a mantle to empower you. May this prayer shawl warm and comfort you when you are weak and weary.

O Christ, who healed the broken in body and spirit, be with all who suffer today. Be with the doctors, nurses, technicians, and all that care for the sick. Be with the families and friends of those who love and comfort the sick. May your gentle yet strong touch reach out to heal all the broken and hurting people and places in the world.

I ask this in the Name of Jesus Christ our Lord and Savior. Amen

There is no right or wrong way to pray as you work on the shawl. Some people pray before they start working each time. Other say prayers as they work, so whatever works for you. Suggested words to say: Father, Son and Holy Spirit as they do the knit 3, purl 3 pattern or Father, Son & Holy Sprit bless this person or give them (peace, or whatever the need might be. Other prayers might be faith, hope and love or mind, body and spirit or past, present and future. Make the prayer your own.

One Prayer given with the shawl to the recipient:

This gift was created especially for you with love and prayers,

May God who formed your being,

Who knit you together in your mother's womb,

Who gave you the breath of life,

Renew you this day and give you hope to sustain you.

May this gift be a sign of Christ's Healing Presence.

May it warm you when you are weary,

May it surround you with joy,

Grace you with peace and wrap you in love.

Let us pray in Jesus' name. Amen

Knitting Directions:

Materials:

3 skeins of Lion Brand Homespun yarn (available at Craft Warehouse/Michaels/Jo Ann Fabrics/Fred Meyer) 6 ounces each.

Lion Brand Jiffy – 5 skeins, 2.5 ounces

Jo Ann's Sensations rainbow Classic – 2 skeins, 11-16 ounces each (3 skeins will make two prayer shawls)

Bernat Baby Boucle – 5 skeins, 3.5 ounce each

Bernat Soft Boucle – 3 skeins, 5 ounce each

Red Heart Baby Cloud – 4 skeins, 6 ounces each

Red Heart 4 ply – 2 skeins, 7 ounces each or you can also work it with Bernat Baby Coordinates -2 skeins, 5.6 ounces (This yarn has a sparkle to it)

Red Heart Light and Lofty – 5 skeins, 6 ounces

Size 11 or 13 knitting needles, when I use the Light & Lofty or Baby cloud I use a size 13 or 15 needle as these are heavier yarns to keep them softer.

Knit Pattern #1

Cast on 57 stitches.

First row - knit three, purl three, to the end of the row. Turn.

Second row - knit three, purl three, to the end of the row. Turn.

Each row begins with three knits.

This is the basket weave pattern and you will actually be knitting the purls and purling the knits.

Knit about 2 2/3 skeins in the pattern (I cut the fringe and then just knit the rest of the yarn). Use the rest of the yarn for the fringe.

Finished size is about 2'x5 to 6'.

Fringe: Cut 120 - 12" lengths - fold over and pull through ends of shawl, keeping the catch on one side. You will also need to tie a knot in the of each string to prevent raveling.

Alternate fringe: I do a chain stitch between 15 – 25 stitches. I anchor the chain in every other hole on the end of the shawl. It makes loops rather than string fringe.

Crochet fringe: Foundation row: attach with slip st on the end. Chain 3, CD into the same st, 3 dc in the next st, 2 dc into next st. Repeat to end. Chain 1, turn. Second row: sc across to end. Hind ends back into work.

Knit Pattern #2 Stockinette Stitch

Cast on 57 stitches and knit every row to desired length using size 11 or 13 needles. Add desired fringe.

Knit Pattern #3 Pillar Stitch

Cast on 61 stitches. Size 11 or 13 needles.

Rows 1 – 8 – knit every row.

Row 9: k 3, k 1, *YO, K2 together, YO, K2 together, repeat from * K last 3 stitches.

Row 10: purl across row.

Repeat these 10 rows until desired length. This pattern make take 4 skeins of homespun yarn. Add desired fringe.

Knit Pattern #4

Cast on 57 stitches on size 11 or 13 needles.

Rows: 1-8, knit across the row.

Row 9: K 1, *YO, K2 together, repeat from * ending in K2.

Row 10: knit across entire row.

Repeat these 10 rows to reach desired length. Add desired fringe.

Knit Pattern #5

Cast on 61 stitches on size 11 or 13 needles. K 3 at the beginning and end of each row.

Rows 1 - 6: knit across row.

Row 7: K3, K1, * YO, K2 together, repeat across row to last 3 stitches and knit these.

Row 8: K 3, purl across row to last 3 stitches and knit these 3 sts.

Rows 9 & 10: Repeat rows 7 and 8.

Repeat these 10 rows until desired length is reached, ending in 6 knit rows. Add desired fringe.

Knit Pattern #6 – variation of the basket weave stitch

Cast on 60 stitches on size 11 or 13 needles. K 3 at the beginning and end of each row.

Rows 1: knit across the row.

Rows 2 - 3: knit 2, purl 2 across each row.

Rows 4– 5: Purl 2, Knit 2 across each row.

Repeat rows 2 – 5 until desired length is reached.

Ending in a knit row. Add desired fringe.

Knit Pattern #7 Waffle Stitch

Cast on 57 stitches with size 11 or 13 needles.

Row 1 & 2: knit across row

Row 3: *Knit 2, Purl 1, repeat from * across row.

Row 4: *Purl 2, Knit 1, repeat from * across row.

Rows 5 & 6: repeat rows 3 & 4.

Row 7 & 8: knit across the row.

Repeat rows 3 – 8, ending with 2 knit rows to reach desired length. Add fringe of choice.

Knit Pattern #8

Cast on 57 stitches with size 11 or 13 needles.

Rows 1-8: knit across each row.

Row 9: Knit 3, Knit 1 * y o, K together, *repeat until the last 3 stitches, K3.

Row 10: Knit 3, purls across row to last 3 stitches, Knit 3.

Repeat these 10 rows to desired length. Add Fringe of choice.

Crochet Directions for Prayer Shawl:

Material:

3 skeins of Lion Brand Homespun yarn

Crochet hook size N or 9

Crochet Pattern #1

Chain 59. Double crochet (dc) in 3rd chain from hook. DC in each chain across (58 stitches). Chain 2, turn, dc in first dc. dc across. Repeat until shawl is desired length (about 58 inches). Before beginning to use the third skein, set aside yarn needed for the fringe. Add 4-6 inch fringe across both ends of shawl. Approximate finished sizes are 24' – 36" wide and with fringe about 6' long.

Crochet Pattern #2

Chain 58. Single crochet in 2nd chain from hook. SC in each chain.

Single crochet every row until desired length is reached. Add fringe.

Crochet Pattern #3

24" wide shawl, chain 46.

36" wide shawl, chain 61

Row 1: (dc, ch 2, sc) in fourth ch from hook, * skip next 2 chs, (2dc, ch 2 sc) in the next ch. Repeat from * across.

Row 2: ch 2, turn. (dc, ch 2, sc) in first ch 2 sp. (2 dc, ch 2, sc) in each ch 2 space across.

Repeat row 2 until you have about ½ skein of yarn left.

Do not finish off.

Last row: Ch 2, turn, *sc in fist ch 2 sp, ch 2.

Repeat from * across and end with a sc. Finish off. (As above with fringe.)

Crochet Pattern #4 - Holy Trinity Prayer Shawl by Renee Dion-Jenness

K Hook

3 skeins Homespun Yarn

1. 80 chains for 40 days and 40 nights

OR

2. 39 chains to begin with represent the 39 stripes that Jesus took for us.

Ch 3 reminds us of the three persons in the Holy Family, Joseph, Mary and Jesus. The (dc, ch 1, dc) pattern is a reminder of the Trinity and a blessing Father, Son, and Holy Spirit.

Note the shape of the triangle it makes.

One dc on the end of each row is Amen, "I do believe."

The 12 chains on the fringe, represents the 12 apostles.

The first and only sc on the fringe chain represents ourselves because we are all apostles. The last set of chain 5 represents the five wounds of Christ.

Prayer that I say for each row: 'Jesus, Mary, and Joseph, pray for (?). Father, Son, Holy Spirit (repeated on every trinity stitch), Amen.'

Pray, crochet and enjoy.

Start with Ch 39

Row 1 sc into 2nd chain from hook, sc into remaining ch, ch 3 turn (ch 3 is dc from now on) 38 sc

Row 2 sk 2 sc, *(dc, ch 1, dc) into next sc, sk next sc, rep from *, dc into last sc, ch 3, turn

Row 3 *(dc, ch1, dc) into ch 1 st, rep from * end with dc into last dc, ch 3, turn
Final Row ch 1 (not 3) sc into every dc ending with 38 sc

Fringe:

From the last sc made, * ch 12, sc into 2nd ch from hook, sl st, into next 6 ch, ch 5, sl st into next sc, rep from * continue to the final sc. Finish off and repeat on the other side of shawl.