

Prayer Shawl Ministries
exist throughout the world,
and within all cultures and religions.

Prayer shawls allow us to reach out
to individuals in need - perhaps
at a time of illness, death and grief,
or any specific circumstance that
has created a sense of vulnerability
or isolation for that person.

As individuals receive, and then
begin to use their shawls,
our hope is that they will each know
someone is caring about them,
and symbolically standing beside
them in love and support.

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If you would like to support our
Prayer Shawl Ministry, please speak to
a member of the Pastoral Care Team, and we'll
provide some yarn to help you begin.

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**If you know of someone who might
benefit from the warm, caring
comfort of a shawl,** please speak to
a Minister or a member
of our Pastoral Care Team.

Please note that in receiving
a prayer shawl, there is no
expectation of payment or obligation.

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May each shawl be received
as a "gift of love" -
a warm, caring hug from all of us!

Ancient Gaelic Blessing

*Deep peace of the quiet earth to you,
Deep peace of the shining stars to you.
Deep peace of the gentle night to you,
Moon and stars pour their
healing light to you;
Deep peace to you, deep peace to you!*

*Adapted and contributed
by Victoria A. Cole-Galo*

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Prayer Shawl Ministry



Knitting into the Mystery

*Out of a single strand of yarn,
a flowing fabric emerges
that will eventually wrap itself
around another person,
and speak love
into that person's heart.*

*It is a simple expression
of Mystery!*

Prayer Shawl Pattern

(metric: 65-75 cm x 150-160 cm, before fringe)
(21-24" x 60-63" before fringe)

Select needle size based on preferred finished texture - 8 mm needles (denser patterning)
or 9 mm (looser patterning)

Select yarn based on texture, colour,
and availability.

A standard shawl (incl. fringe) needs
3 skeins (170 g) with 166 m each.

The pattern below is a "Pattern of 3":

- Cast on 57 sts (8 mm needles) or 63 sts (9 mm needles) (always an uneven number of groups of 3 stitches)
- at the beginning of each row (to create a smoother selvage edge) slip the 1st stitch purlwise, carry your yarn to the back, K2, then continue the "K3, P3 pattern" as below
- K3, P3 in each row, always beginning and ending with K3 (this is a modified moss or seed stitch)
- if possible, join yarn from next skein by using a darning needle to weave new end into the old
- be sure to **cut your fringe pieces** before beginning the 3rd skein:
 - cut 57 (or 63) 25 - 30 cm lengths of yarn for a fringe at each end of the shawl (a total of 114 or 126 lengths)
 - since each fringe length is doubled when fastened to the shawl, the finished fringe will be a bit less than 12 - 15 cm in length
- continue to knit to the end of the 3rd skein, or you've reached the finished length
- **Fringe** - put 2 fringe lengths together, fold them in half; then using a small crochet hook, pull the loop through the stitch, catch the folded ends of the fringe yarn, pull through, creating a firm slip-knot. Attach fringes evenly across both ends

The Shawl Ministry

In 1998,
Janet Bristow & Victoria Cole-Galo,
(graduates of the 1997 Women's
Leadership Institute at the Hartford
Seminary in Hartford, Connecticut),
began a ministry as a result of their
experience in the program of applied
Feminist Spirituality.

Care and love of knitting (& crocheting)
have been combined into a prayerful
ministry that reaches out to those
in need of comfort, care, and healing.

Many blessings are knit into every shawl.
Knitters begin each shawl with prayers
for the yet unknown recipient, and
prayers may be continued throughout
the creation of each shawl.

Knitters may knit alone or as
part of a shawl ministry knitting group.

www.shawlministry.com

Significance of the "Pattern of 3's"

Patterns of three are found in every religion
and society -

- Human existence - birth, life, death
- Time - past, present, future
- Primary colours - red, yellow, blue
- Human "being" - body, mind, spirit
- Christianity - faith, hope, love

Other Pattern Options

An alternative for Men could be
a **lap blanket** instead of a shawl -

- finished size about 115 cm square
(40-45" square)
- use 4 skeins
- instead of a fringe, perhaps create a selvage edge by crocheting a single (or double) crochet all around the edge of the entire blanket
- if you add this crochet edge, be sure to save enough yarn to do so

Other Knitting options could be -

1. Knit every row (garter stitch)
2. Cast on uneven number of sts, then *K1,P1, rep from *, end with K1, and repeat every row (moss/seed/rice st)
3. Any preferred pattern, though better if a reversible one (same on both sides)

Crochet Shawl Pattern:

- suggest using 4 skeins (crocheting tends to use more yarn than knitting)
- use a 9 mm hook
- chain 54 sts (or desired width of shawl), chain 1 & turn
- single crochet (sc) in each of the sts to the end, chain 3 & turn
- double crochet (dc) in top of each sc
- repeat this row 2 more times
- chain 1 row of sc to end, chain 3, and turn
- do 3 rows of dc
- repeat pattern to end (1 row single, 3 rows double)
- end with 1 row of single
- finish with fringe (remember to cut fringe pieces before starting last skein)