

## Knitting Instructions:

### Standard Shawl Size:

26 x 60" size 11 needles  
30 x 64" size 13 needles

### Materials:

about 3 skeins (185 yards each) of bulky weight yarn

### Pattern:

Cast on 57 for size 13 needles or 63 for size 11 needles. Knit 3, purl 3 (K3 P3) every row. Begin every row with K3 and end with K3. If you want to make a wider shawl just add stitches to any odd multiple of three. Follow this pattern until you reach the desired length.

### Fringe:

Make the fringe before you finish your shawl. Cut fringe pieces twice as long as you want the fringe. Cut three pieces for every stitch. Attach the fringe by doubling each set of three and pulling the loop through each stitch with the hook. Next pull the ends of the fringe through the loop and pull tight.



## Prayers for Healing

as you make your 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 Counselor and the Sustainer of life, I create this shawl as a mantle of caring. I create this shawl as a mantle of protection. I create this mantle of wholeness. I create this mantle of strength. I create this mantle of healing. I create this mantle of patience. I create this mantle to enfold, to encircle, to empower you. May this prayer shawl warm and comfort you when you are weak and weary.

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

I ask your blessing on the prayer shawl and the person who will wear it. Comfort and console them as you hold them in your healing presence. May this shawl be a sign of your love and grace. May this shawl bring warmth when they are weary. May it surround the person and cover them with love to ease the pain and suffering. I ask this in the name of Jesus Christ, our Lord and Savior. Amen.

## Prayer of Blessing

for completed shawl:

May God's grace be upon this shawl. Warming, comforting, enfolding, embracing. May this mantle be a safe haven, a sacred place of security and well-being, sustaining and embracing in good times as well as difficult ones. May the one who receives this shawl be cradled in hope, kept in joy, graced with peace and wrapped in love. Amen.

## Crochet Instructions:

### Standard Shawl Size:

26" x 60" to 30" x 64"

### Materials:

3-4 skeins of bulky weight yarn.  
Size M or N hook.

### Pattern:

Chain 60 or to desired size. Chain 1, turn and single crochet (sc) each stitch to the end. Repeat this row two more times. Chain 3, turn and double crochet (dc) to end. Repeat this row two more times. Repeat this pattern to the end: 3scrows, 3 dc rows. End with 3 sc rows.

### Fringe:

Make the fringe before you finish your shawl. Cut fringe pieces twice as long as you want the fringe. Cut three pieces for every stitch. Attach the fringe by doubling each set of three and pulling the loop through each stitch with the hook. Next pull the ends of the fringe through the loop and pull tight.



## What is a Prayer Shawl Ministry?

Needlework and prayer are combined to make beautiful prayer shawls for those in great need. Prayer shawls provide love, care, warmth, comfort, encouragement and hope for the people who receive them. As we create the prayer shawls we find ourselves growing closer to God and increasing the fruits of the Spirit. Prayer shawls create spiritual experiences to create, to give and to receive.



## How Do You Create Prayer Shawls?

The directions in this brochure are for knitting or crocheting prayer shawls. The most important part of the shawls is the prayer that goes into them. Weave prayers into the shawl as you work. Begin with a prayer for blessing the shawl. Then, as you are making it, pray for the person who will receive the shawl.

## Prayer Shawl Gatherings

Come to Providence UMC  
592 Bernhard Road  
Fayetteville

- Fellowship
- Prayer
- To learn about this ministry
- To learn to knit or crochet



Resources: [www.shawlministry.com](http://www.shawlministry.com)  
Knitting into the Mystery:

A Guide to Shawl-Knitting Ministry  
by Susan S. Jorgensen & Susan S. Izard

For more information about the  
Prayer Shawl Ministry at Providence UMC,  
contact Pat Johnson at  
[sewpat@bellsouth.net](mailto:sewpat@bellsouth.net)



[www.provumc.com](http://www.provumc.com)



...cradled in hope,  
kept in joy,  
graced with peace  
and wrapped in love.