



To those interested in the Prayer Shawl Ministry at Calvary

Thank you so much for your interest in our ministry to those in our midst who suffer in body, mind or spirit. It's only with the help of volunteer knitters and crocheters that this ministry and outreach can succeed. Know that your interest is truly appreciated. Together our hands can become God's hands, resulting in a caring touch.

Attached you'll find a history of the ministry, patterns, prayers, and shawl drop-off instructions. We'll try to keep yarn stocked in the cupboard for you at all times. There's also a journal there for you to share your reflections and read some of the responses from the recipients or those who have delivered the prayer shawls.

We schedule periodic meetings when we can get better acquainted with one another, show and share our work.

If you have any questions or need a refresher course in knitting or crocheting, please don't hesitate to call one of us.

Again, we thank you for your interest. You're an encouragement to us!

Blessings,

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Prayer and Baptismal Shawl Drop-off Instructions

1. When your shawl is finished, please return it to the Prayer Shawl cupboard located in the hallway just beyond the elevators near the vending machines. The shelves are labeled and you will find yellow cards (prayer shawls) and white cards (baptismal shawls), enclosure cards, safety pins and yarn for the Prayer and Baptismal Shawl Ministry.
2. Please complete the information requested on the yellow or white card and attach it to your finished shawl with a safety pin.
3. For prayer shawls only: Put a green enclosure card with your prayer shawl. Please sign your first name only on the bottom of the back of the card.
4. If you created the shawl, we invite you to sign the journal, recording your name, the date and any personal remarks regarding any of your thoughts or prayers as you made your shawl.
5. Select yarn for your next shawl from the yarn selection in the cupboard.

***You are the Prayer Shawl Ministry!
God bless you and thank you for sharing God's love,
your time and your talents.***

If you have any questions about the Prayer Shawl Ministry,
please call Judy Duelo (763-588-4419) or Linda Wayne (763-545-7313).
calvary.org/care/prayer



History of the Prayer Shawl Ministry

This ministry was begun in 1998 at the Hartford Seminary in Connecticut by Vicky Galo and Janet Bristow. Their first shawls were knit for women with breast cancer. The idea has spread rapidly across the country.

The prayer shawl is given to someone who is suffering or in crisis as a loving reminder of God's comfort and presence. The knitter prays for the recipient as the busy needles create a prayer shawl that brings physical warmth and spiritual comfort. It is meant to be wrapped around the shoulders of the one who is suffering as a reminder of God's unending love that can bring healing to the heart. A card accompanies the shawl to explain its meaning.

This is one way to continue "Building the Church of God," by reaching out to those who are in need of God's care for them. In 2 Corinthians 1:3-4 (NIV) we read:

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

Text of card to accompany prayer shawl

Prayer shawls have been used throughout the generations – our ancient Israeli ancestors used prayer shawls to help them to pray and to remind them of God's constant presence.

This prayer shawl is for you to know that someone has been and continues to pray for you, and it is to encourage you to know that God is with you every step of the way, every day.

It is our prayer that you will use this shawl as a mantle of love. Wrap it around you as you go about your daily activities, when you go out, when you feel down, when you sleep, whenever you feel a need for love and support.

Always remember that the knitter wove prayers for God's love and healing into the shawl to create a vessel for God's mysterious presence in the life of the recipient – you.

Loving hearts and hands make up the Prayer Shawl Ministry, sharing simple gifts for those who suffer in body, mind, and spirit. Our prayer is that this shawl might comfort you and remind you of God's healing presence with you.



Prayers for Prayer Shawl Knitters & Crocheters

As we light our candle we remember
your light which shines into the darkness,
your Son whose life, death and
resurrection gives us hope,
your Spirit which permeates every
corner of our lives.

Be present as we knit these shawls.
We remember all those for whom we knit:
those who are lonely and need to know
they are loved, those who are ill and yearn for
healing of body, mind and spirit, those who face
challenging decisions and search for guidance,
those who are grieving and welcome comforting
words and actions. Bind us together in one
community of love, founded on the faith that
your love and grace are everlasting. Amen

Dear Lord,
Please bless these needles of mine, that I may make a shawl
Of strength, faith, health and love.
May the recipient be able to know that you are with them and they are not alone,
that your loving arms are around them, to protect them for
whatever reason they should need,
whenever they put their shawl on.
Lord, thank you for the blessings that this shawl is given.
Amen

Dear Lord,
Bless my hands as I knit today.
May each twist of the yarn guide me to create a pattern of love and comfort
in my work and remind me of your ultimate protection.
Wrap me in your spirit so that I will be more caring towards those in need.
Grant me patience as I create this shawl.
And bless my handiwork as it travels to bring comfort and peace
to someone in need of your warming embrace.
Amen



I call nine blessings from above

In the name of God: the creator, the giver of life, the holder of time;
In the name of Jesus: the savior, the healer, the lifter of pain;
In the name of the Spirit: the comforter, the consoler, the sustainer of life.

I knit a mantle of caring
I knit a mantle of protection
I knit a mantle of wholeness

I knit 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.

Prayer after reading Psalm 90

O Lord, indeed, establish thou the work of our hands
bless these new and empty knitting needles
so that they may become instruments of prayer and meditation.
As we fill them may our hearts be filled with the ones we hold dear
who need your special providence and embrace.
For those of us who are learning something new, give us perseverance
as we remember those who courageously face what they did not choose.
For those of us who are making sacred a hobby and a joy,
give us patience and gratitude as we pray for our friends who
inspire us with their patience and gratitude in the face of suffering
and the fear of losing life.
O Lord, establish thou the work of our hands
as we pray in the name of our Lord and Savior Jesus Christ.
Who know all the suffering we can know because he took it upon
himself for our sakes. - *Amen*



Knitted Prayer Shawl Pattern

Suggested yarn: Lion Brand Homespun

Amount of yarn needed: 3 skeins (6 oz. each) of the same dye lot

Size needles: 13

Approximate finished size: 26" x 60"

Before you begin: Pray that God will bless the work of your hands. As you knit, pray for God's comfort, strength and healing for the recipient.

Cast on: 57 stitches, fairly loosely.

Pattern: Knit 3, purl 3 to the end of the first row. Repeated rows: Continuing in K3, P3, knit the purl stitches and purl the knit stitches of the previous row (modified moss or seed stitch.) Bind off loosely with a knit row when desired length is reached.

- If you cast on 57 stitches you will **always start and end a row with K3**.
- You can also knit every row, which is called garter stitch, instead of K3, P3.
- To create smoother edges for your shawl: at the beginning of each row, slip the first stitch purlwise; the yarn will be in front of your work. Carry the yarn to the back, K2, and continue with the pattern to the end of the row.
- If your yarn has a multicolored stripe, be careful when tying on a new skein. Make sure the color sequence is correct. Also, tie on the new skein in the body of the shawl, instead of an edge, as the ends tend to show. Darn the loose ends into the shawl.

Fringe: Before you begin knitting with the third skein, cut your yarn pieces for the fringe.

After all fringe pieces are cut, knit to the end of what's left of the third skein. The fringe is approximately 6" long. Because the fringe is doubled when you fasten it to the shawl, cut the fringe twice the desired length (i.e., 12"). For standard fringe, cut 57 lengths for each end of the shawl, or 114 total lengths. To attach fringe, double the yarn and, using a small crochet hook, pull the loop through the stitch; insert the ends of the fringe through the loop and pull tight, creating a

Knot.

Homespun yarn tends to fray, so knot the ends of each strand of fringe to keep the fringe from fraying.

***May God touch your hands with love.
May God guide your needles with compassion.
May God fill your yarn with his Spirit.
May your knitting be blessed.***

For more information on Calvary's Prayer Shawl Ministry, visit calvary.org/care/prayer or contact Judy Duelo (763-588-4419) or Linda Wayne (763-545-7313).



Knitted Child-size Prayer Shawl Pattern

Yarn: Homespun by Lion Brand, 2 6-oz. Skeins

Needle size: Size 13

Cast on 39 stitches, fairly loosely.
Knit 3, purl 3 to the end of the row.
Turn and repeat knit 3, purl 3.
You will always start a row with knit 3.
Continue pattern until shawl measures approximately 45" long.
Bind off loosely.

Fringe: Attach fringe by cutting cut 4" long pieces of yarn.
To attach fringe, double the yarn and using a small crochet hook, pull the loop through the stitch: insert the ends of the fringe through the loop and pull tight, creating a knot.

*****Note:** You can also knit every row (garter stitch).

If fringe is too difficult to put on, we have a person who has volunteered to do so for any finished shawls.

Knitted Baptismal Shawl Pattern

Yarn: Sundance Spa-sation or Lovey Dovey (3 skeins)

Needles: Size 13 or 15

Approximate finished size: 12" x 30-36"

STEP 1: Cut 60 lengths of fringe in 6-12 inch lengths (which will result in 3-6 in fringe once applied to the shawl, 30 sets of fringe on each end). Consider using a small Bible to wrap the yarn around loosely to arrive at these 60 lengths. Set aside.

STEP 2: Cast on 33 stitches with size 13 needles, or cast on 27 stitches with size 15 needles. Knit all stitches every row, or do a K3, P3, K3 etc., pattern to symbolize the Holy Trinity. Bind off when the shawl measures 30-36 inches. Please remember to pray as you knit for the child who will receive the shawl.

*****Note:** You can also knit every row (garter stitch).

STEP 3: Weave in the ends and attach the fringe. (If you prefer, we have a person who has volunteered to attach fringe to any finished shawls.)

STEP 4: Drop off the shawl at Calvary's prayer shawl cupboard (near north door #1) in its original bag with the completed contact card.



Crocheted Prayer Shawl Pattern

Suggested yarn: Lion Brand Homespun

Amount of yarn needed: 3 skeins (6 oz. each) of the same dye lot

Crochet hook size: M or N

Approximate finished size: 26" x 60"

Before you begin: Pray that God will bless the work of your hands. As you crochet, pray for God's comfort, strength and healing for the recipient.

Pattern #1: Loosely chain about 43 stitches.

First row: Half-double crochet in third chain from hook and in each chain across.

Repeated row: Chain 2, turn. Half-double crochet in each half-double crochet across.

Pattern #2: Loosely chain 54 stitches.

First row: Chain 1, turn, single crochet in each of the stitches to the end.

Repeated row: Chain 3 and turn. Double crochet in top of each single crochet.

Repeat this double crochet row 2 more times. Repeat pattern to end (1 row single, 3 rows double). End with 1 row of single.

Pattern #3: Loosely chain 46 stitches.

First row: (double crochet, chain 2, single crochet) in 4th chain from hook, *skip next 2 chains, (2 double crochet, chain 2, single crochet) in the next chain. Repeat from * across.

Second row: Chain 2, turn. (Double crochet, chain 2, single crochet) in 1st chain 2 space. (2 double crochet, chain 2, single crochet) in each chain 2 space across.

Repeat row 2 to last row.

Last row: Chain 2, turn, *single crochet in first chain 2 space, chain 2. Repeat from * across and end with a single crochet. Finish off.

Note: If your yarn has a multicolored stripe, be careful when tying on a new skein. Make sure the color sequence is correct. Also, tie on the new skein in the body of the shawl, instead of an edge, as the ends tend to show. Darn the loose ends into the shawl.

Fringe for all versions: Work about 2½ skeins. Cut your yarn pieces for the fringe. The fringe is approximately 6" long. Because the fringe is doubled when you fasten it to the shawl, cut the fringe twice the desired length. For standard fringe, cut twice as many lengths as stitches you chained for your first row. (example: pattern 1, 43 chains x 2 = 86 lengths that are 12" inches long). To attach fringe, double the length of yarn and, using a crochet hook, pull the loop through the stitch on end of shawl; insert the ends of the fringe through the loops and pull tight, creating a knot.

Note: Homespun yarn tends to fray, so knot the ends of each strand of fringe to keep the fringe from fraying.

***May God touch your hands with love.
May God guide your crochet hook with compassion.
May God fill your yarn with his Spirit.
May your crocheting be blessed.***

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Crocheted Baptismal Shawl Pattern

Yarn: Worsted weight, bright white

Crochet Hook Size: H (5.00MM)

Approximate finished size: 12" x 30-36" inches

STEP 1: Cut lengths of fringe in 6-10 inch lengths. This will result in 3-5 inch fringe once applied to the shawl in double the amount of stitches chained (see STEP 2 - e.g., 40 stitches chained=80 fringe lengths, 40 per each end of shawl). Consider using a small Bible to wrap the yarn around loosely to arrive at these lengths. Set aside.

STEP 2: Select and crochet a pattern:

PATTERN 1:

Chain 40 stitches (or number divisible by 3 + 1 to arrive at 12-inch width).

Row 1: (dc, ch2, sc) in 4th chain from hook, *skip next 2 chains, (dc, ch2, sc) in the next chain. Repeat from * across.

Row 2: Ch 2, turn. (dc, ch 2, sc) in 1st ch-2 space. (2 dc, ch 2, sc) in each ch-2 space across.

Repeat Row 2 to last row.

Last row: Ch 2, turn, *sc in first ch-2 space, ch 2. Repeat from * across and end with a sc. Fasten off.

PATTERN 2:

Chain 45 stitches (or number divisible by 3 to arrive at 12-inch width).

Row 1: (Dc, ch2, dc) in 6th ch from hook, *sk next 2 chs, (dc, ch 2, dc) in next ch; rep from * across to last 3 chs, sk next 2 chs, dc in last ch.

Row 2: Ch 3, turn, (dc, ch 2 dc) in each ch-2 sp across to last dc, sk last dc, dc in next ch.

Row 3: Ch 3 turn, (dc, ch 2, dc) in each ch-2 sp across to last 2 dc, sk next dc, dc in top of ch 3.

Repeat Row 3 to desired length. Fasten off.

Please remember to pray as you crochet for the child who will receive the shawl.

STEP 3: Weave in any ends and attach fringe. (If you prefer, we have a person who has volunteered to attach fringe to any finished shawls.)

STEP 4: Drop off the shawl at Calvary's prayer shawl cupboard (near north door #1) in its original bag with the completed contact card.