

## Knitting a Prayer Shawl....

Prayer shawls are as different as the people who knit and receive them. If you're just starting out, you might want to use one of the patterns below but feel free to use patterns you find online, in books or that you create on your own.

### Knitting Directions I

Materials: 550 – 600 yds either worsted or bulky weight yarn. Size 11 or 13 needles.  
Pattern: Cast on 60 stitches and knit each row (garter stitch) until the shawl is 60" long. Bind off and weave in ends.

### Knitting Directions II

Materials: 550 – 600 yds either worsted weight or bulky weight yarn. Size 11 or 13 needles.  
Pattern: Cast on 57 stitches.  
Row 1: K3, p3 to end. Repeat Row 1 until shawl is 60". Bind off and weave in ends.

### Crochet Directions 1

Materials: 740 yds either worsted or bulky weight yarn. Size M, N, or P crochet hook.  
Pattern: Chain 55 stitches or desired width of shawl.  
Row 1: Single crochet in each of the stitches to end. Chain 3 and turn.  
Rows 2 – 4: Double crochet in each stitch to end. Chain 3 and turn. At the end of row 4, chain 1 and turn.  
Repeat Rows 1-4 for pattern (1 row single, 3 rows double) until the shawl is 60" long. End with 1 row of single crochet. Finish with fringe if desired.

### Online Resources

Many Prayer Shawl patterns are available online. Here are a few sights to check out:

- [www.shawlministry.com](http://www.shawlministry.com)
- [www.ravelry.com](http://www.ravelry.com)
- [www.crochetme.com/free-crochet-prayer-shawl-patterns](http://www.crochetme.com/free-crochet-prayer-shawl-patterns)

### Crochet Directions II

Materials: 555 yards of worsted or bulky yarn. Size N crochet hook.  
Chain 42.  
Row 1: Half double crochet in 3<sup>rd</sup> chain from hook and in each chain across – 40 stitches. Chain 2 turn.  
Row 2: Half double crochet in each stitch across. Repeat Row 2 until piece measures 60".

### Quilted Shawls

For patterns, go to [www.prayerquilt.org](http://www.prayerquilt.org)



The patterns here will make a lap sized quilt about 40" to 50" wide by 55" to 60" long. The patterns can be adjusted to make longer and narrower shawls. Each knot tied in the quilt

is a prayer said for the recipient.

### Other Comfort Items

Some parishioners of Shepherd of the Hills also make chemo hats for cancer patients.

**FOR MORE INFORMATION ABOUT THE PRAYER SHAWL MINISTRY, PLEASE CONTACT:**

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### Shepherd of the Hills Catholic Church

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Shepherd of the Hills  
Catholic Church

# PRAYER SHAWL MINISTRY



*Whatever you do  
for the least of my  
brothers, You do for  
Me.*

Matthew 25:40

# PRAYER SHAWL MINISTRY

... *the gift of our hands*



## What is the Prayer Shawl Ministry?

In 1998, two women from Connecticut started a simple ministry based on compassion for others and the love of knitting and crocheting. The Prayer Shawl Ministry has since spread to hundreds of churches across the nation.

Hand-knitted or crocheted prayer shawls are given to those in need of healing and comfort.

Made with prayer and given with compassion, prayer shawls are a commemoration of the gift of love, friendship, and caring.

At Shepherd of the Hills, the Prayer Shawl Ministry serves peoples who are undergoing life transitions:

- Those in need during an illness.
- Those in need of comfort following the death of a loved one.
- Those in need of encouragement during loss or hardship.

These are only a few of the occasions that call for the tangible comfort a prayer shawl can provide

## Who Makes Prayer Shawls?

The Shepherd of the Hills Prayer Shawl Ministry is a group of parishioners who knit, crochet, and sew.

## How can I give someone a Prayer Shawl?

- You can contact the Sunshine and Bereavement Committee and suggest the name of someone you know who would benefit from receiving a shawl.
- You can make a shawl and give it to someone. To avoid duplicate gifts, please notify the Sunshine and Bereavement Committee when you give a shawl.
- Gift cards are available for inclusion with the shawls. The cards contain a prayer and indicate that the shawl was given by the Shepherd of the Hills Prayer Shawl Ministry.

## I want to support the ministry, but I don't knit, crochet, or sew. How can I help?

Financial contributions for the purchase of yarn and fabric are always needed and gratefully appreciate. Your prayers for the ministry and for the recipients of the shawls are also appreciated.

## Prayers

Every Prayer Shawl is made with prayer. The following prayers can be used when starting anew shawl, but please feel free to use your own prayers. The prayers you pray when making your shawl will make it a unique gift of grace that combines your talent and compassion with God's love and healing power.

### Prayer I

May God's grace be upon this shawl, warming, comforting, enfolding, and 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.

### Prayer II

Dear Lord,  
Fill my heart with positive thoughts and feelings as I work on this shawl of comfort. Guide my hands as they work. Let me make each stitch with love and a prayer in my heart for the one who receives this shawl. May they be comforted and may it represent Your love and Your power to heal any hurt. I ask this in