

# Prayer Shawl

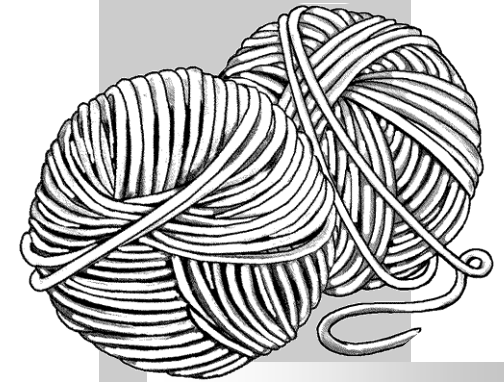


Now that the shawl  
is completed:

You may want to add beads and/or charms to the fringe. They can be new or parts of old pieces of jewelry. They not only add beauty, but also can be used to inspire or aid meditation. Before you give it away, say a blessing, prayer or wish over the shawl, keeping the receiver in mind (suggested prayers can be found at [www.shawlministry.com](http://www.shawlministry.com)).

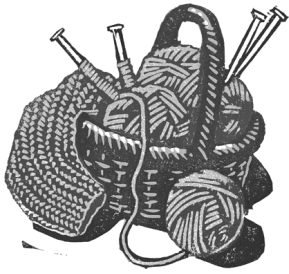


**F**or it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works.



## Prayer Shawl Instructions

For Knitting and Crochet



# The Original Patterns

## Tools:

Knitting needles size 11 or 13  
Crochet hook size 'M', 'N', or 'P'

*(Based on U. S. sizes)*

## Amount of yarn needed:

**Knitted:** 555 yards in the yarn of your choice.

**Crochet and larger shawls:** 740 yards in yarn of your choice for longer shawls and 60+ stitches.

## Before You Begin:

Because this is a spiritual practice, before one begins the knitting (crochet) process, a blessing, prayer or wish can be said, dedicating the work of your hands and the intentions of the receiver.

You may want to light a candle and play soft music to enhance your knitting time, remembering that this is a prayerful time. When working in a group, you may want to pass the work-in-progress around the circle, asking each person to add some stitches to the shawl, or to just hold it for a while to add their prayers, energy and good wishes.

For more information, check out the Shawl Ministry web address  
[www.shawlministry.com](http://www.shawlministry.com).

## Knitted Prayer Shawl

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By Victoria Galo and Janet Bristow

Cast on stitches in multiples of three - 54, 57, or 60. For example, if you use size 11 needles and cast on 54 stitches, 3 skeins of yarn is enough. Some yarns vary in elasticity which will affect your outcome, as will your knitting tension. If the yarn you have chosen has a multi-colored 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.

\* First Row: k3, p3, to end

\* Second Row: Always start the next row with the opposite stitch of what you see. For instance, if the first stitch on the needle is a knit, then start with a purl. Knit the purls and purl the knits! It should NOT look like ribbing.

\*Note: If you cast on 57 stitches you will always start with K3.

## To Complete the shawl:

Knit (crochet) until the piece measures from wrist to wrist, or approximately 57-58" long. (Knitting: bind off with a knit row). Use what you have left to cut \*fringe. Suggestion for fringe: you can also do this before using the last skein. Divide the pile in half and slip knot them to the ends, evenly spaced. If the yarn is manufactured loosely wound, you might have to knot the ends of the fringe to keep it from unraveling.

## Crocheted Prayer Shawl

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Rita Glod

Chain 54 stitches or desired width of shawl. Chain 1, turn, single crochet in each of the stitches to end. Chain 3 and turn. Double crochet in top of each single crochet. Repeat this row 2 more times. Chain 1 and do 1 row of single crochet to end. Chain 3 and turn. Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double). End with 1 row of single. Finish with fringe.

*\*Note: Crocheting typically uses more yarn than knitting, so you might have to adjust the width and size of hook or use another 1/2 skein. It has been suggested that skeins of the same dye lot be purchased.*