Knitted Prayer Shawl

Supplies

- 3 skeins of Lion Brand Homespun Yarn. (In the US, this is available at Wal-Mart, K-Mart, Ames and other discount stores)
- Size 11 or 13 needles. Some knitters prefer the round needle and some like size 15, although they are hard to hold. The idea is to get a loose comfortable weave.
- Variation: Size 17 or 19 Needles – work two strands together of the Homespun yarn

Pattern

- Cast on 36 – 63 stitches, or some multiple of three
- Knit three, purl three to the end of the row. Some people just knit entirely or knit 1, purl 1.
- Turn and knit the purl and purl the knit (if you have 57 stitches you'll begin every row with knit – this is the same if you knit 1, purl 1.)
- A weave pattern will develop. Knit about 2 and 2/3 skeins in pattern. (At St. Matthews we've been doing between 36 and 45 stitches and using 1 ½ skeins. This will make the scarf about 60 inches long)
- Variation: 21 stitches – Knit, Purl across until shawl is 60 inches long
- Variation: 25 stitches – Knit 3, Purl 3 across. Next row knit the purl, purl the knit, etc. (Using this variation, always start and end each row with knit 3.

Prayers

We suggest you weave prayers into your shawl as you knit, at the beginning or the end of the project. Many gather for a collective blessing of the shawl or scarf before it is given away.

Prayer for Healing

In the beginning, Creating God, you formed my being. You knit me together in my mother's womb. To my flesh and blood you gave the breath of life. O Loving One, renew me this day in your love. Grant me a life as gift of your faithfulness; grant me light to journey by; grant me hope to sustain me. May this mantle be for me a sign of your healing presence. May it warm me when I am weary; may it surround me with ease of my suffering; may it encircle me with caring when I am in pain.

O Christ, who healed the broken in body and spirit, be with me and all that suffer this day. Be with the doctors, nurses, technicians, chaplains and all that care for the sick. Be with the families and friends of those abiding with and comforting the sick. May your gentle yet strong touch reach out to heal all the broken and hurting people and places in our world.

Prayer for a Mantle of Healing

I call nine blessings from above in the name of God: the Creator, the Giver of Life, the Holder of time; the name of Jesus: The Savior, the Healer, and the Lifter of Pain; in the name of the Spirit: The Comforter, the Consoler, and the Sustainer of Life. I *knit/wear* a mantle of caring. I *knit/wear* a mantle of protection. I *knit/wear* a mantle of wholeness. I *knit/wear* a mantle of strength. I *knit/wear* a mantle of healing. I *knit/wear* a mantle of patience. I *knit/wear* a mantle to enfold *you/me*. I knit/wear a mantle to encircle *you/me*. I knit/wear a mantle to empower *you/me.*

---Prayers by Cathleen Murtha, DW