

Prayer Shawl www.shawlministry.com (2004, all rights reserved)

"You created every part of me, knitting me in my Mother's womb. For such handiwork, I praise you. Awesome this great wonder!"
Psalm 139:13-14

Before you Begin:

Because this is a spiritual practice, begin with a blessing, prayer or wish dedicating the work of your hands and the intentions of the receiver.

Directions to Crochet: Size M, N or P hook (approx 740 yards)

Chain 54-60 stitches or desired width.

Chain 1, turn, single crochet in each stitch 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: crochet typically uses more yarn than knitting. May need to adjust width and hook size or use another _skein.)

To complete the shawl:

Crochet (knit) until piece measures from wrist to wrist, or approximately 58" long.

(Knitting: bind off with a knit row.)

Cut fringe. Suggestion: can also do this before tying on the third skein, then continue knitting to the end. Divide the pile in half and slipknot them to the ends, evenly spaced. If the yarn is manufactured loosely wound, knot end of fringe to keep it from unraveling.

May add beads and/or charms, new or parts of old pieces of jewelry. They not only add beauty, but also may inspire or aid meditation.

Before you give it away:

Say a blessing and/or enclose prayer or wish with the shawl, keeping the received in mind. Or enclose a potpourri sachet scented with lavender oil or other essential oil. If you choose a certain symbolic color for the yarn, beads or charms, it is interesting to explain your reason.

Directions to Knit: Needle Size 11 or 13 (approx 555 yards, approx 3 skeins)

If the yarn has a multicolored stripe, be careful when typing on a new skein to see that the color sequence is correct. Always tie on a new skein in the body of the shawl rather than at the edge.

Cast on 6 stitches. Knit one row.

Next: K3, yarn over, k3.

Then: K3, yarn over, knit to end. Repeat pattern til desired length, approx 60 stitches.

Cast off.

Finish edge, if desired, with 6 crochet rows, making a band. Add fringe.

If you prefer a smoother look, alternate knit and purl rows but maintain the k3, yo, knit (or purl) to end to get the "stockinette" stitch.