

Shawl Instructions

Knitting and Crochet

Materials:

Knitting: Knitting Needle size 11 or 13

-OR-

Crochet: Size 'M', 'N' or 'P' crochet hook

Amount of yarn needed:

Knitted: 555 yards in the yarn of your choice.

**Crochet and larger shawls:
740 yards for longer shawls and 60+ stitches**

*The cost of yarn is rising, be creative and use yarns that
appeal to you and your price range.*

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.



"Prayer Shawl - Knitting Pattern" © 2006 All rights reserved.

[1998 - Written & Developed By Victoria Galo and Janet Bristow](#)

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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 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.

* **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



Crochet Directions

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.

Developed by Rita Glod

*Note: that 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 7 skeins of the same dye lot be purchased and crochet two shawls each using 3 1/2 skeins. Another suggestion, if you are trying to obtain 3 skeins, is to integrate other yarn colors into the shawl.

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 tying on the third skein, then continue knitting to the end. 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.

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. Another nice touch is enclosing a potpourri sachet scented with lavender oil, a calming aroma, or any essential oil that you like. It is also good to enclose an explanation and/or a blessing, prayer or wish for the receiver. For instance, if you choose a certain **symbolic color** for the yarn, beads or charms it's interesting and helpful to explain your reason.

Starting Prayer © 2006 All rights reserved

By: Pamela Stiff

Dear Lord,

Take away all my negative thoughts and feelings as I work on this shawl of comfort for _____ . Guide my hands as they work and keep my thoughts positive and centered around her. I make each stitch with love and a prayer in my heart for her comfort, hope, and healing. May _____ feel Your loving arms around her as she wears this shawl and may it represent to her Your power to heal any hurt. Comfort her, Bless her, Heal Her. I ask this in Jesus name. Amen

Prayer Of Blessing *(blessing for a completed shawl)*

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By: Janet Bristow - 2000

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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.

Blessed Be!