

St Luke's Church, Maidenhead: Shawl Ministry, 'Knitting into the Mystery'

Knitting Your Prayer Shawl

Before beginning the knitting (or crochet, or sewing), whether in the group or on your own, say a prayer or blessing, or contemplate for a while, dedicating the work of your hands and holding the receiver to God, even though that person may not yet be known to you. You could light a candle and play music to enhance your knitting time, remembering that this is a prayerful time for you to enjoy.

May God touch my hands with love.
May God guide my needles with compassion.
May God fill this yarn with Spirit.
May God touch my heart with peace
May God guide my soul to freedom
May God fill my mind with silence.
May God touch this shawl with warmth
May God fill the receiver with joy.
May God fill our world with hope.
May this knitting be blessed.

Prayer by Susan S Jorgensen & Susan S Izard (adapted)



Instructions

- Use 600 gms of chunky, machine-washable wool. We can provide you with wool if you need some. Just let Terrie know (terrie.robinson2702@gmail.com, tel 01628 634107). Size 8mm needles create a slightly denser shawl and the K3 P3 pattern will be more noticeable. Size 9mm needles create a slightly looser, less definable pattern.
- Approximate finished sizes, not counting fringe, are 66 cm x 152 cm on 8mm needles and 76 cm x 162 cm on 9mm needles.
- Cast on 57 stitches for 9mm needles, 63 for 8mm needles. The pattern is K3, P3 every row. This means that you will always begin with K3 and end with K3. This is a modified moss stitch and will give a lovely texture. Any odd-number multiple of three will work for your shawl, depending on how wide you want to make it (57; 63; 69; 75; 81, and so on). Follow this pattern until you achieve the desired length.
- You may like to begin and end your shawl with 6 rows of garter stitch (ie, all knit stitches, no pearl stitches), which will help the top and bottom edges lie flat.
- If you intend adding a fringe, reserve the yarn before you use your final ball.
- A lap blanket for men is an alternative. In this case, cast on 87 stitches for size 9mm needles. This will give you a blanket that is approx 114 cm wide. You may want to use an extra 100 gms or 200 gms of yarn for this project.
- The fringe can be long or short. You can put a piece of fringe through every stitch, or you can skip several stitches. Some people tie or sew beads to the fringe. Whatever you decide, here is what you do: Decide how long you want the fringe. Because the fringe is doubled when you fasten it to the shawl, cut the fringe twice the desired length. For example, for a 15 cm fringe, each strand should be 30 cm long.
- To attach the fringe, double the yarn and, using a small crochet hook or darning needle, pull the loop through the stitch. Insert the ends of the fringe through the loop and pull tight, creating a knot. If you are using a yarn that frays easily, consider knotting the ends of the fringe.
- We will bless the shawl in the context of a church service, and provide a cardboard label with a prayer to attach to it. (If you have a short length of leftover yarn, we will use that to do the attaching.)

Thank you for joining us in this pastoral ministry of prayer and 'giving away' something that speaks of our love and care, held within the love and care of God, Father, Son and Holy Spirit.

Queries? Get in touch with Terrie at terrie.robinson2702@gmail.com or tel 01628 634107.