Prayer Shawl Instructions
**Knitting and Crochet**

**Materials:**

Knitting: Knitting Needle size 11 or 13
-OR-
Crochet: Size 'M', 'N' or 'P' crochet hook

[*(Based on U. S. sizes - click here for conversion table)*](http://www.shawlministry.com/tipsheet.html)

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|  **Knitted: 555 yards (*slightly bulky*) in the yarn of your choice.** **Crochet and larger shawls:740 yards (*slightly bulky*) for longer shawls and 60+ stitches** Or, use the recommended needle size listed on label,adjusting pattern to obtain the desired width.***The cost of yarn* *is rising, be creative and use yarns that*** ***appeal to you and your price range****.*   |

**Amount of yarn needed:**

**Before You Begin:**

Because this is a spiritual practice, before one begins the knitting (crochet) process, a [***blessing, prayer or wish***](http://www.shawlministry.com/prayers.htm) 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.



**The Original Prayer Shawl - Knitting Pattern** **© 2016 All rights reserved.**

[***1998 - Written & Developed By Victoria Galo and Janet Severi Bristow***](http://www.shawlministry.com/emailus.html)

**It is important to us that the origins of this ministry be honored. We have worked diligently to keep this
ministry a 'grass-roots' effort. These shawls are meant to be given away unconditionally and NOT to be sold. The information on this site is provided freely for your personal use.
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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 'slightly bulky' 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**

**The same can be said if you make the pattern in multiples of 6's + 3 (add) stitches**



**The Original Prayer Shawl Crochet Pattern**  **© 2016 All rights reserved.**

*Developed by 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: 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 skeins of the same dye lot be purchased.

**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.

**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***](http://www.shawlministry.com/prayers.htm) over the shawl, keeping the receiver in mind.  Another nice touch is enclosing a \*potpourri sachet scented with lavender oil, a calming [aroma](http://www.shawlministry.com/aroma.htm), 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*](http://www.shawlministry.com/color.htm) for the yarn, beads or charms it's interesting and helpful to explain your reason.

\**The inclusion of a scented sachet is not recommended if the receiver of the shawl is*

*sensitive to fragrances, is pregnant, undergoing chemotherapy, has emphysema or chronic respiratory issues.*

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| The making of a prayer shawl is a spiritual practice which embodies our thoughts and prayers for the receiver. It is a gift freely given with no strings attached. Made in prayer, as prayer, for prayer, the shawls are passed on hand-to-hand and heart-to-heart. Putting a price on a shawl defeats the purpose of this ministry. May we suggest a better alternative? If someone offers to "buy" a shawl, you can state that; *"although the shawls aren't sold, a donation to our ministry is gratefully accepted in whatever dollar amount you feel comfortable in giving"*.  These donations will allow your ministry to purchase more yarn and continue the 'ripple effect' of unconditional love!Blessings, *Janet and Vicky* |

**Crochet Pattern**

*Contributed by: St. Bartholomew's Church Manchester, CT*

www.shawlministry.com

Size "N" Crochet Hook ("P" Crochet Hook)
Chain 46 loosely (chain 36) - narrow way.

Same pattern for used for both chains:

Row 1: (dc, ch 2,sc) in fourth ch from hook, \* skip next 2 chs,
(2dc, ch2 sc) in the next ch. Repeat from \* across.

Row 2: ch 2, turn. (dc, ch 2, sc) in first ch 2 sp.
(2 dc, ch 2, sc) in each ch 2 space across.
Repeat row 2 until you have used 2 2/3 skeins of yarn.
Do not finish off.

Last row: ch 2, turn, \*sc in first ch 2 sp, ch 2.
Repeat from \* across and end with a sc. Finish off. Add tassels.

**ANNA’S FILET SHAWL**

**By: Anna Wolfrey**

**Submitted by: Cindy Kern**

www.shawlministry.com

            Foundation chain:  Ch any odd number to give desired width.

Row 1:  Ch 1, turn, sc in second chain from hook and each chain across.  Total number of sc should be same as foundation chain count.

            Row 2:  Ch 3 (counts as first dc), turn.   Ch 1, skip turning sc and next sc, dc in next sc.  Repeat across ending dc in last sc.

            Rows 3 and 4:  Ch 3, turn.  Ch1, dc in next dc.  Repeat across ending dc in top of ch3 turning chain.

Row 5:  Ch1, turn,  sc in ch1 space, sc in top of dc.  Repeat across ending sc in top of ch3 turning chain.

            Repeat Rows 2, 3, 4, and 5 until desired length is reached.  End with pattern row 5.  Do not break yarn unless you are doing contrasting end panels as shown in the photo.

            Edging:    **When working the edging be careful to ease the sc down the sides so that the edging gives a firm shape to the shawl.**  Ch1, 2 loose sc in end space, loosely sc down the side including the space at the end of the shawl, ch1, 2 sc in same space, loosely sc in each space across the end of the shawl including the last space, ch1, 2 sc in same space, loosely sc in each space down the length of the shawl including the last space, ch1, 2 sc in same space, loosely sc in each space across the end of the shawl ending 2 sc in the last space.  Join with slip stitch to chain 1.  End off and darn in the ends.  One of our members has vision problems and had trouble reading the crochet pattern.  This is the shawl pattern that she created instead.

**Crochet Prayer Shawl Directions**

By: Jo Ann M. Heiser

[www.shawlministry.com](http://www.shawlministry.com)

Materials:
3 skeins of soft worsted weight yarn
Size N Crochet Hook.

Pattern: Chain 55.

Row 1: ( Right Side): ( 3dc, ch 2, sc) in fourth ch from hook, \* skip next 2 chs, ( 3 dc, ch 2 sc) in the next ch. Repeat from \* across.

Row 2: Ch 2 turn. ( 3 dc, ch 2, sc) in first ch 2 sp and in each ch 2 space across.

*Additional note from the designer: When you finish each row….ch 2 turn (3 dc, ch 2, sc) in the same ch 2*

Repeat Row 2 until you have used 2 2/3 skeins of yarn ( or the piece is about 6 foot long). Do not finish off.
Last Row: Ch 2, turn \* sc in first ch 2 sp, ch 2. Repeat from \* across and end with a sc. Finish off.
Fringe: Add fringe to first and last rows as desired with remaining yarn.

**Trinity Stitch**
Submitted by: Ann G.

www.shawlministry.com

Multiple of 4 sts

Row 1: (Right side): Purl
Row 2: \*(K1,P1,K1 all into next stitch; P3 together) repeat from \* to end of row
Row 3: Purl
Row 4: \*(P3 together; K1,P1,K1 all into next stitch) repeat from \* to end of row.

Also known as "Popcorn Stitch" in America, "Blackberry Stitch" in England and "Spider Stitch" in Italy

Lacy K

Knit Shawl
(a variation of the [**"Prayer Shawl - Knitting Pattern"**](http://www.shawlministry.com/instructions.html))
By Jodie Gordon Lucas - Athens, OH

[www.queenieknits.com](http://www.queenieknits.com)
[www.shawlministry.com](http://www.shawlministry.com)

This shawl is lovely and feminine. It is economical as well as it requires very little yarn. A single skein of boucle or slightly thicker yarn will make an entire shawl. Because of the very loose knit, this shawl can either be long and thin or short and wide when completed. I usually advise my recipients to hold shawl vertically by the short ends before wearing like a shawl or by the long dimension if they want a small afghan/lap robe. Finally, this shawl can be made in only a couple hours.

Using a bulky yarn, cast on 33 stitches onto size 35 knitting needles. Like the standard shawl pattern, work in K3, P3 across each row until shawl is “hug length” (or the length of your outstretched arms).

Easy Knit Lace Shawl

By Jodie Gordon Lucas - Athens, OH

[www.queenieknits.com](http://www.queenieknits.com)

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Using Number 15 needles cast on 69 stitches.
K1 YO k2togtbl (or Knit 2 together through the back loops. I ~think~ this is also called a slip slip knit).
Repeat this pattern until the end of the row.
Repeat Row 1 for the length of the shawl.

***Tips and Ideas about this pattern:***

A rectangular shawl - The pattern is based on a lace pattern called "basic faggoting" from Teach yourself Visually,

Knitting and Crocheting, Wiley Publishing, 2004. page 130. In its simplest form it is

cast on in multiple of 2 stitches
K1 \*yo, ssk. Repeat from \* to last st, K1
Rep row 1.

+0x+0x
x0+x0+
+0x+0x
x0+x0+
+0x+0x
x0+x0+

+=knit
0=yarn over
x=slip slip knit

The shawl looks like it has long stripes---with the yarn overs looking lacey and the knit/slip slip knit pairs looking solid.

If the stripes aren't easily visible after a few inches, something is wrong. Perhaps making a smaller

swatch (on 10 or 20 stitches) following the directions above might help.

I've found that many times when a rectangular pattern becomes an unwilling triangle it is because the yarn is pulled over the needle

and to the back at the end of a row causing the last stitch to roll and appear as if there are 2 stitches. I find that teaching new knitters

 to begin the row by first bringing the yarn from the left needle to their chin then dropping it will fix this tendency.

**Pink Shawl**

Pattern by: Joanne Zabielski
St. Bernadette Parish
Orchard, Park, NY

*Joanne writes:* "#15 knitting needles
2-3 balls each of 2 different yarns -
For this shawl I like to use for breast cancer patients or survivors…the two-tone pink gives it the color for “The Cure”. Or, feel free to use any colors you want.
Caron One Pound Worsted Weight 4 ply Soft Pink
2 skeins Bernat – Baby Coordinates Color – Pink 09412 (it’s a deep pink-blends beautifully with the Soft Pink) 0 Sports Weight – Tricot

Instructions:

Using 1 strand each of each yarn held together to obtain gauge, CO 64 sts loosely.

Rows 1–6: Knit across.

Row 7 (WS): K5, (k2tog) 3 times; \*(yo, k1) 6 times, (k2tog) 6 times, rep from \* once; (yo, k1) 6 times, (k2tog) 3 times, k5.
Row 8: Knit across
Row 9: K5, p54, k5
Row 10: Knit across

Rep Rows 7–10 until shawl measures 59 inches

Rep Row 7 once more, then work Rows 1–6 once. Bind off all sts and weave in ends.

FRINGE: Cut 10" strands of both yarns together, place a knot stitch in each loop across on both ends."