

## Prayer Shawl Ministry

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Prayer Shawl Ministry is a worldwide movement of small groups who gather to create shawls for individuals who would benefit from this outreach of love and compassion.

Often these are people burdened with illness or sorrow, but with the shawls can also be a gift to celebrate a marriage or a new baby. The purpose is to provide a garment that will allow these individuals to encounter god's love and presence in a tangible way— of comfort and warmth beyond what the woven threads alone would be able to provide.



## Prayer Shawl Prayer

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This Prayer Shawl Prayer is given out with every shawl.

Please receive this shawl.  
Wrap it around you.

May this shawl be for you a mantle of security and wellbeing....  
Sustaining and embracing you in good times and difficult ones.  
May it bring you comfort from all that appears too much to bear.  
From all that feels as if it might break you  
From all that threatens your peace of heart.  
Rest within its softness  
So that you  
Will be cradled in hope,  
Kept in joy,  
Graced with peace,  
And wrapped in God's love.  
Amen

### Mothers' Union Manchester Diocese

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## Mothers' Union Manchester

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## Prayer Shawl Ministry

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...we celebrate our God who knits us into wholeness, who enables us to care for others, who encircles the world in an eternal shawl of love and compassion.

*Susan S. Jorgensen*

**Mothers' UNION**  
Christian care for families  
**Diocese of Manchester**



## Creating a Shawl

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The most important part of creating a shawl is not the materials or pattern but the intention. Shawls are created prayerfully, joyfully and with love.

One pattern suggested for use is a very simple 3-stitch seed pattern. These 3 stitches, representative of the Trinity, are in keeping not only with our faith tradition but the number three has meaning in many world religions.

The 3-stitch pattern was selected as symbolic of planting peace, healing, love, comfort and hope into the shawls by the shawl creator for the receiver.

May you be inspired by the significance of these symbolisms which are meant to enhance the creating and receiving process of the Prayer shawl Ministry.

## Knitting Pattern

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Shawls can be knitted or crocheted.

Approx. 300 Grams, double knitting wool.

Knitting needles 6.5 mm (old size 3)

Cast on 126 stitches knit 5 rows

Knit 2 together across row (63 stitches remaining)

Knit 3 purl 3 to end of row

Next row Purl 3 knit 3

These rows form pattern

The suggested size of a completed shawl is 24" x 60"

Making a border at the end increase into each stitch once (126 stitches).

Knit 5 rows and cast off

K3 P3 represents the Trinity Father, Son and Holy ghost.

As you knit, say some prayers for the person who will eventually receive the shawl. You might not know them or ever meet them but they will feel the love and prayers and hopefully they will find comfort as they wrap it around.

## Crochet Pattern

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Loosely chain about 43 stitches.

First row: half-double crochet in third chain from hook and in each chain across.

Repeated row: Chain 2, turn.

Half-double crochet in each half-double crochet across.

## Both Versions

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Use the rest of the yarn for fringe, which can be from 3" to 9" long. Know the ends of the fringes if desired to keep yarn from frizzing.

*Wrapped in Love*   
PRAYER SHAWL MINISTRY