

## ROCKINGHAM UNITED CHURCH



PRAYER SHAWAL MINISTRY  
of Rockingham United Church.  
RUC are inviting knitters and those  
who crochet to take part in the  
Prayer Shawl Ministry.

### About the Shawls...

*In 1998, Janet Bristow and Victoria Galo, two graduates of the 1997 Women's Leadership Institute at The Hartford Seminary in Hartford, Connecticut gave birth to a ministry as a result of their experience in this program of applied Feminist Spirituality under the direction of Professor Miriam Therese Winter, MMS.*

*Compassion and the love of knitting/crocheting have been combined into a prayerful ministry and spiritual practice which reaches out to those in need of comfort and solace, as well as in celebration and joy. Many blessings are prayed into every shawl.*

*Whether they are called Prayer Shawls, Comfort Shawls, Peace Shawls, or Mantles, etc., the shawl maker begins with prayers and blessings for the recipient. The intentions are continued throughout the creation of the shawl. Upon completion, a final blessing is offered before the shawl is sent on its way. Some recipients have continued the kindness by making a shawl and passing it onto someone in need. Thus, the blessing ripples from person-to-person, with both the giver and receiver feeling the unconditional embrace of a sheltering, mothering God!*

Over the years this act of love and compassion has continued to grow and the community of Rockingham United church want to support and encourage this ministry. We hope others, that this message reaches, will feel compelled to become involved

by knitting or crocheting these shawls for others who are experiencing illness, grief, loneliness, or other difficulties and are in need of love and comfort, and need to know we care.

If you are interested in this Ministry please contact the church office at 443-2947 or [church.office@rockinghamunited.org](mailto:church.office@rockinghamunited.org)

### PRAYER SHAWL INSTRUCTIONS

**Needles:** Size 11 or 13US (8or 9 metric)

**Yarn:** Approx. 555 yards in the yarn of your choice (we have used Lion Brand Homespun or Colorwaves Soft Boucle or other bulky weight yarn)

**Finished size:** Approx. 24 inches X 60 inches; exact size is not important.

Cast on 63 stitches or any multiple of three, such as, 54, 57, or 60.

**Note: If you cast on 57 stitches you will always start with K3.**

**First Row :** Knit 3, purl 3, to the end of the row.

**Repeated Row :** Turn and knit the purl stitches and purl the knit stitches. (It should not look like ribbing, it is more of a seed stitch.)  
If using 3 skeins of yarn total, work about 2 ½ skeins in this pattern. Use the rest of the yarn for fringe, which can be 3inches to 9 inches long.

You may like to crochet an edging around the shawl or on either end instead of using fringe. Some shawl makers use novelty yarns like eyelash, combined with main yarn(using 2 strands) for a border of 4-6 inches at the beginning and end of the shawl. **Be Creative!**

### PRAYER FOR THE SHAWL RECEIVER

In the name of God, the creator, the giver of life

In the name of Jesus, the Savior, the healer, the lifter of pain

In the name of the Spirit, the comforter, the consoler, the sustainer  
of life

I put this on:

It is a mantle of caring

A mantle of wholeness

A mantle of healing

A mantle of power

A mantle of protection

A mantle of strength

A mantle of patience

Through this shawl may I know warmth and comfort when I am  
weak and weary

I ask this in the name of Jesus Christ....Amen

## *A Shawl Maker's Prayer*

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

Dear Lord;

Bless my hands as I knit today.

May each twist of the yarn guide me to create a pattern of love and comfort in my work and remind me of Your ultimate protection. Wrap me in Your spirit so that I will be more caring towards those in need.

Grant me patience as I create this shawl. And bless my handiwork as it travels to bring comfort and peace to someone in need of Your warming embrace. Amen.

*Shawls ... made for centuries universal and embracing, symbolic of an inclusive, unconditionally loving, God.*

*They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify.*

*Those who have received these shawls have been uplifted and affirmed, as if given wings to fly above their troubles..."*

*Written in 1998 by: Janet Bristow Copyright ©2010*



PLEASE PASS THIS ON.....

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12 Flamingo Drive Halifax NS B3M 1S5

[www.rockinghamunited.org](http://www.rockinghamunited.org)



**As Janet Bristow says, "Sometimes there are no words. A prayer shawl wraps someone in a hug that's the accumulation of thoughts and prayers for them".**