



Holy Trinity Anglican Church
The Corporation of the Anglican Parish of Hammond River

Holy Trinity's Prayer Shawl Ministry

Vision: To form a prayerful ministry that reaches out to those in need of comfort and solace.

Mission: To bring people together to knit and crochet prayer shawls, to pray for those in our church family and community in need of prayer (whether in joyful or trying times) and to support each other.

What is a Prayer Shawl Ministry?

This is a ministry of prayer and love that combines the wonderful fellowship found in our church and community with our talents of knitting and crocheting. A Prayers Shawl is a tangible gift representing the many and continuing prayers for comfort, caring, healing, and love offered for an individual experiencing serious illness, grief, loss, emotional trials or spiritual upheaval in their lives. Prayer Shawls can also be given in times of great joy, celebration or appreciation. In other words, anyone who needs prayers can receive a Prayer Shawl. A prayer card accompanies the Prayer Shawl for the recipient to pray as the shawl is being worn. The recipient is any member of the parish family or community.

How are Prayer Shawls made?

This ministry combines knitting/crocheting and prayers as they are stitched with care and love for those in need. Prayer Shawls can be knit or crocheted following very simple directions. Prayers are said as the shawls are being stitched. They can be formal prayers or prayers from the heart.

Who receives the Prayer Shawls?

Men, Women, Children, young, or old with a great need for love and prayer can receive a Prayer Shawl. We reach out to meet the needs of any of God's children who He brings to us. Requests to be covered in prayer and a Prayer Shawl can be directed to the Rector. Prayer Shawl requests go on a wait list and are given as they become available. Requests are treated on an individual basis. Life and death situations take priority on the waiting list. The utmost discretion is used when presenting a shawl.

Do I have to be a member of Holy Trinity to participate in this ministry?

You do not have to be a member of the parish. This ministry is open to anyone who would like to share their talents of knitting/crocheting. This ministry is open to anyone who would like to be a blessing to God's children who have need of prayer and love. You are welcome to invite friends who can knit/crochet (or would like to learn) to join with you.

How much time am I committing?

There is no Prayer Shawl quota or recommended time requirements. You can stitch at your own pace in the privacy of your own home, at children's sports events, waiting for doctor appointments or wherever you feel comfortable knitting/crocheting. You can make "1" shawl or "100" shawls. The calling is between you and Jesus. In Matthew 25:40 Jesus said, "Whatsoever you do for the least of my brothers, you do for me". This ministry is what you want to make of it. Approximately once a month members come to the church (on a NO PRESSURE as you can make it basis) for a meeting/social knitting & crocheting time. During this time members light a candle to remind us of God's light and presence with us, open with a prayer, then knit/crochet, share how their ministry is going/growing, update others on yarn sales, and discuss ideas to make the Prayer Shawl Ministry better or grow. Best of all we laugh, socialize and make new friends in Christ.

Is there anything else I need to know?

This ministry is guided by God. God tends to work through those who make themselves available to Him. Do not be surprised when you pull out your needles/hook and yarn that people begin to ask what you are making. As soon as you tell them you are making a Prayer Shawl, YOUR ministry will begin to grow. You never know who you will meet and what impact YOUR ministry will have on those God brings to you. Being open to God and allowing Him to work through you takes the Prayer Shawl Ministry to a higher level.

How can I become involved in the Holy Trinity's Prayer Shawl ministry?

Simply call the church office at 847-0850 to find out when prayer shawl gatherings are happening.

How do I start? Here are directions for either a simple knitted or crocheted Trinity Prayer Shawl -Enjoy! Throughout our Christian faith the number 3 is a very important number. Three symbolizes the Trinity (Father, Son and Holy Spirit) and has come to mean *wholeness*. It is said that the number 3 is used 523 times in scripture. The 3-stitch seed pattern was selected as a symbolic "planting" of peace, healing, love, comfort and hope. Weave prayers into the shawl as you knit/crochet. Begin with a prayer for blessing the shawl itself. Then as you stitch, pray for the person who will receive the shawl.

KNITTING DIRECTIONS:

3 Skeins of Lions Brand Homespun Yarn; Size 11 or 13 knitting needles

PATTERN

Cast on 57 Stitches.

Row 1: Knit (K) 3, Purl (P) 3, to the end of the row.

Turn, and repeat Row 1 always starting with a K

Knit 2 skeins

Use the 3rd skein and cut 114 pieces of 12 inch yarn to use for fringe to finish shawl. Put pieces aside and then continue knitting shawl with the remainder of the 3rd skein.

FRINGE: Knot the ends of each fringe piece. Fold in half and loop through the stitches on the ends of the Prayer Shawl using a slip knot

COCHET DIRECTIONS:

4 Skeins of Lions Brand Homespun Yarn; Size N or P crochet hook

PATTERN

Chain 54 stitches

Row 1: Turn, Chain 1, single crochet in each chain to the end of row. (You should have 54 stitches in each row) count, count, count! Turn, Chain 3

Row 2: Double crochet in the top of each single crochet. Turn, Chain 3, and repeat Row 2 twice.

Repeat pattern (1 row single crochet, 3 rows double crochet)

Crochet 3 skeins of yarn. Use the 4th skein and cut 108 pieces of 12 inch yarn to use for fringe. Put pieces aside and continue crocheting the remainder of the 4th skein.

End with a single crochet row.

Add Fringe as for the knitted version

What do I do with the Prayer Shawl when it is completed?

When a Prayer Shawl is completed, say a prayer to bless the completed shawl. Completed shawls may also be brought to the Rector to bless. Now trust in the Lord, let GO and let God continue to work through the Prayer Shawl as it leaves your hands.

Reference: With grateful acknowledgement to St. Mary's Church Prayer Shawl Ministry Georgetown, MA

GATHERING PRAYERS

Prayer to Begin a Prayer Shawl Gathering by Kay Donnelly

Our Heavenly Father, thank you for this opportunity to gather together and celebrate our ministry. We've been blessed with the opportunity to share our love and concern for others through something tangible - the Prayer Shawl. We come in joy this day and pray for our ministry to continue as a way to glorify God. Please give us your blessing as we daily reach out to others and spread your word of LOVE.

Gathering Prayer and Blessing by Cathleen O'Meara Murtha

As we gather in community to share our prayer, our stories, the work of our hearts and hands, we pray for God's blessing on our endeavors.

As Blessing to my mind - to be free to enter this quiet activity...

As Blessing to my hands - to be the source of creating something of beauty and love...

As Blessing to my soul - to be open to the promptings of loving and caring...

As Blessing to my yarn - to be shaped into patterns of loving and caring...

As Blessing to my needles - to be the holders of stitches as they become a garment...

As Blessing to my knitting - to be a work of heart and hands, body and spirit...

As Blessing on the one whom will receive the fruit of my prayer and my knitting...

May this shawl be welcomed in the spirit in which it was knitted...

May we become on with the One who knitted each of us in our mother's womb...

I join my blessing, my prayer and my knitting with people all over the earth in this common effort to bring healing and wholeness, comfort and celebration.

Mantle of Love, Healer of Hearts,

I light this candle as a reminder of Your presence as I begin. I ask a blessing from all who have come before me: Whose hands have been instruments of creation and beauty: who have used humble tools and homespun wool in order to provide cover and warmth for themselves and those they loved; who have felt, as I will feel, the yarn in their fingers: who have seen, as I will see, the growth of the fabric; who have heard, as I will hear, the click of the needles. Guide my attention to stay on course. Hold me close and ground me.

Blessing of a completed Prayer Shawl by Janet Bristow

May God's grace be upon this shawl, warming, comforting, enfolding, and embracing.

May this mantle be a safe haven and 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. In Jesus' name I(we) pray. Amen.

PRAYERS DURING THE MAKING OF PRAYER SHAWLS

What prayers can be used when making the Prayer Shawl?

The best prayers to say when stitching a prayer shawl are ones that are personal and come from your heart. Remember that Prayer Shawls are a gift of love. There is no wrong prayer when it is done with love. There are some formal beautiful prayers that can be used as well.

1. Begin by focusing on Jesus Christ. Thank God for His love and goodness toward the person you are praying for while making the shawl. Thank Jesus for His plan of good for this person's life. Thank and praise the Lord for Jesus' death on the cross and the Holy Spirit's presence as you knit or crochet. Visualize Jesus sitting with you as you make the shawl. See the person being held in His arms and feel the love they share.
2. Thank the Lord for the person. Have positive thoughts about the person and focus on healing, improved quality of life and believe that the person will be restored, healthy, and complete in God's time. Lift whatever needs the person has to the Lord in prayer.
3. Intercede for the person. Sometimes words are not enough and sit with the Lord and simply hold the person before the Lord. Ask the Lord to guide you as you pray and knit/crochet. Pray for blessings on that person. Pray for strength and courage in the person's life and in the lives of loved ones. Pray for comfort and healing and for the doctors, nurses, and all who care for the person. Pray for whatever need the person has in life. Let the Lord lead you and pray whatever Jesus lays on your heart.
4. Pray for the person to draw closer to Jesus and if the person is not a believer, pray for salvation. Pray for the Holy Spirit to lead the person to Jesus Christ and for the person to be open to the Lord. Pray for this person's heart to be open to receive Jesus as Lord and Savior.
5. Keep praying - you can pray for one area that needs prayer over another as you feel led. Sometimes you may feel led to pray for one area of life, such as healing of memories, or for blessing of a relationship. Pray that nothing can stop the working of the Lord on the mind and heart or on the healing of the body.
6. Be encouraged! God does not call you to pray in vain. Pray! Believe and praise the Lord till the answer comes. Even if you do not see or feel changes in the life of the person, pray on! The Lord Jesus Christ will work in real and unexpected ways.
7. When you complete the prayer shawl, pray over it. Make a prayer link with the yarn from the shawl and keep the link to pray over often. **PRAYER LINKS.** A prayer link is a small stitched rectangle to keep for you to pray for the person after it is delivered to them. A link can also be sent to family members of those who received a Prayer Shawl so they also can pray for them. Links can be made with K3, turn K3 for 10 rows, binding off so the link is a rectangle shape. For crochet it can be chain 6, turn, chain 3, double crochet across, turn, chain 3 repeat double crochet rows for 3 or 4 rows. **Prayer:** May the Lord anoint and bless the links made to bring healing and blessing to many, many people to the glory of our Lord and Savior, Jesus Christ. Amen.
8. Trust the Lord to continue to work through the shawl when it leaves your hands. Visualize the shawl being given to the person and see Jesus wrap the person with the shawl. See the love and the healing power in the prayers that are woven into the shawl. Now let go and let God do the work in the person's life.

EXAMPLES OF PRAYERS

Prayer for each time you work on your prayer shawl by Teresa Weider

Dear Jesus, I ask you to bless my hands, my thoughts, my yarn and my needles, You know who will receive this shawl and what their needs are even before this shawl is complete. Use my hands and my time in completing this to your glory. May your love surround the recipient as they wrap this Prayer Shawl around their shoulders. Heal all areas of the recipients life that needs to be made whole. Through Jesus Christ, my Lord, my savior and my healer I pray. Amen

You are Lord and Savior

Friend full of mercy and love

Healer of sickness and disease

Show mercy to _____

Comfort with your presence

Give faith in Jesus Christ

Hold in love and forgiveness

Heal all illnesses and diseases

Restore to health _____

Be with the doctors and nurses

Let the technicians and those who work in the hospitals and clinics

Be full of compassion and care

Give a spirit of joy and peace

Bless this day and bring

Complete and swift recovery

In the name of Jesus, I pray. Amen.

Almighty God, the creator of life and health,

Bring healing to _____

In your presence, give freedom from all pain and illness

Give relief from suffering and grant speedy improvement

Until is completely well and healthy for the glory of the Lord Jesus Christ. Amen

Psalm 139:13-14

Truly you have formed my innermost being:

You knit me in my mother's womb.

I give you thanks that I am fearfully, wonderfully made;

Wonderful your works.

Color Chart

This is a basic list of colors and some of the attributes associated with them. It might be helpful to use it as a guideline when you're selecting a color for a particular person for whom you're making a shawl.

RED - love, passion, energy, enthusiasm, courage, understanding, motivation, strength, warmth, vigor

PINK - friendship, compassion, sensitivity, generosity, warm-heartedness, nurturing

ORANGE - thoughtfulness, vitality, attraction, strength, authority, creativity, energy

YELLOW - wisdom, learning, optimism, intuition, faith, well-being, friendliness

GREEN - earth, healing, prosperity, fertility, clarity, sympathy, hope, renewal, confidence, abundance, growth, life

AQUA - courage

BLUE - water, healing, meditation, tranquility, honesty, loyalty, communication, judgment, sincerity, wisdom, spirituality, self-esteem

INDIGO - wisdom, insight, instinct, spiritual nature

VIOLET - Spirit, spirituality, intuition, truth, memory, nostalgia, humility, comfort during grief or mourning

PURPLE - power, leadership, royalty, truth, justice, temperance, spirituality, wisdom

BROWN - ambition/drive, organization, growth

BEIGE - optimism

BLACK - absorbs negativity, mature wisdom

WHITE - Spirit, innocence, protection, peace, purity, gentleness, perfection, maiden, illumination.

GOLD - masculine energy, enlightenment

SILVER - feminine energy, flexibility

GRAY - strength

Birthday Shawls

You may want to create a shawl for a special birthday. Suggestions: Create a shawl corresponding to birth month color or add decorative birthstone beads or semi-precious stones to add further dimension to the symbolism.

January: Garnet or Rose Quartz

February: Amethyst or Onyx

March: Aquamarine or Bloodstone

April: Diamond or Quartz Crystal

May: Emerald or Chrysoprase

June: Pearl, Alexandrite or Moonstone

July: Ruby or Carnelion

August: Peridot or Sardonyx

September: Sapphire or Lapis

October: Opal or Tourmaline

November: Topaz or Citrine

December: Zircon or Turquoise

Sometimes I have a little leftover yarn, what can I do with it?

The left over yarn from a prayer shawl can be used to make PRAYER LINKS. A prayer link is a small stitched rectangle to keep for you to pray for the person after it is delivered to them. A link can also be sent to family members of those who received a Prayer Shawl so they also can pray for them.

Links can be made with K3, turn K3 for 10 rows, binding off so the link is a rectangle shape.

For crochet it can be chain 6, turn, chain 3, double crochet across, turn, chain 3 repeat double crochet rows for 3 or 4 rows.

PRAYER SHAWL PATTERNS

1. Friendship Prayer Shawl Pattern

Size - 18" x 56" Red Heart Soft yarn (or something similar) 2 -1/2 (5 oz balls)

Crochet Hook 5.5 mm

Ch 66

Row 1 Dc in 4th ch from hook, dc in next ch, *ch 3, skip 2 ch, sc in next 3 ch, ch 3, skip 2 ch, dc in next 3 ch; repeat from *across.

Row 2 Ch1, turn, sc in each dc, ch 3, dc in each sc. *ch 3, sc in each dc, ch 3, dc in each sc; repeat from *across

Row 3 Ch 3, turn, skip first sc, dc in next 2 sc, *ch 3, sc in each dc, ch 3, dc in each sc, repeat from * across.

Repeat Rows 2 and 3 until desired length, end with Row 2. Add fringe to both ends.

2. Garter Stitch Knitting Pattern for Prayer Shawl Homespun Yarn

Size 20 x 60 inches

Need: 4 balls Lion Brand Homespun or any # 5 Bulky Yarn

Size 10.5 (6.5mm) knitting needles

Pattern:

Cast on 60 stitches work garter stitch for 60 inches. Bind off and weave in ends.

Fringe: For each fringe, cut 4 strands of yarn, each 13 inches long. Hold strands together and fold in half. With crochet hook draw fold through edge of piece, forming a loop. Pull ends of fringe through loop and tighten. Make fringes evenly along short ends of Shawl. Trim fringe ends evenly.

3. DOUBLE HUG PRAYER SHAWL

From "The Crocheted Prayer Shawl Companion" Janet Bristow & Victoria A. Cole-Galo

Finished measurements 33 inches at center back x 64 inches wide

Yarn: Approximately 1,092 yd worsted weight yarn (Red Heart Super Saver is suggested)

Hook: Size K (10.5/6.5mm - or size needed to obtain gauge.

Gauge: 9 stitches (3 shells) and 5 rows = 4 inches in pattern stitch

Notes: Ch - 3 counts as 1dc throughout; Ch-4 counts as 1 dc= 1 ch throughout

Directions:

GRANNY SQUARE: Ch 5, sl st in 1st to form ring

Rnd 1 (RS): Ch 3, 2dc in ring, ch2 (3 dc in ring, ch2) 3 times, sl st in top of t-ch to join rnd. (12 dc/4 shells)

Rnd 2: Sl st in each of next 2 dc and in ch-2 sp, ch 3, (2 dc, ch 2, 3 dc) in same ch-2 sp, ch 1, *(3 dc, ch 2, 3 dc) in next ch-2 sp, ch 1. rep from * to end, sl st in top of t-ch to join rnd. (24 dc/8 shells).

Rnd 3: Sl st in each of next 2 dc and in ch-2 sp, ch 3, (2 dc, ch 2, 3 dc) in same ch-2 sp (corner), ch 1, 3 dc in next ch-1 sp (side) ch 1, *(3 dc, ch 2, 2 dc) in ch-2 sp, ch 1, 3 dc in next ch-1 sp, ch 1. Rep from * twice more, sl st in top of t-ch to join rnd. (36 dc/12 shells).

Rnds 4 to 10: Rep Rnd 3 working one 3 dc shell = ch 1 in each new ch-1 sp per side. (48 dc/16 shells after Rnd 4, 12 more dc/4 more shells increased on each rnd.) Square will measure approximately 12 inches per side. Do not end off.

SHAWL BODY CONTINUED

Row 1: Sl st in each of next 2 dc and in ch-2 sp, ch 3, 2 dc in same ch-2 sp, ch 1. Fold square in half with wrong sides facing each other (you will have a fold near your just completed sts and will work toward 2 points meeting). Continue working in sp of both halves at the same time. * Work 3 dc in next ch-1 sp, ch 1. Rep from * to ch-2 sp at point, (3 dc, ch 2, 3 dc) in ch-2 sp, ch 1, * 3 dc in next ch-1 sp, ch 1. Rep from * to last ch-2 sp (there will only be one side - this is near the fold), 3 dc in ch-2 sp. Ch 3, turn (66 dc/22 shells).

Row 2: Work 2 dc in 1st dc, ch 1, *3 dc in next ch-1 sp, ch 1. Rep from *to ch-2 sp, (3 dc, ch 2, 3 dc) in ch-2 sp, * ch 1, 3 dc in next ch-1 sp. Rep form * to end, ch 1, sk 2 dc, 3 dc in top of t-ch, ch 3, turn.

Rep Row 2 until shawl measures 64 inches wide at top edge or desired width, ending with an odd number of shells on each side. Ch 1 after last row.

EDGING

Row 1: Sc in 1st st dc, sk 2 dc, *7 dc in next ch-1 sp, sc in next ch-1 sp. Rep from * to ch-2 sp. 9dc in ch-2 sp, **sc in next ch-1 sp, 7 dc in next ch-1 sp. Rep from ** to end, sk 2 dc, sc in top of t-ch. End off.

Weave in ends. Block in desired.

4. Amazing Grace Prayer Shawl by Beatrice Ryan Designs

The Amazing Grace Prayer Shawl is dedicated to Breast Cancer Awareness and in memory of Sandra Kay Gilb.

Materials: Sport/Worsted Weight Yarn 1020-1500 yards Shown: or Lion Brand Pound of Love in Bubble Gum

Hook Size – I; Gauge: Double Crochet 2"x 2" = 6 Double Crochet x 3 Rows

Size: 60"x 15"

Stitches: Ch – Chain St – Stitch Sk – Skip Sl St – Slip Stitch Sc- Single Crochet Dc – Double Crochet

Instructions: Ch 191

Row 1: Sc in 2nd St from hook and each St to end. =190 Sc, Turn

Row 2: Ch1, Sc in 1st St,* Sk next 2 Sts, (Sc, Ch 2, Sc) in next St* Repeat 61 times, Sk 2 Sts, Sc in last St. = 62 Ch 2 Spaces and 2 Sc, Turn.

Row 3: Ch 3 (Counts as 1st Dc now and throughout), *3 Dc in Ch 2 Sp* Repeat 62 times, Dc in last Sc. = 62 Shells and 2 Dc. Turn.

Row 4: Ch1, Sc in 1st St, Sk next Stitch,(Sc, Ch 2, Sc) all in next stitch -this will be the center stitch of the Dc cluster,* Sk next 2 Sts, (Sc, Ch 2, Sc) in next St* Repeat across to the last 2 stitches, Sk 1 St, Sc in last St. = 62 Ch 2 Spaces and 2 Sc, Turn

Rows 5-35: Repeat Row 3 and Row 4 – 15 more times. Then repeat row 3 one more time. Turn

Row 36: Ch 1, Sc in 1st St and each across. Finish off.

Edging: Row 1: Join yarn using Sl St to one end of the prayer shawl in 1st St working across the Sc's and Dc's of row ends. Ch 1 Sc in same as joining. Sc evenly across for a total of 51 Sc. Turn

Row 2: Ch 1, Sc in 1st St, *Ch 3, Sk St, Sc* Repeat across = 25 Ch 3 Sp's. Turn

Row 3: Ch 1, Sc in 1st St, Sl St in 1st Ch of last round, Sc in next Ch (Middle of Ch 3 from previous round),* Ch 3, Sc in 2nd Ch of next Ch 3 Sp* Repeat across to last Ch 3 Sp, Sl St in last Ch of Ch 3 Sp, Sc in last St. = 24 Ch 3 Sp. Turn

Row 4: Ch 1 Sc in 1st St,* Ch 3, Sc in 2nd Ch of Ch 3 Sp* Repeat Across to last Ch 3 Sp, Ch 3, Sc in last St. = 25 Ch 3 Sps. Turn

Row 5-6: Repeat Rows 3 & 4 one more time.

Row 7: Ch1, Sc in 1st St, (Sl St, Sc, Ch 3, Sc, Sl St) in next Ch 3 Sp. Repeat across. Finish off.

5. Knitting Pattern for Lacy Prayer Shawl by Marilyn Lewell of Fredericton

This is a very adjustable pattern, depending on the type of wool used and the size of the needles, and the 'look' you wish to achieve. This may be done in one colour or more than one. Use your imagination. The number of stitches and the length is up to you. Here's a guide:

1. Cast on about 50 to 55 stitches, using 5mm needles or any size of your choice.
2. Knit approximately 5 rows plain knitting.
3. The main pattern consists of only 4 rows: Knit 3 rows plain knitting and on the 4th row, for each stitch, wind the yarn around the needle 3 times before slipping stitch off. When knitting the following row after this, just let the wound wool drop, as you knit the stitch.

Repeat these 4 rows for as long as you wish the shawl to be. I usually end with another 5 rows plain knitting to match the beginning, then cast off.