

## About the Prayer Shawl Ministry

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.

Care and the love of knitting (and crochet) have been combined into a prayerful ministry that reaches out to those in need of comfort and solace. Many blessings are knitted into every shawl. Shawls, whether knit, crocheted, sewn, woven, or quilted are started with intentional prayers and worked by their crafters so that every stitch is a prayer.

As the shawl is given to someone in need of comfort and prayer, both the giver and receiver feel the unconditional embrace of God!

*"You created every part of me,  
knitting me in my  
Mother's womb.  
For such handiwork,  
I praise you. Awesome this  
great wonder!"*

*Psalm 139:13-14*

*"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..."*

*Janet Bristow -1998  
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For tips, patterns, prayers and ideas, visit  
the Shawl Ministry Website  
[www.shawlministry.com](http://www.shawlministry.com)

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# Prayer Shawl Ministry

of the  
**United Church of Christ,  
First Congregational  
Norwich, New York**



*Each shawl is a work of  
love and care made to be  
an embrace of support,  
nurture, and prayer.*

This Prayer Shawl Ministry has been active since 2006. You are welcome to join. For more information, contact the church office at 607-334-3434 or [office@uccnorwichny.org](mailto:office@uccnorwichny.org).

## Some Uses for the Shawls

Shawls can be given to someone who is ill, to someone who is grieving, to new parents, to the newly married, to graduates, to those leaving our midst in search of new opportunities, to shut-ins and hospital patients — anytime as a reminder of God's love and protection.



## Prayer Shawl Prayer

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By Chuck Svihlik

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

Dear God, with You  
all things are possible  
Bless these hands as they attempt  
to create this shawl,  
may they do Your Bidding,  
and when complete may this shawl  
give warmth and comfort  
to who ever receives it.  
Let it be filled with Your Love. Amen

## The Basic Knit Prayer Shawl

From [www.shawlministry.com](http://www.shawlministry.com): 1998 - Written & Developed By Victoria Galo and Janet Bristow © 2006 All rights reserved.

- Knitting Needle size 11 or 13
- Amount of yarn needed: 555 yards in the yarn of your choice.
- 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 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.
- If you cast on 57 stitches you will always start with K3.
- Knit until the piece measures from wrist to wrist, approximately 57 - 58" long.
- Bind off with a knit row.
- Add fringe if desired.

## Knit Triangular Shawl

(Design by John Feddersen, Jr.)

- 3 skeins of bulky yarn
- 29" circular knitting needle
- size 13
- Cast on one st.
- Row 1: Knit into the front and into the back of st (increase made): 2 sts.
- Row 2: Increase, K1: 3 sts.
- Rows 3-6: Increase, knit across: 7 sts.
- Rows 7: K3, YO, knit across: 8 sts.
- Repeat Row 7 until piece measures approximately 32" from cast on edge, ending with an even number of stitches.
- Next Row: K3, YO, \*K2 tog, YO; repeat from \* across to last 3 sts, K3.
- Next 4 Rows: Increase, knit across.
- Bind Off Row: K2 tog, \*K1, pass second st on right needle over first st; repeat from \* across to last 2 sts, K2 tog, pass second st on right needle over first st and finish off.

## Symbolism in the Prayer Shawl

The repeating pattern of three in the prayer shawl patterns is representative of the Christian Trinity (Creator-Christ-Spirit) and is also an important number in many other faiths, including Buddhism, Taoism, and Hinduism; and in many cultures, including Chinese and Egyptian.