

# Knit One Prayer Too

## Prayer Shawl Ministry at Shepherd of the Valley

Contact: Jill Johnson, 952.432.6351 or [jill.johnson@sotv.org](mailto:jill.johnson@sotv.org)

Prayer shawls have been made for centuries. They are a way to enfold, warm, comfort, shelter and hug. They are symbolic of inclusive and unconditional love. Our intent through this ministry at SOTV is to use our talents to knit or crochet shawls that will be shared with people in need. These people may be young or old, male or female, ill or well; but because of some needs or circumstances could benefit from knowing that they have been prayed for by the person who made their shawl. The hope is that they will be warmed in body and in soul.

Knitting Needles:	Size 13 or 11
Crochet Hooks:	Size "N"
Gift Bags:	Plain, Size 12"x 4"
Yarn:	3 Skeins of 1 color (same lot number) <i>Lion Brand Homespun</i>

To complete a shawl takes approximately 560 yards of yarn.

### **Knitting Instructions**

Supplies: 3 skeins of Homespun yarn or comparable yarn, Size 11 or 13 Needles. Cast on 54, 57, 60, or 63 stitches or some multiple of 3. Knit 3, purl 3 to the end of the row. Turn and knit the purl and purl the knit. A weave pattern will develop. Continue knitting until yarn is gone. You may choose to knit using the garter stitch so there is no purling. This is a good pattern for beginners and the yarn creates the texture so you have a lovely shawl either way. Most importantly pray for those you are knitting for.

### **Crocheting Instructions**

Supplies: 3 skeins Homespun yarn or comparable yarn, Size "N" Hook. For a 24" shawl, chain 46. For a 36" shawl, chain 61. Crocheted shawls may be done in many different ways. For beginners, single or double crochet is the easiest. Different patterns make the shawls unique. Continue to crochet until all the yarn is gone. Most importantly, remember to pray for the future recipient of the shawl!

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

*2 Corinthians 1:3-4*

*Wrap someone in love, warmth, and faith.*

*Join the Prayer Shawl Ministry at Shepherd of the Valley Lutheran Church*