



Prayer Shawl Weavers – Prayers for Healing & Comfort with Every Shawl

Prayer Shawl Weavers create special, hand-knit shawls for Parishioners in need. Each shawl is prayed over before working on the shawl and after it is finished. When completed, the shawl is given to a Parishioner experiencing a particularly difficult time and in need of prayer. Examples may be someone suffering from a serious illness or to one who has experienced a grievous loss. Prayers over the shawls ask for God's help to renew the body as well as the spirit.

Who knits the shawls?

Volunteers knit our Prayer Shawls on their own time. When meetings are allowed at the church again, they will meet periodically as a group.

How do you make a shawl?

The basic pattern requires 3 skeins of any good, soft brand yarn. On size 11 or 13 needles, cast on 57 stitches (or any number of stitches divisible by 3 to give the desired width). K3, P3 continue this across the row. K3, P3 for each row. Note: You will start and end each row with K3, producing a seed stitch. Before you begin to use the third skein, cut your fringe pieces. Knit until all the yarn is used, casting off at the end. Attach your fringe pieces. Fringe it any way you want— one fringe in each stitch, in every third stitch, or not at all.

Did you know that the number three appears in Scripture over 500 times? The pattern very easily becomes a rhythm as you knit. Consider the significance of the number three: Father/Son/Holy Spirit; past/present/future; birth/life/death; mind/body/spirit; faith/hope/charity; earth/sea/sky... The list goes on. A more experienced knitter can add his or her own embellishments, cables and other patterns.

Additional information is also available at <http://www.shawlministry.com>.

Interested in helping?

Contact our **Front Office** at **327-5165** or email us at FrontDesk@stcatherinesiena.org to learn more or sign up to volunteer.