

Diana Hagen is the coordinator of the Prayer Shawl Ministry at Mount Cross. Please contact her if you have any questions or concerns.

The group meets the second Friday of every month from 1-3 pm in the Parish Life Center to knit together. All skill levels are welcome - we will teach you all you need to know!

Directions for knitting:

Materials: 3 skeins Lion Brand Homespun yarn
Size 11 or 13 knitting needles

Begin with a prayer of blessing for the shawl, and continue to weave prayers into the shawl as you knit.

Cast on 57 stitches. Straight knit until the shawl is about 5 feet long. Knit about 2 + 2/3 skeins in the shawl. Use the rest of the yarn for 3-9 inches of fringe.

***Alternative pattern for knitting:** Cast on 57 stitches. First Row: k3, p3, to end. Next row: same. Always start the next row with the opposite stitch of what you see. Knit the purls and purl the knits. **Note: If you cast on 57 stitches you will always start with K3.**

Directions for crocheting:

Materials: 3 skeins Lion Brand Homespun yarn
Crochet hook size N or 9

Begin with a prayer of blessing for the shawl, and continue to weave prayers into the shawl as you crochet.

Chain 59. Double crochet (dc) in 3rd chain from hook. Dc in each chain across (58 stitches). Chain 2, turn, dc in first dc. Dc across. Repeat until shawl is about 5 feet long. Add 4-6 inch fringe across both ends of shawl.

Psalm 90:17 Let the favor of the Lord our God be upon us and confirm for us the work of our hands; yes, confirm the work of our hands.

About the Shawls...

In 1998, Janet Bristow and Victoria Galo, with a simple idea, gave birth to a ministry. 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 stitch.

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.

Shawls are always given away, never sold. They are passed to someone who needs one at the discretion of the pastors. **If you know of a need, please share it with Pastor John or Pastor Erik.**



For more information and prayers, please visit www.shawlministry.com

Prayer Shawl Ministry at Mount Cross Lutheran Church



Psalm 139: 13-14

"You created my inmost self,
knit me together in my mother's womb.
For so many marvels I thank you:
a wonder I am,
and all your works are wonders."

How to Request a Shawl

If you know someone who would benefit from a shawl, please contact Pastor John or Pastor Erik.

Prayers to begin a shawl

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Dear Lord, Bless these needles that they stay strong and light so they don't tire the hands that wield them; Bless this yarn with strength and softness that it will form a cloth of warmth and comfort; Bless these hands with strength and skill so they may make well crafted gifts; Bless this heart with strength and perseverance so I will see this work through to bring comfort to those in need;

But most of all dear Lord, Bless the wearer of this cloth with strength and comfort that their burdens may be lightened and their hearts gladdened with the realization that they are loved. Amen

Prayers while working on a shawl

A Shawl Maker's Prayer

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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.

Nine Blessings

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In the name of God: the creator, the giver of life, the holder of time

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 knit a mantle of caring

I knit a mantle of protection

I knit a mantle of wholeness

I knit a mantle of strength

I knit a mantle of healing

I knit a mantle of patience

I knit a mantle to enfold you

I knit a mantle to encircle you

I knit a mantle to empower you.

Amen

Simple Prayer

Lord, Be present here as I knit this shawl and help me remember all those for whom we knit these shawls:

Those who are lonely and need to know they are loved,

Those who are ill and yearn for healing of body, mind and spirit,

Those who face challenging decisions and search for guidance,

Those who are grieving and welcome comforting words and actions.

Bind us together in one community of love, founded on the faith that Your love and grace are everlasting.

Amen

Prayer For Comfort

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As you wrap yourself in the prayer shawl of comfort...

May the Mother of Mercy, the Father of Faithfulness and the Spirit of Compassion wrap you in their all-encompassing love this day.

May you find comfort from all that appears too much to bear at this moment, from all that feels as if it might be the breaking point, from all that seems to threaten your peace of heart.

May this prayer shawl be a shelter for time of overwhelming grief, a shade in times of sorrow too deep for words, a shield from times of unimaginable loss.

May you be comforted by the presence of those who love and support you, by faith in the eternal Loving One, by the memories of what you hold most dear.

May you be strengthened in your daily comings and goings, in your tentative new beginnings, in your unfolding new memories.

Prayer Shawl Prayer

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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 whoever receives it. Let it be filled with Your Love. Amen