

Prayer Shawl Prayers Before You Knit/Crochet

<p>May God's grace be upon this shawl... warming, comforting, enfolding and embracing.</p> <p>May this mantle be a safe haven... a sacred place of security and well-being... sustaining and embracing in good times as well as difficult ones.</p> <p>May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love.</p> <p>Blessed Be!</p>	<p>Dear Lord,</p> <p>Take away all my negative thoughts and feelings as I work on this shawl of comfort for _____. Guide my hands as they work and keep my thoughts positive and centered around her/him. I make each stitch with love and a prayer in my heart for her/his comfort, hope, and healing. May _____ feel Your loving arms around her/him as she/he wears this shawl and may it represent to her/him Your power to heal any hurt. Comfort her/him, Bless her/him, Heal her/him. I ask this in Jesus name. Amen</p>
<p>Dear Lord;</p> <p>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.</p> <p>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.</p>	<p>Dear God;</p> <p>With You all things are possible</p> <p>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.</p> <p>Let it be filled with Your Love. Amen</p>
<p>Dear Lord;</p> <p>Please bless these needles of mine.</p> <p>That I may make a shawl of strength, faith, health and love. Give this shawl the ability to comfort, the ability to heal, the ability to give strength where it is needed and of your will it to be. May the recipient be able to know that you are with them and that they are not alone.</p> <p>That they are cared for and loved and prayed for. That your loving arms are around them, to protect them for whatever reason they should need, whenever they put this shawl on.</p> <p>Lord, thank-you for the blessings that this shawl is given. Amen.</p>	

Gathering Prayers

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 tonight recognizing our second anniversary, and pray for our continued mission in the years to come. Please give us your blessing as we daily reach out to others and spread the word of Love.

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:

A blessing to my mind - to be free to enter this time of contemplative activity...
A blessing to my hands - to be the source of creating something of beauty and love...
A blessing to my soul - to be open to the promptings of loving and caring...
A blessing to my yarn - to be shaped into patterns of loving and caring...
A blessing to my needles - to be the holders of stitches as they become a whole garment...
A blessing to my knitting - to be a work of heart and hands, body and spirit...
A blessing on the one who 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 one with the One who knitted each of us in our mother's womb...

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

Dear Lord,

We thank you for the generous gifts we have received and ask for your continued blessings on our homes and families.

May the Holy Spirit guide us as we share of our time, talents, prayers and love in this Prayer Shawl Ministry

We also ask your blessings on the recipients of the shawls that they may feel comforted by your steadfast love and if possible that their health be restored.

We ask this through Jesus Christ our Lord, Amen.

Specific Prayers for Healing, Birth, and Marriage

Prayer For Healing © 2017 All rights reserved

By: Cathleen O'Meara Murtha, DW

In the beginning, creating God, you formed my being. You knit me together in my mother's womb.

To my flesh and blood you gave the breath of life.

O loving One, renew me this day in your love, grant me life as gift of Your faithfulness; grant me light to journey by; grant me hope to sustain me.

May this mantle be for me a sign of Your healing presence. May it warm me when I am weary; may it surround me with ease of my suffering; may it encircle me with caring when I am in pain.

O Christ who healed the broken in body and spirit, be with me and all who suffer this day. Be with the doctors, nurses, technicians, chaplains and all who care for the sick. Be with families and friends of those abiding with and comforting the sick.

May Your gentle, yet strong touch reach out to heal all the broken and hurting people and places in our world.

Shawl Blessing For Two Uniting © 2017 All rights reserved

By: Betty Breen with Jeanne Grandy & Cathleen O'Meara Murtha, DW

In celebration of the love, hopes, and dreams the two of you bring to this new dimension in your relationship-a gift, made for you with love.

As you wrap yourselves in it together, may it be for you a gentle reminder that
You are loved and cherished,
You are gifted and giving,
You share the riches of life experience;
You are knit together with the Creator,
the one who is with you always,
and with all those whose lives touch yours.

May this shawl be for you useful...

For fun, for love, for making up, for making decisions,
For comfort, for warmth
For strengthening your Togetherness.

May love and blessings flow from your new life
together to touch this world anew.

Prayer For Comfort © 2017 All rights reserved

By: Cathleen O'Meara Murtha, DW

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.

Blessings be with you and all you love now and forevermore.

Shawl Blessing For New Birth © 2017 All rights reserved

By: Cathleen Murtha with Jeanne Grandy

In the beginning, creating Godde, you formed my being.

You knit me together in my mother's womb.

To my flesh and blood you gave the breath of Life.

O loving One, we celebrate this day, gift of your love.

You have granted life as gift of your faithfulness to all generations. Grant your light to journey by; grant your hope to sustain my becoming all that I can be.

Bless my parents and all parenting, that Wisdom will guide your children to will and to work for good to the benefit of all living on this planet home.

May this wrap, whether for nurture, warmth, or security, be a gentle reminder of my prayer and Your presence and love with us always.

New Baby - Shawl Blessing © 2017 All rights reserved

By: Janet Severi Bristow, St. Patrick/St. Anthony Prayer Shawl Ministry

Loving God,

Bless this woman and this new life birthed into the world.

As she wraps her baby into this shawl, may she too, be enfolded in Your unconditional, motherly embrace.

Precious these two lives, forever bonded to each other - to You!

Bless too, this child's father... provider, protector, and guardian. As his child grows, may he be given the strength, compassion, and tenderness needed to be the best role model he can be.

Surround this family with comfort,

Wrap them in peace,

Bundle them securely in love,
Cradle them with hope in the future.

May their days together grow in joy, guided by Your tender, maternal love,
blessing this family through all the generations.

Amen

Prayer Shawl Knitting Pattern

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 'slightly bulky' 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.

Note: If you cast on 57 stitches you will always start with K3

The same can be said if you make the pattern in multiples of 6's + 3 (add) stitches

Knitting Tip: When casting on: go up a size on the needle. This will give you a looser binding edge. For example: If you are using size: 11 needles for the body of your work - then cast on using size: 13 needles (for the first row only).

To Complete the shawl:

Knit (crochet) until the piece measures from wrist to wrist, or approximately 57-58" long. (Knitting: bind off with a knit row). Use what you have left to cut *fringe. Suggestion for fringe: you can also do this before using the last skein. Divide the pile in half and slip knot them to the ends, evenly spaced. If the yarn is manufactured loosely wound, you might have to knot the ends of the fringe to keep it from unraveling.

Now that the shawl is completed:

You may want to add beads and/or charms to the fringe. They can be new or parts of old pieces of jewelry. They not only add beauty, but also can be used to inspire or aid meditation. Before you give it away, say a blessing, prayer or wish over the shawl, keeping the receiver in mind.

Prayer Shawl Crochet Pattern

Chain 54 stitches or desired width of shawl.

Chain 1, turn, single crochet in each of the stitches to end. Chain 3 and turn.

Double crochet in top of each single crochet. Repeat this row 2 more times.

Chain 1 and do 1 row of single crochet to end. Chain 3 and turn.

Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double)

End with 1 row of single. Finish with fringe.

Note: crocheting typically uses more yarn than knitting, so you might have to adjust the width and size of hook or use another 1/2 skein.

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