

### Original Knit Pattern for Prayer Shawl

You will need:

1) approximately 555 yards of slightly bulky yarn of your choice

2) knitting needle size 11 or 13 Directions

Cast on stitches in multiples of 3: 54, 57, or 60 stitches

Row 1: K3, P3 to end

Row 2: P3, K3 to end

Continue to work rows 1 and 2 until desired length (about 60 inches).

(Tip: 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.

### Original Crochet Pattern for Prayer Shawl

You will need:

1) approximately 740 yards slightly bulky yarn of your choice

2) crochet hook size M, N, or P Directions: Chain 54 stitches or desired width of shawl.

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

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

Next row, repeat row 1.

Do double crochet pattern (row 2) for three rows.

Repeat this pattern (1 row single, 3 rows double) until piece measures desired length (about 60 inches). End with one row single crochet.

### What Size is a Crochet Lapghan?

If you have ever wondered how big a lap blanket is you are not alone!

They come in a variety of sizes but usually Lapghans are about 35 × 40" in size. But remember this can vary from pattern to pattern since there isn't a set rule for a standard size. They are typically slightly bigger than a baby blanket, so they can cover a lap of an adult when they are being used.

### Some Uses for the Shawls

Undergoing medical procedures; as a comfort after a loss, during bereavement, prayer or meditation, commitment or marriage ceremonies, birthing ,nursing a baby; as a bridal shower gift; leading ritual; first menses or croning rites of passage, during an illness and recovery; ministering to others or just socializing.

The possibilities are endless!

To make a shawl personal, the giver or the recipient may want to adorn the shawl with beads, shells, feathers and charms. A blessing may be offered when the gift is presented

Information obtained from [www.shawlministry.com](http://www.shawlministry.com)

## CEDAR CHURCH

### Prayer Shawl and Lapghan

### Ministry

### Knit, Crochet and Pray



*For it was you who formed my  
inward parts;  
you knit me together in my  
mother's womb.  
I praise you, for I am fearfully and  
wonderfully made.  
Wonderful are your works;  
that I know very well.*

*Psalm 139 13-14*

### 3 STITCH SEED PATTERN SYMBOLISM

Whether called Prayer shawls, Comfort shawls, Peace shawls, etc. these shawls and Lapghans, our made with a compassionate heart and entwined with good will and grace, are powerful gifts to uplift and delight those whom they enfold.

In my opinion, any shawl or Lapghan created while offering prayers and blessings to the receiver qualifies.

However, if you look at the original prayer shawl instructions from the Prayer Shawl Ministry you will notice that the patterns are designed in multiples of three.

This is not random. It represents the Trinity the Father, the Son, and the Holy Spirit and signifies completeness, perfection, wholeness, or unity.

Considering the number three's importance, in the original prayer shawl instructions, (t)he 3-stitch seed pattern was selected as symbolic of planting peace, healing, love, comfort and hope into the shawls by the shawl maker for the receiver.

### COLOR SYMBOLISM

- **Red** stands for energy, strength, power, determination, love and courage.
- **Pink** represents joy, friendship and femininity.
- **Brown** is for masculinity and stability.
- **Orange** denotes happiness, success, encouragement and endurance.
- **Gold** symbolizes illumination and wisdom.
- **Yellow** is for cheerfulness, energy, joy and confidence.
- **Green** historically has been used to symbolize healing. It also represents harmony, safety, hope, protection and peace.
- **Blue** characterizes stability, trust, loyalty, faith, truth and tranquility.
- **Purple** represents wisdom, dignity, independence, creativity and mystery.
- **White** denotes goodness, purity, innocence, faith, safety and light.

### PRAYERS

**Starting Prayer** by: Pamela Stiff

Dear Lord,  
Take away all my negative thoughts and feelings as I work on this shawl or Lapghan of comfort for the recipient. Guide my hands as they work and keep my thoughts positive and centered around them. I make each stitch with love and a prayer in my heart for their comfort, hope, and healing. May the recipient feel Your loving arms around them as they wear this shawl or Lapghan and may it represent to them Your power to heal any hurt. Comfort them, Bless them, Heal them. I ask this in Jesus name. Amen

#### **Working Prayer**

There is no right or wrong way to pray as you work on the shawl. Suggested words to say: Father, Son and Holy Spirit bless this person as you do the knit 3, purl 3 pattern

**Prayer Shawl Tag** by: Keith Goheen

Knitted by hand and threaded with prayers of love and hope, This shawl is a gift to you. May it bring blessings of comfort, gifts of warmth And the knowledge that you are loved.