

You may wish to attach to this page a strand of yarn from prayer shawls you have completed.

Let this record be a reminder for continued prayers.

Prayer shawl
presented to:

Date

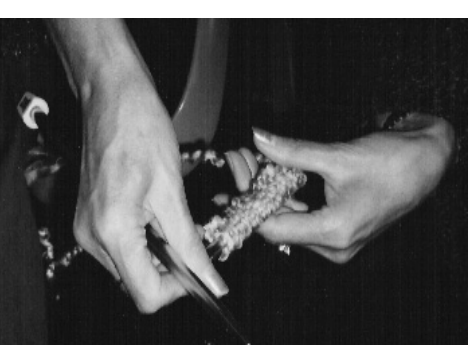
*Pray in the spirit at all times
in every prayer and supplication.*

Ephesians 6:18



If you have any questions, contact
St. John Neumann Church
Pastoral Care
651-454-2079

*Knit
One
Pray
Two*



*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

Knit One Pray Two (K1P2) is made up of caring knitters/crocheters who craft shawls laden with prayers. The prayer shawl is given to someone special as a loving reminder of God's presence. The quiet prayers and busy needles create a prayer shawl that brings physical warmth and spiritual comfort.

WHO: Experienced or wannabe knitters/ crocheters. If you are unable to knit but would like to help with this ministry, yarn donations are accepted.

WHEN: Anytime! Or for instruction and fellowship, meet at St. John Neumann the first Wednesday of the month at 10:00 a.m. and on the second Thursday of the month at 7:00 p.m.

FOR: Someone you know or someone who has been referred to the Pastoral Care Associate.

WHY: To lend prayer support to others in a tangible way.

A beautiful tapestry of love will be created as you knit and pray. Let the peace only God can provide fill you as you knit. Whispered prayers of hope mingle with the strands of yarn. The love of Jesus is expressed through a caring embrace. The embrace of a prayer shawl wrapped comfortingly around the shoulders of another.

Knit Prayer Shawl

To knit a prayer shawl approximately 60"x 24" , you will need:

- Three 6 oz. skeins Lion Brand Homespun yarn
- Size 13 needles

The idea is to get a loose, comfortable weave.

Knitting Pattern Instructions

OPTION 1: Cast on 55 stitches. Knit across and back. Continue to knit two skeins. Before starting the third skein, cut yarn for fringes. You will need 55 pieces for each end of the shawl. Tie fringes on finished end to ensure desired result; then continue.

OPTION 2: Cast on 54, 57, 60, or 63 stitches, or some multiple of three. Knit three, purl three to the end of the row. Turn and knit the purl and purl the knit. Before starting the third skein, cut yarn for fringes (usually one strand per stitch). For example, if you cast on 60 stitches, you will need 120 strands to attach one in each stitch on both ends. These pieces can be as short as 6" or as long as 16" . It's up to you. Tie fringes on finished end to ensure desired result; then continue.

Crocheted Prayer Shawl

Finished size 24" x 60"
M Hook

3 skeins Lion Brand Homespun yarn

(Knot ends at beginning of shawl, ending, and each time you change yarns as this yarn frays easily.)

Pattern Instructions:

Chain 48 and turn. DC in 3rd chain from hook and in each of stitches to end of row.

Chain 3 and turn. DC in each DC to end of row. Repeat to end of 2nd skein.

STOP and cut 90 pieces of fringe, 12" - 15" long. (Knot ends to prevent fraying.) Set aside.

Continue to end of 3rd skein. Add fringe.

