

Prayer Shawl Patterns

Most prayer shawls are made to be long enough to reach from wrist to wrist, which is about 130 – 140 cm for an adult.

Ladder Pattern

You will need:

Double knitting yarn – about 300g
7.5mm knitting needles

Instructions

Cast on 69 stitches.

Work the whole length of the shawl in garter stitch to the finished length.

Every alternate row – making ladders:

Knit 6, drop 1 stitch off needle.

Pick up a loop where the stitch has dropped, knit into the back of loop (this is to make up for the dropped stitch), repeat to end.

Cast off loosely.

Attach fringes to the cast on and cast off stitches.

Triple Moss Stitch Pattern

You will need:

Double knitting or Aran yarn – about 400g
5mm knitting needles

Instructions

Cast on 105 stitches.

Knit 3 purl 3 every row to the desired length.

Cast off when the finished length has been reached.

Attach fringes to the cast on and cast off stitches.

Knitted Rib Pattern with border

You will need:

Double knitting yarn – about 300g
6.5mm knitting needles

Instructions

Cast on 126 stitches and knit 5 rows.

Knit 2 together across row (63 stitches remaining)

Row 1: Knit 3, purl 3 to end of row

Row 2: Purl 3, knit 3

These two rows form the pattern.

Continue until the shawl is about 2cm shorter than the desired length.

Make the end border by increasing into each stitch once (126 stitches).

Knit 5 rows and cast off.

Crocheted Pattern

You will need:

Double knitting yarn – about 400g

4.00mm Crochet hook

Instructions

Chain 80 stitches.

Chain 2, turn, double crochet in each of the chain stitches to end.

Chain 3, turn, treble crochet in the top of each double crochet. Repeat this row 2 more times.

Chain 2 and do 1 row of double crochet to end.. Chain 3 and turn.

Do 3 rows of treble crochet.

Repeat the pattern (1 row double, 3 rows treble) to desired length, ending with one row of double crochet.

Finish each end with fringe.

A prayer for healing

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 those families and friends
abiding with and comforting the sick.

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