

Shawl Instructions: Knitting

Materials:

Knitting Needle size 11 or 13

Amount of yarn needed:

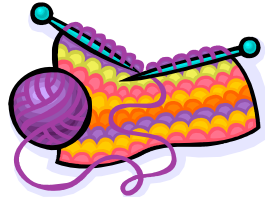
555 yards in the yarn of your choice.

740 yards for longer shawls and 60+ stitches

- The cost of yarn is rising, be creative and use yarns that appeal to you and your price range.
- It has been suggested that skeins of the same dye lot be purchased.

Before You Begin:

Because this is a spiritual practice, before one begins the knitting (crochet) process, a blessing, prayer or wish can be said, dedicating the work of your hands and the intentions of the receiver. You may want to light a candle and play soft music to enhance your knitting time, remembering that this is a prayerful time. When working in a group, you may want to pass the work-in-progress around the circle, asking each person to add some stitches to the shawl, or to just hold it for a while to add their prayers, energy and good wishes.



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1998 - Written & Developed By Victoria Galo and Janet Bristow

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- 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 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**

To Complete the shawl:

Knit until the piece measures from wrist to wrist, or approximately 57-58" long. 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. Another nice touch is enclosing a potpourri sachet scented with lavender oil, a calming aroma, or any essential oil that you like. It is also good to enclose an explanation and/or a blessing, prayer or wish for the receiver. For instance, if you choose a certain symbolic color for the yarn, beads or charms it's interesting and helpful to explain your reason.

The making of a prayer shawl is a spiritual practice which embodies our thoughts and prayers for the receiver. It is a gift freely given with no strings attached. Made in prayer, as prayer, for prayer, the shawls are passed on hand-to-hand and heart-to-heart. Putting a price on a shawl defeats the purpose of this ministry. May we suggest a better alternative? But, if someone offers to "buy" a shawl, you can state that; *"although the shawls aren't sold, a donation to our ministry is gratefully accepted in whatever dollar amount you feel comfortable in giving"*. These donations will allow your ministry to purchase more yarn and continue the 'ripple effect' of unconditional love!

Blessings, *Janet and Vicky*

<http://www.shawlministry.com>