



## St. Denis Prayer Shawl Ministry – Basic Guidelines

### **Thank you for volunteering! Here are the basic requirements for participation:**

- Please knit or crochet when you are in a pleasant, happy, content mood. Let a place of happiness and peace be your creative environment. With such a pleasant setting, the prayers for God's love to grant comfort, healing and spiritual well-being will naturally be woven into your work.
- If possible, pray while you work. At the very least, say a prayer when you begin your work, and a prayer when you end. Some prayer suggestions are included in this packet.
- Please only use 100% acrylic yarn. This will make your item accessible to just about everyone, alleviate allergy concerns, and make care and washing simple for the recipient.
- Finished items should be brought to the next monthly meeting (we meet on the 1<sup>st</sup> Saturday of each month from 10am to noon in the new classroom downstairs), or dropped off at the rectory. Each finished item should include a completed Maker's Card.

### **Suggested Pattern:**

**Prayer Shawls** – should be large enough to wrap around a person, approximately 24" by 68". Fringe is optional, but should be avoided if the yarn is prone to fraying.

- **Simple Knit Shawl** – Chunky (5) yarn, size 13 or 15 needles – Cast on 57 stitches and knit in Garter Stitch (knit stitch only), until 68" long. Bind off and weave in loose ends. Worsted (4) yarn, size 13 needles – cast on 67 to 70 stitches; follow above.
- **Simple Crochet Shawl** – Chunky (5) yarn, sizes J and K hooks – Chain 57 stitches with K hook; switch to J hook, chain 2, turn. Double crochet in 3<sup>rd</sup> chain from hook and in every chain stitch across chain row. \*Chain 2, turn. Double crochet in every stitch.\* Repeat from \* to \*, to length of approximately 68". Finish off and weave in loose ends.

**Lap Afghans** – should be about 35" x 40" minimum

Patterns for other items can be found on our webpage, or obtained at a meeting.

[www.SaintDenisChurch.com/prayer-shawl-ministry](http://www.SaintDenisChurch.com/prayer-shawl-ministry)



## St. Denis Prayer Shawl Ministry – Prayers

### Here are some suggested prayers to weave into your work:

**Starting Prayer** – Dear Lord, take away all my negative thoughts and feelings as I work. Guide my hands and keep my thoughts positive and centered. May I make each stitch with love and a prayer in my heart for the comfort, hope and healing of the recipient. May they feel Your loving arms around them as they use this item, and may it represent Your power to heal any hurt, comfort any sorrow, and inspire great love. Bless them with your grace. I ask this in Jesus' name. Amen.

*(Adapted from a prayer by Pamela Stiff, 2008)*

**Mantras of 3** – Christians place great significance on the number 3; it represents wholeness, and makes us mindful of the Trinity. Here are some suggestions for words you can repeat, especially when your work involves counts of 3.

Faith – Hope – Love

Flow – Through – Me

Father – Son – Holy Spirit

Love You – Praise You – Worship You

Dear Lord – Take Care Of – [Name of Person]

**Ending Prayer** – Dear Lord, may this work of my hands enfold the recipient in warmth, comfort, healing and peace. Amen.

*(Adapted from a prayer by Michele Maclure, 2008)*

Additional prayers can be found on our webpage, or obtained at a meeting.

[www.SaintDenisChurch.com/prayer-shawl-ministry](http://www.SaintDenisChurch.com/prayer-shawl-ministry)



## **St. Denis Prayer Shawl Ministry – Color Chart**

**This is a basic list of colors and some of the attributes associated with them.  
(Adapted from an original list by Janet Bristow and Victoria Galo)**

RED – love, passion, energy, enthusiasm, courage, understanding, motivation, strength, warmth, vigor

MAROON – bravery, strength

MAGENTA – spirituality, meditation, imagination, release, new beginnings

PINK – friendship, compassion, sensitivity, generosity, warm-heartedness, nurturing, soothing, admiration, gratitude, appreciation. Support color for Breast cancer.

ORANGE – thoughtfulness, vitality, attraction, strength, authority, creativity, energy, enthusiasm, warmth

PEACH – innocence, empathy, harmony, warmth, peace

YELLOW – wisdom, learning, optimism, intuition, faith, well-being, friendship, energizing, happiness. Support color for Troops and Childrens' cancers.

GREEN – earth, healing, prosperity, fertility, clarity, sympathy, hope, renewal, confidence, abundance, growth, life, health, balance; this color is mentally and physically relaxing. Support color for Ovarian cancer.

AQUA – courage, balance, harmony, stability, soothing

TURQUOISE – happy, relaxing, refreshing, rejuvenating

BLUE – water, healing, meditation, tranquility, honesty, loyalty, communication, judgment, sincerity, wisdom, spirituality, self-esteem, peace, faith, universal color, cool and calming. Support color for Prostate cancer.

TEAL – trustworthy, devotion

INDIGO – wisdom, insight, instinct, spiritual nature, integrity

VIOLET – spirit, spirituality, intuition, truth, memory, nostalgia, humility, comfort during grief or mourning, peaceful

PURPLE – power, leadership, royalty, truth, justice, temperance, spirituality, wisdom. Support color for all forms of cancer and for Alzheimer's Disease.

BROWN – ambition, drive, organization, growth, wholesomeness, honesty, steadfastness, simplicity, friendliness, dependability, down-to-earth, stability

BEIGE – optimism, simplicity, calming

BLACK – absorbs negativity, mature wisdom, self-confidence, strength, protection

GRAY – strength, balance, reliability

WHITE – spirit, innocence, protection, peace, purity, gentleness, perfection, maiden, illumination, virtue, reverence

GOLD – masculine energy, flexibility, enlightenment

SILVER – feminine energy, intuition, flexibility

**Made with Love by** \_\_\_\_\_

**Environment:** ☐ Non-Smoker

☐ Pet(s) in home: ☐ Dog(s) ☐ Cat(s) ☐ Bird(s)

**Date Received:** \_\_\_\_\_

**Item Type:** \_\_\_\_\_

Shawl: ☐ Rectangle ☐ Triangle ☐ Other Fringe: ☐ Yes ☐ No

Width: \_\_\_\_\_ Length: \_\_\_\_\_ OR Size: \_\_\_\_\_

**Pattern/Descr:** \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

**Yarn Brand:** \_\_\_\_\_

**Style:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Color:** \_\_\_\_\_

Please attach a 6" piece of yarn to this card, and include wrapper if possible.

**Made with Love by** \_\_\_\_\_

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☐ Pet(s) in home: ☐ Dog(s) ☐ Cat(s) ☐ Bird(s)

**Date Received:** \_\_\_\_\_

**Item Type:** \_\_\_\_\_

Shawl: ☐ Rectangle ☐ Triangle ☐ Other Fringe: ☐ Yes ☐ No

Width: \_\_\_\_\_ Length: \_\_\_\_\_ OR Size: \_\_\_\_\_

**Pattern/Descr:** \_\_\_\_\_

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\_\_\_\_\_

**Yarn Brand:** \_\_\_\_\_

**Style:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Color:** \_\_\_\_\_

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