

Prayer Shawl Ministry

Pocket Prayer Shawl with Cross Motif Pattern

This is an original pattern created by one of the members of the Prayer Shawl Ministry, Oakdale United Methodist Church, West Boylston, MA USA.

Purpose: The purpose of the **Pocket Prayer Shawl** is to provide feelings of comfort, support and closeness to God for the recipient. They fit nicely in a pocket or purse, and can travel with the recipient.

Usually, one is made with a tassel at the end. Two could be made and put together to form a pouch. The pouch could hold anything that is meaningful and comforting to the recipient.

Supplies: A few ounces of 4 ply worsted yarn. (3 ply or baby yarn with 2 strands together.) Soft yarns like *Caron Simply Soft* or *Red Heart Soft* are comforting to touch. Avoid coarse feeling yarns. Variegated yarns will not show the motif as well as solid colours. Choose comforting colours such as green, blue, white, tan, brown, purple, soft gold, and pastels. Avoid bright colours and neon colors. Also, *Lion Brand Homespun* does not work as it is too bulky.

Use needle sizes 4, 5, 6, 7 or 8 depending on what size you wish the outcome to be, and how loosely or tightly you knit. Use whatever size needles will give you the finished dimensions of about 3-1/2 inches by 3 inches. You have the option of making it smaller or larger than the stated size. Experiment with yarn and the size to find what you like.

Use a **crochet hook** for attaching the tassel.

Preparing the knitter... Find a quiet place to knit that will be your time of prayer. As you work, pray for the recipient's healing and comfort.

Directions for construction:

Cast on 18 stitches

Rows 1 through 5 Knit (Garter Stitch)

Row 6 Knit 8, Purl 2, Knit 8

Row 7 Knit

Rows 8, 10, 12 Knit 8, Purl 2, Knit 8

Rows 9, 11, 13 Knit

Row 14 Knit 5, Purl 8, Knit 5

Row 15 Knit

Row 16 Knit 8, Purl 2, Knit 8

Row 17 Knit

Rows 18 and 20 Knit 8, Purl 2, Knit 8

Rows 19 and 21 Knit

Rows 22 through 26 Knit

Bind Off

Cut 3 strands of yarn, each 12 inches long. Fold in half making a loop. Put a crochet hook into the center of the 3-1/2 inch side. Pick up the loop and pull the tail of the tassel through the loop to secure the tassel to the **Pocket Prayer Shawl**. This forms a 6-strand tassel.

Embellishment Optional: You may thread letter beads onto one or more of the strands of the tassel to spell a comforting word such as “love, heal, peace, hope, trust, faith, praise, pray, or other meaningful word”. Put a knot or two at the end to secure the beads in place.

Blessing... The Oakdale United Methodist Church has a monthly blessing of **Pocket Prayer Shawls** and their full size **Prayer Shawls**. Then the shawls are ready to go to those in need of the comfort they provide.

Tagging... They attach a business size tag to each **Pocket Prayer Shawl**, showing a picture of “hands holding” that says:

“As you hold your Pocket Prayer Shawl, you hold the Hand of God. May you feel His loving and comforting touch. The cross in the middle connects you to Jesus and His blessings. Know that He is always with you.”

Made with love and prayers for you by.....

**The Prayer Shawl Ministry
of the
..... your church’s name & address.....**

Your church may wish to compose your own message.

Distribution.... These **Pocket Prayer Shawls** fit nicely into an envelope and can go anywhere. They provide comfort, support and the feeling of closeness to God during illness, grieving, personal stress, tragic loss or the trauma that life can present to us. Making these **Pocket Prayer Shawls** is very satisfying and comes with the reward of being in service to others.

As your **Pocket Prayer Shawl Ministry** expands, consider giving them to Confirmation students, graduates, weddings, new babies, servicemen and servicewomen, your church members and groups, anniversaries or other happy occasions.

