

# Healing Shawl Ministry

The Church of the Holy Trinity, South Bend

We welcome you to a ministry of the Church of the Holy Trinity, South Bend. This ministry involves creating a shawl for persons who are ill, new mothers, cancer survivors, those mourning the death of a loved one, or those who need a tangible presence of God in their lives.

*Each time you begin your work, please pray:*

**May God's grace be upon this shawl—warming, comforting, enfolding and embracing. May this mantle be a safe haven—a sacred place of security and well being, sustaining and embracing in good times as well as difficult ones. May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love. Amen.**

## SIZE

Average size approximately 24" x 60"

## MATERIALS

- Lion Brand Homespun (*available at Wal-Mart or Michael's*) Note: Lion Brand Homespun yarn tends to unravel when cut. Fringe will need to be knotted at its ends for a more presentable look.
- Caron's Fascination (no dye lot)
- Bernat Bouclé *Lion Brand Jiffy (5-6 skeins)*
- Red Heart Light-n-Lofty
- Red Heart Baby Clouds (*sz. 15 needles*)

## Amount of yarn needed:

(\*Because crochet uses more yarn than knit, a crochet shawl will be a bit smaller than a knit one made with the same number of yarn skeins. To make a larger one, start with a longer chain and use an additional skein.)

- 3 skeins for 6-ounce, 185 yards for 54 or 57 stitches
- 4 skeins for 6-ounce, 185 yards for 60 stitches

## Knit

Size 10.5 (6.5 mm) through 15 (10 mm) knitting needles

## Crochet

Size N-13 (9 mm) or P-15 (10 mm) crochet hook

## KNIT VERSION

Cast on 63 stitches or any multiple of three, such as 54, 57, or 60.

**First row** Knit 3, purl 3 to the end of the row.

**Repeated row** Turn and knit the purl stitches and purl the knit stitches.

## CROCHET VERSION

Loosely chain about 43 stitches.

**First row** Half-double crochet in third chain from hook and in each chain across.

**Repeated row** Chain 2, turn. Half-double crochet in each half-double crochet across.

## Both Versions

Work about 2 1/2 skeins in this pattern. Use the rest of the yarn for fringe, which can be from 3" to 9" long. Knot the ends of the fringes to keep the yarn from frizzing.

*When completed, please bring the shawl to the Church of the Holy Trinity. The shawl will be blest and delivered with the following enclosed card:*

This healing shawl is a gift to you. It was made by a member of the Church of the Holy Trinity. Each time a person picked up yarn to work on this shawl, they prayed, 'May God's grace be upon this shawl—warming, comforting, enfolding and embracing. May this mantle be a safe haven—a sacred place of security and well being, sustaining and embracing in good times as well as difficult ones. May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love. Amen.' We hope that each time you wrap this shawl around your shoulders, it will bring you a sense of God's peace and healing, as well as the love of this parish family.

*If you would like to be a member of the team who delivers the shawls, please speak to the rector. Also let her know if you are aware of a person who could benefit from a healing shawl.*