



We would like to give a special thank you to everyone who takes their time to make this ministry continue and grow. Without you there is no ministry.

Thank **YOU** so much.

**For More Information**

**Contact:**

**The Rectory  
978-352-2024**

**St. Mary's Parish, Georgetown-Rowley  
94 Andover Street  
Georgetown, MA 01833**



**Whatsoever you do for  
the least of my brothers,  
You do for me.  
Matthew 25:40**



**Prayer Shawl  
Ministry  
St. Mary's Church  
Georgetown-Rowley, MA  
978-352-2024**

**Prayer Shawl Ministry**  
**St. Mary's Church**  
**Georgetown - Rowley, MA**



Psalm 139:13-14

Truly you have formed my innermost being:

You knit me in my mother's womb.

I give you thanks that I am fearfully, wonderfully made;

Wonderful your works.

**Vision:** to combine the wonderful fellowship found in our church & community with our talents of knitting & crocheting and form a prayerful ministry that reaches out especially to those in need of comfort and solace.

**Mission:** To bring people together in several small groups to knit and crochet prayer shawls, to pray for those in our church family and community in need of prayer (whether in joyful or trying times) and to support each other.

**Prayer Shawl Background:** In 1998, Janet Bristow and Victoria Cole-Galo, two graduates from the first class of Women's Institute at Hartford University in Connecticut, decided to pray and knit shawls for new mothers and for women in treatment for disorders such as breast cancer. Bristow said, "Sometimes there are no words. A prayer shawl wraps someone in a hug that's the accumulation of thoughts and prayers for them".

**Note:** Because different prayer shawl ministries make their shawls in their own ways, there is a great deal of variation amongst the end result. The following pattern gives a sample of how to make a knit of crocheted shawl. Your individual choices in needle/hook size will affect the finished size and thickness of the shawl. Remember, there isn't one "right" way.

Should you have any questions or comments please contact:

Christine Cable, CCable1@verizon.net

or St. Mary's Rectory 978-352-2024

Prayer shawls do not have to be made in the shawl form. They can also be made in a size to fit laps. Men in particular may prefer the smaller size to simply drape over there legs.

Shawls can also be sized for infants and children, as we also like to have a few on hand for children that need prayers and comfort.

Different yarn can be used and fringe is optional. Always remember to include the Holy Trinity while making a prayer shawl

### **Birthday Shawls**

You may want to create a shawl for a special birthday. Suggestions: Create a shawl corresponding to birth month color or add decorative birthstone beads or semi-precious stones to add further dimension to the symbolism.

**January:** Garnet or Rose Quartz

**February:** Amethyst or Onyx

**March:** Aquamarine or Bloodstone

**April:** Diamond or Quartz Crystal

**May:** Emerald or Chrysoprase

**June:** Pearl, Alexandrite or Moonstone

**July:** Ruby or Carnelion

**August:** Peridot or Sardonyx

**September:** Sapphire or Lapis

**October:** Opal or Tourmaline

**November:** Topaz or Citrine

**December:** Zircon or Turquoise

## Color Chart

This is a basic list of colors and some of the attributes associated with them. It might be helpful to use it as a guideline when you're selecting a color for a particular person for whom you're making a shawl.

- RED** - love, passion, energy, enthusiasm, courage, understanding, motivation, strength, warmth, vigor
- PINK** - friendship, compassion, sensitivity, generosity, warm-heartedness, nurturing
- ORANGE** - thoughtfulness, vitality, attraction, strength, authority, creativity, energy
- YELLOW** - wisdom, learning, optimism, intuition, faith, well-being, friendliness
- GREEN** - earth, healing, prosperity, fertility, clarity, sympathy, hope, renewal, confidence, abundance, growth, life
- AQUA** - courage
- BLUE** - water, healing, meditation, tranquility, honesty, loyalty, communication, judgment, sincerity, wisdom, spirituality, self-esteem
- INDIGO** - wisdom, insight, instinct, spiritual nature
- VIOLET** - Spirit, spirituality, intuition, truth, memory, nostalgia, humility, comfort during grief or mourning
- PURPLE** - power, leadership, royalty, truth, justice, temperance, spirituality, wisdom
- BROWN** - ambition/drive, organization, growth
- BEIGE** - optimism
- BLACK** - absorbs negativity, mature wisdom
- WHITE** - Spirit, innocence, protection, peace, purity, gentleness, perfection, maiden, illumination.
- GOLD** - masculine energy, enlightenment
- SILVER** - feminine energy, flexibility
- GRAY** - strength

## What is a Prayer Shawl Ministry?

This is a ministry of prayer, love, and time for others in need. A Prayer Shawl is a tangible gift representing the many and continuing prayers for comfort, caring, healing, and love offered for an individual experiencing serious illness, grief, loss, emotional trials or spiritual upheaval in their lives. Prayer Shawls can also be given in times of great joy, celebration or appreciation. In other words, anyone who needs prayers can receive a Prayer Shawl. A prayer card accompanies the Prayer Shawl for the recipient to pray as the shawl is being worn. The recipient is any member of the parish family or community.

## How are Prayer Shawls made?

This ministry combines knitting/crocheting and prayers as they are stitched with care and love for those in need. Prayer Shawls can be knit or crocheted following very simple directions. Prayers are said as the shawls are being stitched. They can be formal prayers or prayers from the heart. Members of St. Mary's Church and the community volunteer to stitch the shawls to be given freely for comfort and love.

## Who receives the Prayer Shawls?

Men, Women, Children, young, or old with a great need for love and prayer can receive a Prayer Shawl. We reach out to meet the needs of any of God's children who He brings to us. Requests to be covered in prayer and a Prayer Shawl can be directed to Christine Cable or the Rectory. Prayer Shawls are almost always available at the rectory. If necessary, requests are treated on an individual basis. Life and death situations take priority on the waiting list. The utmost discretion is used when presenting a shawl.

## Do I have to be a member of St. Mary's Parish to participate in this ministry?

Although St. Mary's Church is sponsoring this ministry you do not have to be a member of the parish. This ministry is open to anyone who would like to share their talents of knitting/crocheting. This ministry is open to anyone who would like to be a blessing to God's children who have need of prayer and love. You are welcome to invite friends who can knit/crochet (or would like to learn) to join with you.



### How much time am I committing to if I volunteer?

There is no Prayer Shawl quota or recommended time requirements. You can stitch at your own pace in the privacy of your own home, at children's sports events, waiting for doctor appointments or wherever you feel comfortable knitting/crocheting. You can make "1" shawl or "100" shawls. The calling is between you and Jesus. In Matthew 25:40 Jesus said, "Whatever you do for the least of my brothers, you do for me".

- Some people set aside an hour or two a month and invite others for a knitting/crocheting circle. This ministry is what you want to make of it.

### Is there anything else I need to know before I commit to knitting/crocheting?

This ministry is guided by God. God tends to work through those who make themselves available to Him. Do not be surprised when you pull out your needles/hook and yarn that people begin to ask what you are making. As soon as you tell them you are making a Prayer Shawl, YOUR ministry will begin to grow. You never know who you will meet and what impact YOUR ministry will have on those God brings to you. Being open to God and allowing Him to work through you takes the Prayer Shawl Ministry to a higher level.

### How can I become involved in the Prayer Shawl ministry?

To volunteer your gift of time, talent, and love call the Rectory 978-352-2024.

### Where can I purchase the yarn for the Prayer Shawls?

Lions Brand Homespun Yarn can be purchased at craft stores such as Michael's, A.C. Moore, and Joanne's Fabrics. Walmart also carries this kind of yarn, but is more expensive and has fewer color choices. On the upside, they do price match if you bring in a competitor's ad. The average price/skein is \$6.00. Watch the sales and flyers because Michael's and A.C. Moore puts it on sale. Yarn is also available at the rectory. Please call and ask.

### Blessing of a completed Prayer Shawl (by Janet Bristow)

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.

In Jesus' name I (we) pray. Amen.





**I call nine blessings from above  
(by Cathleen O'Meara Murtha, DW)**

I call nine blessings from above,

In the name of God: the creator, the giver of life, the holder of time

In the name of Jesus: the savior, the healer, the lifter of pain.

In the name of the spirit: the comforter, the consoler, the sustainer of life.

I knit a mantle of caring

I knit a mantle of protection

I knit a mantle of wholeness

I knit a mantle of strength

I knit a mantle of healing

I knit a mantle of patience

I knit a mantle to enfold you

I knit a mantle to encircle you

I knit a mantle to empower you

**Almighty God, the creator of life and health,**

Bring healing to \_\_\_\_\_

In your presence, give \_\_\_\_\_ freedom from all pain and illness

Give relief from suffering and grant speedy improvement

Until \_\_\_\_\_ is completely well and healthy

for the glory of the Lord Jesus Christ.

Amen



**Can I alter the Pray Shawl pattern?**

Creativity is encouraged and appreciated. Just as each needle worker and recipient are individuals each shawl can have its individuality. The length and width can be altered a bit, but the overall pattern should remain the same as the pattern you received to keep in the theme of the Trinity. Many yarns have been experimented with before beginning this ministry and using the Lions Brand Yarn is preferable. Please try to stay with this type and brand. Please do not spray yarn or shawls with any fragrances as recipients may have allergic reactions. Keep in mind that these Prayer Shawls go to people of all age groups and health situations.

**What are the directions to make a Prayer Shawl?**

- Throughout our Christian faith the number 3 is a very important number. Three symbolizes the Trinity (creator, Redeemer, and Sustainer) and has come to mean wholeness. It is said that the number 3 is used 523 times in scripture.
- The 3-stitch seed pattern was selected as a symbolic "planting" of peace, healing, love, comfort and hope.

Prayers: Weave prayers into the shawl as you knit/crochet. Begin with a prayer for blessing the shawl itself. Then as you stitch, pray for the person who will receive the shawl.

### **KNITTING DIRECTIONS:**

3 Skeins of Lions Brand Homespun Yarn  
Size 11 or 13 knitting needles

#### **PATTERN**

- Cast on 57 Stitches.
- Row 1: Knit (K) 3, Purl (P) 3, to the end of the row.
- Turn, and repeat Row 1 always starting with a K
- Knit 2 skeins

Use the 3<sup>rd</sup> skein and cut 114 pieces of 12 inch yarn to use for fringe to finish shawl. Put pieces aside and then continue knitting shawl with the remainder of the 3<sup>rd</sup> skein.

### **FRINGE:**

Knot the ends of each fringe piece. Fold in half and loop through the stitches on the ends of the Prayer Shawl using a slip knot.

### **CROCHET DIRECTIONS:**

4 Skeins of Lions Brand Homespun Yarn  
Size N or P crochet hook

#### **PATTERN**

- Chain 54 stitches
- Row 1: Turn, Chain 1, single crochet in each chain to the end of row. (You should have 54 stitches in each row) count, count, count!



### **Prayer for each time you work on your prayer shawl**

**(by Teresa Weider)**

Dear Jesus,

I ask you to bless my hands, my thoughts, my yarn and my needles, You know who will receive this shawl and what their needs are even before this shawl is complete. Use my hands and my time in completing this to your glory. May your love surround the recipient as they wrap this Prayer Shawl around their shoulders. Heal all areas of the recipients life that needs to be made whole.

Through Jesus Christ, my Lord, my savior and my healer I pray.  
Amen

### **You are Lord and Savior**

Friend full of mercy and love

Healer off sickness and disease

Show mercy to \_\_\_\_\_

Comfort \_\_\_\_\_ with your presence

Give \_\_\_\_\_ faith in Jesus Christ

Hold \_\_\_\_\_ in love and forgiveness

Heal all illnesses and diseases

Restore \_\_\_\_\_ to health

Be with the doctors and nurses

Let the technicians and those who work in the hospitals and clinics

Be full of compassion and care

Give \_\_\_\_\_ a spirit of joy and peace

Bless \_\_\_\_\_ this day and bring

Complete and swift recovery

In the name of Jesus, I pray. Amen.





## **Father, I thank you for your comforting words,**

“Call upon me in the day of trouble;

I will deliver you, and you will glorify me.”

I call on you to bring healing to \_\_\_\_\_

For the sake of Jesus Christ,

Deliver \_\_\_\_\_ from sickness of the body,

You know what is best for \_\_\_\_\_

Answer my prayer, dear Lord, By healing \_\_\_\_\_

In Jesus’ precious name.

Amen

## **Mantle of Love, Healer of Hearts,**

I light this candle as a reminder of Your presence as I begin.

I ask a blessing from all who have come before me:

Whose hands have been instruments of creation and beauty:

who have used humble tools and homespun yarn in order to provide cover and warmth for themselves and those they loved;

who have felt, as I will feel, the yarn in their fingers:

who have seen, as I will see, the growth of the fabric;

who have heard, as I will hear, the click of the needles.

Guide my attention to stay on course.

Hold me close and ground me.

Bless, also, this yarn and these knitting needles.

May any negative energy connected to them be cast away as I cast on;

And all positive energy bound in as I bind off.

In their simplicity, may I find comfort and solace.

Bless my hands...

Often just appendages at the end of my arms...

Workers doing their job with out appreciation...

Looked at, yet not really seen.

Turn, Chain 3

- Row 2: Double crochet in the top of each single crochet. Turn, Chain 3, and repeat Row 2 twice.

- Repeat pattern (1 row single crochet, 3 rows double crochet)

- Crochet 3 skeins of yarn. Use the 4<sup>th</sup> skein and cut 108 pieces of 12 inch yarn to use for fringe. Put pieces aside and continue crocheting the remainder of the 4<sup>th</sup> skein.

- End with a single crochet row.

Add Fringe as for the knitted version

## **Sometimes I have a little leftover yarn, what can I do with it?**

The left over yarn from a prayer shawl can be used to make PRAYER LINKS. A prayer link is a small stitched rectangle to keep for you to pray for the person after it is delivered to them. A link can also be sent to family members of those who received a Prayer Shawl so they also can pray for them.

- Links can be made with K3, turn K3 for 10 rows, binding off so the link is a rectangle shape.

- For crochet it can be chain 6, turn, chain 3, double crochet across, turn, chain 3 repeat double crochet rows for 3 or 4 rows.

**Prayer:** May the lord anoint and bless the links made to bring healing and blessing to many, many people to the glory of our Lord and Savior, Jesus Christ. Amen.

## **What do I do with the Prayer Shawl when it is completed?**

When the Prayer Shawl is completed, say a prayer to bless the completed shawl. Completed shawls can be brought to the rectory for the Pastor to bless.

Now trust in the Lord, let GO and let God continue to work through the Prayer Shawl as it leaves your hands.

## **What prayers can be used when making the Prayer Shawl?**

The best prayers to say when stitching a prayer shawl are ones that are personal and come from your heart. Remember that Prayer Shawls are a gift of love. There is no wrong prayer when it is done with love. There are some formal beautiful prayers that can be used as well.

1. Begin by focusing on Jesus Christ. Thank God for His love and goodness toward the person you are praying for while making the

shawl. Thank Jesus for His plan of good for this person's life. Thank and praise the Lord for Jesus' death on the cross and the Holy Spirit's presence as you knit or crochet. Visualize Jesus sitting with you as you make the shawl. See the person being held in His arms and feel the love they share.

2. Thank the Lord for the person. Have positive thoughts about the person and focus on healing, improved quality of life and believe that the person will be restored, healthy, and complete in God's time. Lift whatever needs the person has to the Lord in prayer.

3. Intercede for the person. Sometimes words are not enough and sit with the Lord and simply hold the person before the Lord. Ask the Lord to guide you as you pray and knit/crochet. Pray for blessings on that person. Pray for strength and courage in the person's life and in the lives of loved ones. Pray for comfort and healing and for the doctors, nurses, and all who care for the person. Pray for whatever need the person has in life. Let the Lord lead you and pray whatever Jesus lays on your heart.

4. Pray for the person to draw closer to Jesus and if the person is not a believer, pray for salvation. Pray for the Holy Spirit to lead the person to Jesus Christ and for the person to be open to the Lord. Pray for this person's heart to be open to receive Jesus our Lord and Savior.

5. Keep praying - you can pray for one area that needs prayer over another as you feel led. Sometimes you may feel led to pray for one area of life, such as healing of memories, or for blessing of a relationship. Pray that nothing can stop the working of the Lord on the mind and heart or on the healing of the body.

6. Be encouraged! God does not call you to pray in vain. Pray! Believe and praise the Lord till the answer comes. Even if you do not see or feel changes in the life of the person, pray on! The Lord Jesus Christ will work in real and unexpected ways.

7. When you complete the prayer shawl, pray over it. Make a prayer link with the yarn for the shawl and keep the link to pray over often. Anoint the Pray Shawl with a prayer of blessing for the person before it is given to them.

8. Trust the Lord to continue to work through the shawl when it leaves your hands. Visualize the shawl being given to the person and see Jesus wrap the person with the shawl. See the love and the healing power in the prayers that are woven into the shawl. Now let

go and let God do the work in the person's life.

### **Prayer to Begin a meeting (by Kay Donnelly)**

Our Heavenly Father, thank you for this opportunity to gather together and celebrate our ministry. We've been blessed with the opportunity to share our love and concern for others through something tangible - the Prayer Shawl.

We come in joy this day and pray for our ministry to continue as a way to glorify God. Please give us your blessing as we daily reach out to others and spread your word of LOVE.

### **Gathering Prayer and Blessing (by Cathleen O'Meara Murtha, DW)**

As we gather in community to share our prayer, our stories, the work of our hearts and hands, we pray for God's blessing on our endeavors.

As Blessing to my mind - to be free to enter this contemplative activity...

As Blessing to my hands - to be the source of creating something of beauty and love...

As Blessing to my soul - to be open to the promptings of loving and caring...

As Blessing to my yarn - to be shaped into patterns of loving and caring...

As Blessing to my needles - to be the holders of stitches as they become a garment...

As Blessing to my knitting - to be a work of heart and hands, body and spirit...

As Blessing on the one who will receive the fruit of my prayer and my knitting...

May this shawl be welcomed in the spirit in which it was knitted...

May we become one with the One who knitted each of us in our mother's womb...

I join my blessing, my prayer and my knitting with people all over the earth in this common effort to bring healing and wholeness, comfort and celebration.