

PRAYER SHAWL

The Prayer Shawl Ministry is highly valued. Prayer shawls are received with great joy; usually the recipient does not know about this source of comfort and it is much appreciated. Thank you to all those who knit them with love and care and prayer. Here's how to knit one :

You will need 5 to 6 x 100g balls of DK yarn in assorted colours. Size 6.5cm pair of long needles or circular needles to work flat. Needle for sewing in ends.

- 1: Cast on 81 stitches using 2 strands of yarn in different colours.
If using the long-tail cast-on method, you will need a tail of about 1.8m (60in)



- 2: Knit 3, purl 3 to the last three stitches then knit 3. Turn and repeat. Continue this pattern to the end of the shawl. NB: This is not a K3, P3 rib. You will always be knitting the purls of the row below and vice versa. The pattern should look like the picture below.



- 3: After a random number of rows, change one of the yarns to another colour then later, after a different number of rows, change one of the yarns to another colour. You could occasionally use two strands of the same as shown top left. You will have several ends to sew in when finished.



Alternatively, using 1 x strand of colour-change yarn with 1 x strand of plain yarn throughout as shown on the right will result in less ends to sew in and gives a slightly different effect:



- 4: Continue until the shawl measures at least 52in (132cm), ideally 56in (142cm).
Cast off and sew in loose ends.
Pass the shawl on to Joyce Jagger – or to a member of the clergy – so that Joyce can give the shawl to someone in need of comfort and prayer. Both donor and recipient remain anonymous..