

# Heartland Hospice Shawl and Lap Blanket Prayer Project October 3, 2010-January 9, 2011

## In the Beginning...

### Think about Color...

Colors can have different meanings. This is a basic list of colors and some of the attributes associated with them from the Prayer Shawl Ministry website.

**RED** - love, passion, respect, energy, enthusiasm, courage, understanding.

**PINK** - friendship, compassion, generosity, nurturing, appreciation.

**ORANGE** - thoughtfulness, vitality, creativity, energy, warmth.

**YELLOW** - wisdom, optimism, intuition, faith, well-being, friendship, happiness.

**GREEN** - earth, healing, prosperity, hope, renewal, health, balance.

**BLUE** - meditation, tranquility, honesty, loyalty, peace, wisdom, spirituality. calming.

**PURPLE** - power, leadership, truth, justice, spirituality, wisdom.

**BROWN** - wholesome, honesty, steadfastness, simplicity, friendliness, dependability, down-to-earth, stability.

**BLACK** - Self confidence, strength, protection, absorbs negativity, mature wisdom.

**WHITE** - spirit, innocence, protection, peace, purity, illumination, reverence.

***What colors would you like to choose for your work?***

### Think about Symbolism

Specific numbers have meanings in varying faith traditions. As you choose knitting or crochet patterns for others, you may want to consider the following numbers and patterns in your choices.

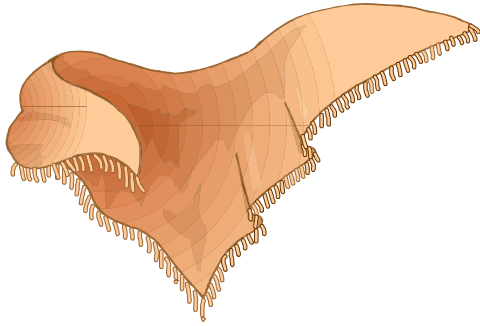
**Judaism:** \*The word for life, *chai* has a numerical value of 18. Donations in honor of someone are often given in multiples of 18. \*If a thing is done three times, it's considered to be done permanently. \*The number four is important -- four letters to G-d's name. \*The number seven appears frequently in the holy texts -- seven days, seven cups, etc.

**Christian:** \*The number 3 represents the Holy Trinity; Father, Son and Holy Spirit. \*Christ arose from the dead after 3 days. \*The season of Lent includes 40 days of penance in preparation for Easter. \*There are four authors of the New Testament; Matthew, Mark, Luke and John.

**Islam:** \*There are 99 names of Allah found in the Koran. \* There are 5 pillars of Islam (includes pilgrimage to Mecca, other acts of devotion). \*40 represents the number of day of preparation, repentance, meditation.

**Buddhism:** \*There are 108 beads on a Buddhist rosary to count mantras used for increase -- increase life span, knowledge and merit. There are \*Four noble truths, \*The Eight fold path and \*Eight auspicious symbols

***What numbers are significant in you or your own faith tradition?***



# Heartland Hospice Shawl and Lap Blanket Prayer Project October 3, 2010-January 9, 2011

## Knit Patterns

**Note:** Any of these patterns can be adapted to make a lap blanket. Lap blankets are generally 30" by 40" to comfortably cover a person seated in a wheelchair. Please do not fringe blankets or shawls as these can get caught in chairs and beds. All shawls and blankets should be made in yarn that can withstand multiple washings.

### "Traditional" Knit Shawl

#### **Supplies:**

550 yds. of yarn, Size 10 or 11 needle

#### **Start Pattern Rows:**

Cast on multiple of 3 stitches

Row 1: K3, P3

Row 2: purl the knits, knit the purls

Repeat

### Lap Robe (Blanket)

#### **Supplies:**

425-430 yds of yarn, Size 9 or 10 needle

Cast on 90 sts., knit 2 rows.

#### **Start Pattern Rows:**

Row 1: K2, \*K1, wrapping needle twice with each knit, repeat from \* to last st, K2.

Row 2: K across, dropping extra wrap on stitches with 2 wraps.

Row 3: K across.

Repeat these 3 rows for approx. 30 inches,

End with 2 rows knit across and bind off.

### Triangular Garter Stitch Shawl

#### **Supplies:**

Approx. 600 yds of yarn, Size 10 1/2 needles.

Approx. finished size: 39x84 inches

Cast on 2 st. Knit 2. Knit into front and

back (kf&b) of each stitch (4 sts). Knit 1

row. Kf&b, k2, kf&b (6 sts). Knit 1 row.

#### **Start Pattern Rows:**

K3, YO, knit to end.

Continue until shawl measures about 38" at longest point.

Next row: K3, \*(YO, k2tog), rep from \* to last 3 sts, YO, k3.

**NOTE:** if st count is odd number, knit to last 4 sts, end with k1, YO, k3.

Knit 3 rows. Bind off loosely as if to knit – Weave in ends.

### Dropped Stitch Stole

#### **Supplies:**

Approx. 600 yds of yarn, Size 10-10 1/2 needles.

Approx. finished size: 26x70 inches

Using long-tail cast-on, cast on 72 stitches.

Knit 4 rows.

#### **Start Pattern Rows:**

Row 1: (k1, Yox2) to last st, k1.

Row 2: (k1, drop YO's) to last st, k1.

Row 3-6: Knit.

Continue until shawl measures approx. 70", finishing on row 5.

Row 6: Bind off as if to knit – do not bind off too tightly. Weave in loose ends.

### Multi-Yarn Shawl

#### **Supplies:**

Approx. 500-700 yds of yarn, Size 10 needles.

Approx. finished size: approx. 22"x56"

Loosely cast on 60 sts.

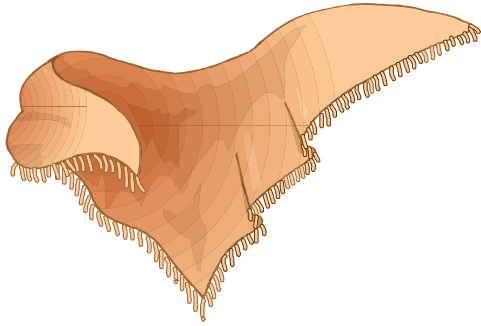
#### **Start Pattern Rows:**

Row 1: Knit.

Rows 2 and 3: Purl.

Row 4: Knit.

**Note:** This pattern is a good one for stash-busting and combining different colors, amounts and weights of yarn. Decide on the color sequence for the entire shawl. Then combine colors 3 at a time. Begin with your first 3 colors. Using a single strand of each throughout, work in pattern alternating the 3 colors every row. Carry colors not in use alongside edge of work, taking care that edge lies flat. When a color runs out, join the next color you want to use from your original sequence and continue to join yarns as needed. Bind off loosely. Weave in ends.



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## More Knitting Patterns

**Note:** Any of these patterns can be adapted to make a lap blanket. Lap blankets are generally 30" by 40" to comfortably cover a person seated in a wheelchair. Please do not fringe blankets or shawls as these can get caught in chairs and beds. All shawls and blankets should be made in yarn that can withstand multiple washings.

### Basic Garter Stitch Triangle Shawl

#### Supplies:

Approx. 430 yards bulky/chunky (#5) yarn

Size 10 ½ needles

Cast on 139 sts.

#### Start Pattern Rows:

Work 3 rows in garter stitch (knit every row), noting first row is WS.

Row 4: (RS) K1. K2tog. Knit to last 3 sts.

K2tog. K1.

Row5: Knit.

Repeat Rows 4 and 5 until you have 69 sts. on your needles

Cast off 3 sts beg every row to 3 sts.

Ending row: K3tog. Fasten off.

### Simple Triangle Shawl

#### Supplies:

Approx. 600 yds of yarn of any weight, use any size needles to get desired look.

Cast on one stitch.

#### Begin Pattern Rows:

Row 1: K1, YO, K1 into the same stitch. (3 stitches)

Every row from now on: K1, YO, K to end of row.

**Have patterns to share? Come to project meetings on Sundays, November 7, December 4 and January 9, 1-2:30 to drop off blankets and shawls, share patterns and ideas, pick up more yarn and enjoy the company of project participants.**

## Crochet Patterns

### "Traditional" Crochet Shawl

**Supplies:** 740 yards of yarn, M, N or P hook

Ch 54 or desired width of shawl. Ch 1 and turn

Foundation Row: SC in each ch to end, Ch 3 and turn

#### Start Pattern Rows

Row 1: .DC in each sc. Ch 3 and turn.

Row 2 & 3 Repeat row 1. At the end of row 3, ch 1 and turn.

Row 4: SC in each dc to end. Chain 3 and turn.

Repeat rows 1-4 until desired length. End with sc row.

### Crocheted Basket Weave Shawl

#### Supplies:

740 yds. of yarn, Size N hook

Chain 50

Foundation Row: Place first dc in 4th chain from hook, dc across (47 dc stitches plus turning chain)

#### Start Pattern Rows:

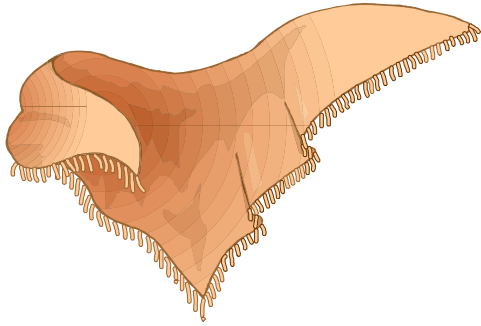
Row 1: Ch 3 turn, dc across (48 stitches)

Rows 2, 3 & 4: Ch 2 turn, 3 hdc stitches \*3 fpdc, 3 bpdc\* repeat between \*s across (45 stitches), 3 hdc in last 3 stitches (48 stitches)

Rows 5, 6 & 7: Ch 2 turn, 3 hdc stitches, \*3 bpdc, 3 fpdc\* repeat between\*s across, 3 hdc in last 3 stitches. (48 stitches)

Repeat rows 2-7 until the length is approximately 5 feet. (or until you are about to run out of yarn) ending with row 4 or 7.

Last Row: Ch 3 dc in top of each stitch across, Finish off and weave in ends.



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## Shawl and Blanket Blessings

**Knitting Into the Mystery** has a number of lovely prayers from diverse sources. The prayers range from prayers for beginning, for binding off, for blessing the completed shawl and more. Below are a few prayers found on the Shawl Ministry website: (<http://www.shawlministry.org>)

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.

Blessed Be!  
~Janet Bristow.  
From *Knitting into the Mystery*.

Please bless these needles of mine. That I may make a shawl of strength, faith, health and love. Give this shawl the ability to comfort, the ability to heal, the ability to give strength where it is needed and of your will it to be.

May the recipient be able to know that you are with them and that they are not alone. That they are cared for and loved and prayed for. That your loving arms are around them, to protect them for whatever reason they should need, whenever they put this shawl on.

Lord, thank-you for the blessings that this shawl is given. Amen

~Tish Hoar  
From <http://www.shawlministry.org>

Dear Lord, Bless these needles that they stay strong and light so they don't tire the hands that wield them;

Bless this yarn with strength and softness that it will form a cloth of warmth and comfort;

Bless these hands with strength and skill so they may make well crafted gifts;

Bless this heart with strength and perseverance so I will see this work through to bring comfort to those in need;

But most of all dear Lord, Bless the wearer of this cloth with strength and comfort that their burdens may be lightened and their hearts gladdened with the realization that they are loved.

~Darcy Horon -Siepman  
From <http://www.shawlministry.org>

**Do you have a favorite prayer or thought for knitting or crocheting shawls or blankets?**