

# Yarns 'n Prayers



## St. Giles Prayer Shawl Ministry News from the 4th Quarter, 2019

1- Do you know someone in need of our community's prayers? Whether it's a physical, emotional or spiritual problem, our prayer shawls and blankets carry our prayers to those in need. You can get a shawl or blanket for that someone you know at the Parish Center when it's staffed, or ask someone on the Pastoral Team, or the contact below.



Paulette Georgantas with shawl

*Dear Janet & Gary,  
Thank you for the beautiful prayer shawl. I will wear it to rid me of the chills and gather each prayer stitch to reassure myself that God has it all in his control and me in his hands.  
Bless you for that poignant reminder!  
hugs, P. Georgantas*

Paulette has kidney cancer and a long road to go of chemo and surgery.

### Statistics for the Quarter

Forty-eight shawls and lap blankets were made this quarter. Seventy-eight were given for those in need of

2- **There is no charge for this** but donations of yarn, or money to buy yarn, are appreciated to carry on this ministry.  
3- **Do you knit or crochet? Would you like to participate in this ministry?** We gather at the Parish Ministry Center on the second Monday of each month at 1 PM to bless and record new shawls and blankets, share patterns and ideas, and get yarn for new projects. Attendance is not required. You can join this ministry by making at least one shawl or lap blanket. If you need yarn to do this, you can get some from our stash. Send your contact info to Paul Joseph Schleitwiler, FCM to be added to the roster

4- **Do you have a story to share about prayer shawls or blankets?** Or other things related to this ministry or the making of shawls and blankets? Did something in this newsletter inspire you to comment about it?

Share what you have to say by email to [pjschleitwilerfcm@yahoo.com](mailto:pjschleitwilerfcm@yahoo.com)

prayers, primarily at the three healing masses in October and November. Six ear warmers and nine purses were made for girls at Mercy home. Totals for the year, from the middle of December 2018 to the middle of December 2019, are 168 shawls and blankets made and blessed and 159 shawls and blankets given to carry our prayers to those who needed them.



Juanita Flagler and Joan Meister at a St. Giles healing Mass

### Prayer Shawl Ministry meeting dates in 2020 The 2nd Monday of each month

January	13	April	13	July	13	October	12
February	10	May	11	August	10	November	9
March	9	June	8	September	14	December	14

To confirm a particular meeting date, contact Paul Joseph Schleitwiler, FCM at [pjschleitwilerfcm@yahoo.com](mailto:pjschleitwilerfcm@yahoo.com)

"I wanted to send a short e-mail in sincere appreciation for one of your parishioners and your program at St. Giles. My spouse, Jacob Keleher, was diagnosed with cancer in February of this year and has been going through surgery and treatments ever since. He is 41 years old and this came as a surprise of course to everyone. He has been in excellent spirits and taking every moment in stride. He is expected to have a full recovery with a very minimal 10% chance of recurrence. We have a great family and excellent support structure which has made this process much easier to deal with and appreciate those around us who have really helped, I have made it my priority to thank everyone who has helped or has made a difference to us during this challenging time. While he's been receiving chemotherapy treatments bi-weekly at St. Joseph's Hospital in Chicago, he was given a very beautiful knitted scarf by a nurse with a card on it from the St. Giles Prayer Shawl Ministry. The scarf was made by Janet, one of your parishioners, and I wanted to reach out to please send a thank you to her and how much it meant to receive such an awesome token of love. This is one of those things that you never know how much things mean to you until either you don't have it or receive something out of the blue you would not expect. This is one of those times and I know what it takes to make hand crafts, lots of time, money and truly this is a labor of love. I would very much appreciate it if you could send along my message to Janet as you really never know sometimes how much impact things we do every day or through volunteering really do help people and make an impact on the life when it's needed the most.

Again, what a great program you have and a beautiful thing you all do for these cancer patients who need joy at every moment of their recovery. Your gifts really are making it to those who need a smile, warmth and comfort in their lives as they heal and you definitely brought that to us through such a kind gesture. Your work truly is doing amazing things for people, so thank you.

With much appreciation,"

~ Keith Forshaw & Jacob Keleher

"Dear Friends in Christ,

I want to thank you for being a member of the Prayer Shawl Ministry. You may never know how much it means to receive a shawl. The prayer support is so important to people like me who are going through hard times.

May God bless all of you for the support you offer to all of us in need of care and prayers.

In Christ's love,"

~ Kathy's sister - Ruthie.

"Sue-

Thanks so much for coordinating the beautiful prayer shawl. It came at a time I really needed it. Please especially thank Annette Hulefeld for her handiwork."

~ Kathy Burton Weber

"Returned home later than I thought yesterday and was tardy in remembering the package. When I did retrieve and open it my eyes began to well up with tears as they have done previously since my discharge. God's goodness and grace continues to be just about beyond comprehension. As I stated in my last Caring Bridge post, I will never be able to thank all of the anonymous well wishers who prayed for my recovery.

At least in this case I can thank and ask that Diana conveys this message to her congregation for their prayers with special thanks to those who contributed in knitting the shawl. The shawl will not only provide warmth on cold evenings, just the sight of it will remind me of God's love and how fortunate I am to be a recipient of that love.

Thank you St. Giles Prayer Shawl Ministry and the entire congregation of St. Giles parish. Please be assured that every prayer is continuing to be answered in my continuing recovery. May God bless you all,"

~ Greg Zino

who has colon cancer and is a friend of a parishioner

### **Who are we praying for?**

- A Viet Nam veteran struggling with brain damage from Agent Orange.
  - A couple coping with the husband's stroke damage.
  - An aging woman, frail and lonely.
  - A man suffering anxieties and poor sleep with lung cancer.
  - A woman with an ill husband, fibromyalgia and arthritis.
  - A man with pancreatic cancer.
  - A woman with throat cancer.
  - A woman and her family mourning the death of her daughter.
  - A member of that family anxious and pregnant.
- ... and many more.

## Calendula by DROPS Design

Knitted shawl with lace pattern and garter stitch in DROPS Nord.

DROPS Design: Pattern no no-013

Yarn group A

Measurements: Width at top: approx. 140 cm/55". Length in middle: approx. 55 cm/21½"

Materials: Yarn, approximately 250g

KNITTING GAUGE: 21 stitches in width and 27 rows in height in stockinette stitch = 4" x 4" (10 x 10 cm).

ACCESSORIES FOR THE PIECE:

NEEDLES: CIRCULAR NEEDLE SIZE 4 MM / US 6: length 80 cm/32". The needle size is only a guide. If you get too many stitches on 10 cm / 4", change to a larger needle size. If you get too few stitches on 10 cm / 4", change to a smaller needle size.

Pattern instructions NOTE: This pattern is written in American English. All measurements in charts are in cm.

RIDGE/GARTER STITCH (worked back and forth): 1 ridge = Knit 2 rows.

PATTERN:

See diagrams A.1 to A.6.

The diagrams show all the rows in the pattern seen from the right side.

INCREASE TIP (evenly spaced): To work out how to increase evenly, count the total number of stitches on the needle (e.g. 185 stitches) and divide by the number of increases to be made (e.g. 18) = 10.27. In this example, increase after approx. every 10th stitch by making 1 yarn over. On the next row, work the yarn overs twisted to avoid holes.

START THE PIECE HERE:

SHAWL: The piece is worked back and forth with circular needle, top down. Cast on 61 stitches with circular needle size 4 mm / US 6 and Nord. Insert 1 marker 4 stitches in from each side (= 53 stitches between the markers). Work as follows:

ROW 1 (= from the right side): Work 3 stitches in GARTER STITCH – read description above, 1 yarn over (= 1 stitch increased), work garter stitch to the first marker, 1 yarn over (= 1 stitch increased), work 53 stitches in garter stitch (the 2nd marker sits here), 1 yarn over (= 1 stitch increased), work garter stitch until there are 3 stitches left, 1 yarn over (= 1 stitch increased), finish with 3 stitches in garter stitch (= a total of 4 stitches increased on the row).

ROW 2 (= from the wrong side): Work garter stitch over all stitches, yarn overs are worked twisted to avoid holes.

Repeat rows 1 and 2. In other words, each row from the right side increases 1 stitch inside the 3 edge stitches in each side and 1 stitch on each side of the 53 middle

You formed me in my inmost being, you knit me in my mother's womb. (Psalm 139:13)

stitches. REMEMBER THE GAUGE!

Work a total of 31 ridges (= a total of 62 rows), i.e. you have increased 31 stitches on each side of the middle stitches and 31 stitches inside the 3 edge stitches in each side of the piece (= 124 stitches increased in total) = 185 stitches. Work 1 ridge and increase as usual (= 4 stitches) AT THE SAME TIME as you increase 18 stitches evenly spaced on the row from the right side – read INCREASE TIP = 207 stitches. The piece measures approx. 15 cm / 6", measured in the knitting direction.

The next row is worked as follows from the right side: Work A.1 over the first 3 stitches, \* A.2 (= 9 stitches), A.3 (= 3 stitches) \*, work from \*-\* a total of 16 times, A.2 over the next 9 stitches, A.4 over the last 3 stitches. On the first row you increase 2 stitches in each A.2 = 241 stitches.

It is increased 1 stitch in A.1 and A.4 and 2 stitches in each A.3 on the 13th row, when repeating these diagrams in height there will be an increase every 26th row. You increase 34 stitches on each increase-row. The increased stitches are worked (and drawn) into pattern A.2.

Continue the pattern like this; A.1, A.3 and A.4 are repeated in height. When A.2a has been completed 1 time in height there are 309

stitches on the needle. Work A.2b (= 15 stitches) over A.2a. When A.2b has been worked 1 time in height there are 377 stitches on the needle. The piece measures approx. 53 cm, measured in the middle of the shawl.

The next row is worked as follows from the right side:

Work 2 edge stitches in garter stitch, work A.5 (= 2 stitches) until there are 3 stitches left (= 186 stitches in width), work A.6 (= 1 stitch) and finish with 2 edge stitches in garter stitch. On the 7th row in A.6 increase 1 stitch as shown in the diagram = 378 stitches. When A.5 and A.6 have been worked 1 time in height, bind off with knit.

The shawl measures a total of approx. 55 cm/21½", measured in the middle.

All measurements in charts are in cm.

= knit from right side, purl from wrong side

= knit from wrong side

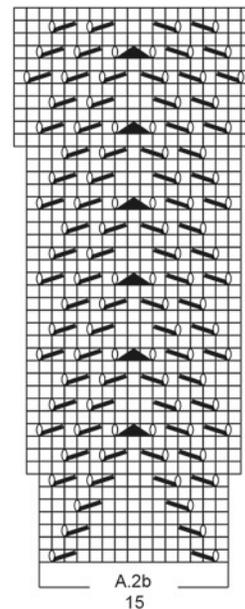
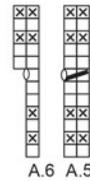
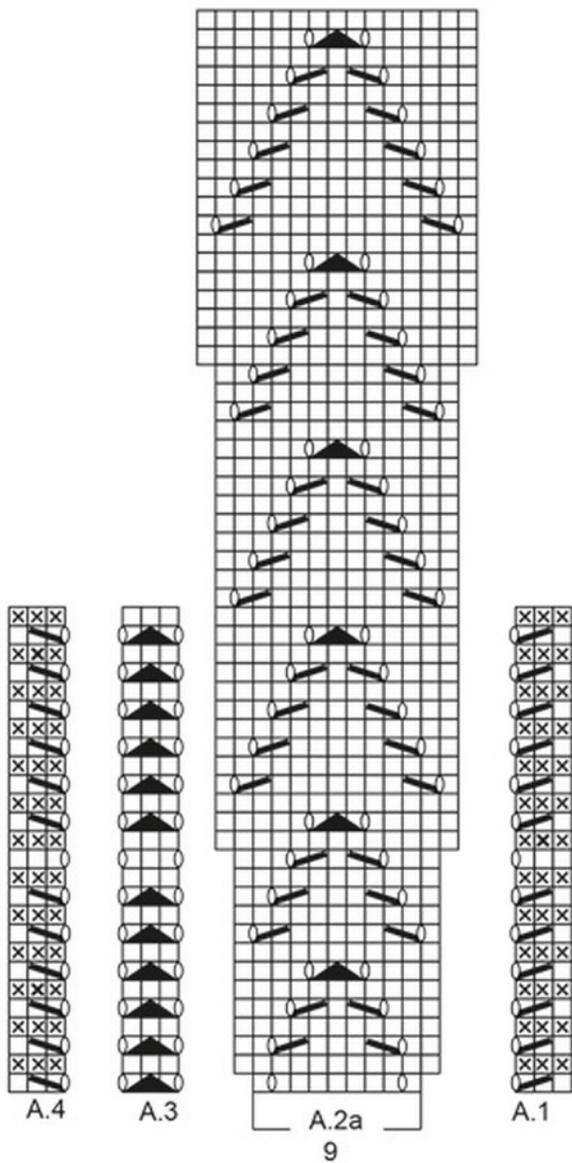
= between 2 stitches make 1 yarn over

= knit 2 together

= slip 1 stitch as if to knit, knit 1, pass the slipped stitch over the knitted stitch

= slip 1 stitch as if to knit, knit 2 stitches together, pass the slipped stitch over the knitted stitches

See following diagrams.



Begin to knit, and God will show you the pattern and give you the yarn. (Adapted from a German proverb)



**Captain Hook's flag**

## Easy Triangle Shawl - Knit

**SKILL LEVEL:** Easy

**SIZE:** Finished width 64 inches -length 35 inches (not including fringe)

**GAUGE:** 9 sts + 17 rows = 4 inches (10 cm) with size 13 (9 mm) knitting needles. **BE SURE TO CHECK YOUR GAUGE.** When you match the gauge in a pattern, your project will be the size specified in the pattern and the materials specified in the pattern will be sufficient. If it takes you fewer stitches and rows to make a 4 in. [10 cm] square, try using a smaller size hook or needles; if more stitches and rows, try a larger size hook or needles.

**NOTES:** Editor's Note: When creating fringe using Homespun please note that because of the texture of the yarn the fringe will fray when cut. If you prefer a non-frayed look you can knot the ends, knit or crochet a fringe, or use hairspray or fray check.

### SHAWL

Cast on 3 sts.

Row 1 Knit

Row 2 Knit 1, yarn over, k to end.

Repeat row 2 until piece measures 35 inches from cast on edge - 143 sts.

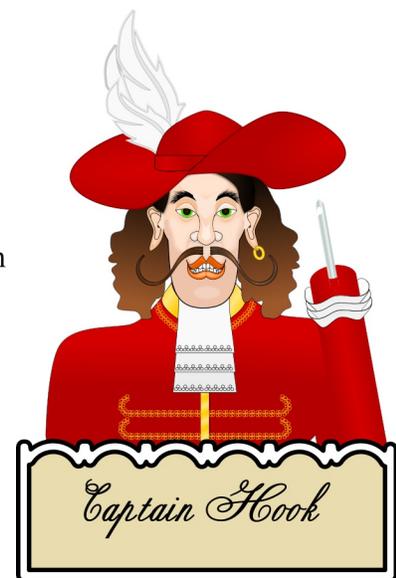
Bind off loosely.

### FINISHING

Cut yarn for fringe 16 inches long. Add fringe in spaces along the side edges of shawl.

Lion Brand® Homespun® Pattern #: khs-triangleShawl

**We have a mascot for the Prayer Shawl Ministry!**



He represents more than the crocheters. He is also a knitwit.

## Wave Shawl

By Desert Blossom Crafts

Shawl is one large triangular piece. Pattern starts at the tip and is worked outward, with increases along each side edge.

Turn at the end of each row, unless otherwise specified.

When turning, ch 3 always counts as first stitch.

### Materials

Fingering weight yarn, approximately 460 yards total

F/3.75mm hook

Yarn needle to weave in ends

**Finished Measurements** This shawl is very easily adjustable. Simply keep repeating the established pattern till it reaches desired size. (More instructions farther down.)

### Special Stitches:

V-Stitch: (dc, ch 2, dc) in indicated stitch.

Shell (sh): (5 dc) in indicated stitch

### Instructions:

Row 1: Ch 4, 4 dc in 4th ch from hook.

Row 2: Ch 3 (counts as dc, here and throughout), 4 dc in first dc. Sk 3 dc, sh in last dc.

Row 3: Ch 3, 4 dc in first dc. Ch 1, v-stitch in between next 2 shells. Ch 1, sk 4 dc, sh in last dc.

Row 4: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch 1 space) twice. Ch 1, sk 4 dc, sh in last dc.

Row 5: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) across all ch-1 spaces. Ch 1, sk 4 dc, sh in last dc.

Row 6-20: Repeat row 5.

Row 21: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) 9 times. Sh in next ch-1 space. V-stitch in next ch-1 space. (Ch 1, v-stitch in next ch-1 space) 8 times. Ch 1, sk 4 dc, sh in last dc.

Row 22: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) 9 times. Ch 2, sk next v-stitch, sh in first dc of next sh. Sk 3 dc, sh in last dc of same sh. Ch 2, sk next v-stitch, v-stitch in next ch-1 space. (Ch 1, v-stitch in next ch-1 space) 8 times. Ch 1, sk 4 dc, sh in last dc.

Row 23: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) 9 times. Ch 2, sk next v-stitch and next ch 2. Sh in first dc of next sh. Sk 3 dc, sh in next dc. Sk 4 dc, sh in next dc. Ch 2, sk next ch-2 and next v-stitch, v-stitch in next ch-1 space. (Ch 1, v-stitch in next ch-1 space) 8 times. Ch 1, sk 4 dc, sh in last dc.

Row 24: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) 9 times. Ch 2, sk next v-stitch and next ch 2. Sh in first dc of next sh. (Sk 4 dc, sh in next dc) across all shells. NOTE on last shell, you will only skip 3 dc instead of 4. Ch 2, sk next ch-2 and next v-stitch, v-stitch in next ch-1 space. (Ch 1, v-stitch in next ch-1 space) 8 times. Ch 1, sk 4 dc, sh in last dc.

Row 25: Ch 3, 4 dc in first dc. (Ch 1, v-stitch in next ch-1 space) 9 times. Ch 2, sk next v-stitch and next ch 2. Sh in first dc of next sh. Sk 3 dc, sh in next dc. (Sk 4 dc, sh in next dc) across all shells. Ch 2, sk next ch 2 and next v-stitch, v-stitch in next ch-1 space. (Ch 1, v-stitch in next ch-1 space) 8 times. Ch 1, sk 4 dc, sh in last dc.

Row 26-46: Repeat rows 24-25.

To adjust shawl: simply keep repeating row 24-25 until shawl reaches desired length, then work edging below.

Edging, last row: Ch 3, 4 dc in first dc. (Sh in next ch-1 space) across all ch-1 spaces. Sh in next ch-2 space. (Sh in space between next two shells) across all shells. Sh in next ch-2 space. (Sh in next ch-1 space) across all ch-1 spaces. Sk 4 dc, sh in last dc.

Finishing: Weave in ends, and block using the wet blocking method.

## Simply Shawl

**FINISHED MEASUREMENTS:** Approx. 25" x 68".

**MATERIALS** Caron Simply Soft; 24 oz. White

**NEEDLES** Size H crochet hook or size to obtain gauge below.

**GAUGE** 3 dc and 1 shell = 2 1/2", 3 dc rows = 2".

Note: Shell = 5 dc in next st or ch. Double Treble Crochet (dtr) = yo 3 times, insert hook in next st, yo, draw lp through, (yo, draw through 2 lps on hook) 4 times. Picot = ch 3 sc in 3rd ch from hook.

Row 1: Ch 70, sc in 2nd ch from hk and ea ch across.

Row 2: Ch 3, dc in next 2 sc, (sk next 2 sc, shell in next sc, sk next 2 sc, dc in ea of next 3 sc) across, turn. (27 dc, 8 shells).

Rows 3 - 98: Ch 3, dc in ea of next 2 sts, (shell in 3rd dc of next shell, sk next 2 sts of same shell, dc in ea of next 3 sts) across, turn.

Row 99: Ch 1, sc in ea st across, turn.

Border ~ Row 1: Ch 1, sc in first sc, ch 2, sk next sc, sc in next sc, \* (ch2, sk next 2 sc, sc in next sc) 2 times, ch 2, sk next sc, sc in next sc. Repeat from \* across. Working on ends of rows ch 2, (sc in next row, ch 2) across; sc in first sc on starting row 1, ch 2, sk next sc, sc ch 2) across; sc in first sc on starting row 1, ch 2, sk next sc, sc in next sc. Repeat from \* across. Working in ends of rows, ch 2, (sc in next row, ch 2) across. Join with sl st in first sc.

Row 2: Sl st in first ch-1 sp, ch 6, dtr in same sp, (ch 1, dtr in same sp) 5 times. \* ch 1, sk next ch sp, sc in next ch sp, ch 1, sk next ch sp, dtr in next ch sp, (ch 1, dtr in same sp) 6 times. Repeat from \* around. End ch 1, sk next ch sp, sc in next ch sp, ch 1, sk next ch sp, join with a sl st in 5th ch of ch 6.

Row 3: Sl st in first ch-1 sp, ch 1, sc in same sp, (picot, sc in next ch-1 sp) 5 times, \* sc in ea of next 3 ch-1 sps, (picot, sc in next ch-1 sp) 5 times. Repeat from \* around. End sc in next 3 ch-1 sps. Join with a sl st in first sc. Fasten off.

Prayer Shawl Ministry note: Stop and pray; the results are simply beautiful.



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### Why Am I in this Ministry?

When I was ten years old, I was bedridden for a year and a half, only getting out of bed to go to doctor's appointments. I don't recall who gave me my first set of knitting needles along with a ball of yellow yarn – and hand written instructions for mittens. Yes, mittens with thumbs! There was a hidden gift along with learning to knit – and that was developing a deep relationship with the Blessed Mother. As my fingers fumbled with yarn, my Mother talked silently to me, assuring me that all was going to be well – we were best friends.

The first and only items I knitted were mittens. Oh my, the shapes were unusual and the thumb holes skewed but I was happy, knowing the poor kids in town could keep their hands warm. We lived in an old mill town and often we didn't have enough food to eat or have warm enough clothes during extremely cold winter months. I enlisted my best friend who lived next door to deliver the mittens, often dropping them on back porches or in mailboxes. My friend was sworn to secrecy about my identity as the knitter. At my age,, I was convinced that telling others was a sin of pride and would displease God a lot. I preferred being Secret Santa for Jesus.

Several years ago, inspired by articles I'd read about the burgeoning prayer shawl ministries throughout the country and world, I began a Prayer Shawl Ministry in the St. Giles Family Mass Community. It was part of my service on the pastoral team. Nothing was more humbling than seeing the smiles, getting hugs, reading the cards from those who received shawls. More often than not, I was moved to tears. Of greatest joy was knitting shawls for children, who " wrapped themselves up in Jesus" as they went to bed or snuggled up while they prayed. In these moments, I was reminded that I was to continue my childhood dream to be a messenger of God, this time being a secret angel for Our Lady. Its one of the reasons I choose to make triangular shawls, a symbol of the cape of Our Lady of Guadalupe. I've been sustained by Our Lady's words to not be afraid of illness, or anything for that matter, because she is my Mother, our Mother.

The reason I knit is simple: to remind people they are loved, and that no illness can diminish the divine Light of their existence. Just as I was knit by God in my mother's womb, so I feel called to create with the threads of life, knitting together the worlds of Mystery and everyday life. For me, a prayer shawl is a reminder of the Great Mother wrapping her arms around us in Love.

How grateful I am to be part of this generous and talented group of fingers moving with the Spirit! I also thank Lynn Geary for her encouragement and support when we decided to merge the Prayer Shawl Ministries.

~ Annette Hulefeld, D.Min

### Our Blessing for Shawls and Lap Blankets

(adapted from Janet Severi Bristow - 2000)

May God's grace be upon these shawls and blankets ...  
warming, comforting, enfolding and embracing.

May these mantles be a safe haven ... a sacred place of security and well being ...  
sustaining and embracing in good times as well as difficult ones.

May those who receive these shawls and blankets be cradled in hope,  
kept in joy, graced with peace,  
and wrapped in love.

Blessed be!