

# Yarns 'n Prayers



## St. Giles Prayer Shawl Ministry

News from the 3rd Quarter, 2023

### How Far Is Our Outreach?

~ Keen Harrison

St. Giles' prayer shawl ministry knows no borders. Many of the beautifully crafted shawls bring comfort to parishioners, many to others far and wide. The most recent examples: Keen Harrison sent a shawl to two cousins who were gravely ill, one in southern Illinois, one in Michigan. Then, in her new digs in a senior community, she befriended Brian & brought him a shawl. He's never without it; it may warm his shoulders, but it also warms our hearts.



Most notably, whenever Keen & husband John travel on a service mission to Africa ([www.projectharambee.org](http://www.projectharambee.org)), she brings a prayer shawl for friends in distress. Shown in the photo is Waithira Gitu, one of Keen's most faithful helpers in Kenya. She tragically lost a daughter last fall and one of our blessed shawls is always kept close. She reports "The miracle shawl that comforts me. Thank you so much."



### 1- Do you know someone in need of our community's prayers?

You may not be able to make things to carry our prayers to those in need, but, if you know of someone who needs our prayers, you can get a shawl, blanket or other item from the Parish Center and give it to that person. If you can't physically do that, call the Parish Center with your information about where and to whom and why to send something and ask that it be passed to some one of us who can do it.

### 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 or sew or weave and 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)

### What More Can I Do?

Your prayers for those who receive these tangible signs of our care and God's love are the heart of this ministry.

**Page 2 - Who We Are Praying For**

**Page 3 - Shifting Stripes Shawl**

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**Page 5 - Thank You from Recipients & Blessing**

The prayer shawl ministry extends around the world. At Upendo Village in Naivasha, Kenya, one of the shawls was presented to Lucy Wanjiru, a farmer, here with her baby Emmanuel. Lucy's health is quite fragile & the shawl comes with prayers & comfort from her friends around the world at St. Giles.

## Who Else Are We Praying for

fourteen parishioners of Ascension and St Catherine/St

Lucy for healing

a woman for the loss of her partner

a friend who needs prayers

a woman for her loss

another woman

a woman with a broken leg

a neighbor whose mother died

a woman parishioner with cancer

a woman dying

a woman whose father died

a man whose father died

a woman having spinal surgery

a woman who is ill

a woman widowed

another widowed

a woman for surgery

a woman for her 100th birthday

a woman for leg surgery

a woman for back surgery

another woman whose father died

a woman whose son died

another woman with a broken leg

a woman with pancreatic cancer

a friend who had a stroke

two women whose father and father-in-law died

the sister-in-law of a parishioner who had spinal surgery

the mother of a parishioner who has cancer

a friend whose father died

another mother of a parishioner who has cancer

a woman who is caring for her mother

a woman whose mother-in-law died

a woman with mental health issues

a child in the hospital

a friend who had a stroke

a friend with breast cancer

## Prayer Shawl Ministry meeting dates in 2023

The 2nd Monday of each month

1st Qtr Jan 9 Feb 13 Mar 13

2nd Qtr Apr 10 May 8 Jun 12

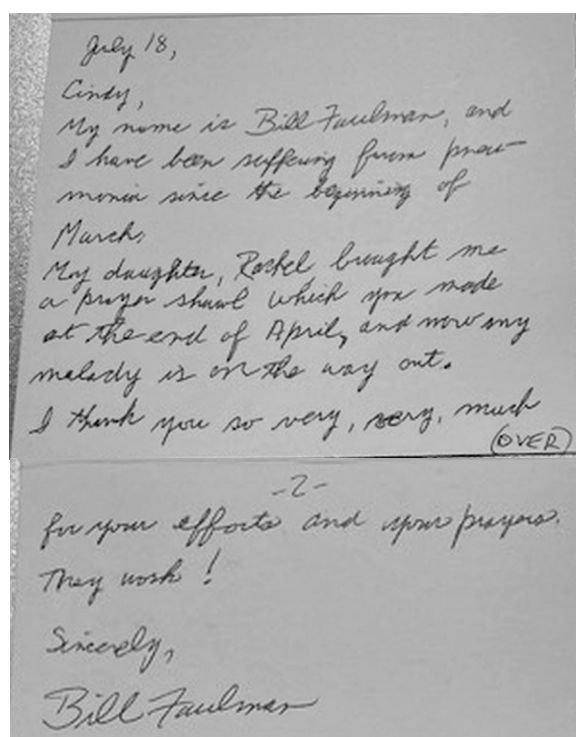
3rd Qtr Jul 10 Aug 14 Sep 11

4th Qtr Oct 9 Nov 13 Dec 11

To confirm a particular meeting date, contact

Paul Joseph Schleitwiler, FCM at

pjschleitwilerfcm@yahoo.com



## Statistics for the Quarter

We all participate in this ministry whether we make something or just pray for those in need. We are praying for all those people who have received a shawl, a blanket, a blessing square or other item our crafters have made in North and South America, Europe, Africa and The Caribbean.

Our crafters made 32 shawls and 2 blankets this quarter. People in need of our prayers received 58 shawls and 6 blankets. Recipients include people from St. Giles, Ascension and St Catherine/St Lucy, veterans, asylum seekers and women in Africa.



## If you knit, crochet, sew or weave join us in the Prayer Shawl ministry.

Currently crafters are making shawls and lap blankets by knitting or crocheting but if you quilt or weave, you could also contribute blankets and shawls.





## Shifting Stripes Shawl



What you will need:

Yarn: 1 ball each 5.29 oz (150 g), 623 yd (570m) balls  
Knitting Needles: 3.25 mm [US 3]; Stitch marker, yarn needle

GAUGE: 20 sts = 4" (10 cm); 46 rows = 4" (10 cm) in garter st.

Designed by Carissa Browning

ABBREVIATIONS: A = Color A; B = Color B; inc = increase(s)(d)(ing); K = knit; mm = millimeters; st(s) = stitch(es); yo = yarn over needle.

This shawl is a show-stopper! It is perfect for traveling, date nights, and chilly offices.

Shawl measures 108" (274 cm) wide x 25" (63.5 cm) at longest point.

NOTE This pattern uses short rows to make the stripes on one side of the shawl wider than the stripes on the other side. A short row is formed by turning the work before reaching the end of the row and working back in the other direction again.

Special Abbreviation kfb = knit into front and back of the same stitch – 1 stitch increased.

### SHAWL

#### SET-UP STRIPE A

Row 1 (Wrong Side): K1, yo, place marker, kfb; turn, leaving 1 st unworked – 5 sts.

Row 2 (Right Side): K2, slip marker, k1, yo, k1 – 6 sts.

Row 3: K1, yo, k2, slip marker, kfb; turn, leaving 2 sts unworked – 8 sts.

Row 4: K2, slip marker, k3, yo, k1 – 9 sts.

Row 5: K1, yo, k4, slip marker, kfb, k2, yo, k1 – 12 sts.

#### SET-UP STRIPE B

Join B, but do not cut A.

Row 1 (Right Side): K1, yo, k5, slip marker, k5, yo, k1 – 14 sts.

Row 2 (Wrong Side): K1, yo, k6, slip marker, kfb; turn, leaving 6 sts unworked – 16 sts.

Row 3: K2, slip marker, k7, yo, k1 – 17 sts.

Row 4: K1, yo, k8, slip marker, kfb; turn, leaving 7 sts unworked – 19 sts.

Row 5: K2, slip marker, k9, yo, k1 – 20 sts.

Row 6: K1, yo, k10, slip marker, kfb, k7, yo, k1 – 23 sts.

**When you have finished a project, the leftover yarn can be used to make blessing squares.**

#### STRIPE A

Drop B, but do not cut it. Loosely bring A up along edge to work next stripe.

Row 1 (Right Side): K1, yo, k to marker, slip marker, k to last st, yo, k1 – 2 sts inc.

Row 2 (Wrong Side): K1, yo, k to marker, slip marker, kfb, turn – 2 sts inc.

Row 3: K2, slip marker, k to last st, yo, k1 – 1 st inc.

Row 4: K1, yo, k to marker, slip marker, kfb, turn – 2 sts inc.

Row 5: K2, slip marker, k to last st, yo, k1 – 1 st inc.

Row 6: K1, yo, k to marker, slip marker, kfb, k to last st, yo, k1 – 3 sts inc.

#### STRIPE B

Drop A, but do not cut it. Loosely bring B up along edge to work next stripe.

Row 1 (Right Side): K1, yo, k to marker, slip marker, k to last st, yo, k1 – 2 sts inc.

Row 2 (Wrong Side): K1, yo, k to marker, slip marker, kfb, turn – 2 sts inc.

Row 3: K2, slip marker, k to last st, yo, k1 – 1 st inc.

Row 4: K1, yo, k to marker, slip marker, kfb, turn – 2 sts inc.

Row 5: K2, slip marker, k to last st, yo, k1 – 1 st inc.

Row 6: K1, yo, k to marker, slip marker, kfb, k to last st, yo, k1 – 3 sts inc.

Repeat Stripes A & B 25 times – 595 sts.

Repeat Stripe A once more – 606 sts.

#### FINAL STRIPE B

Cut A, leaving a 6" (15 cm) tail for weaving in. Loosely bring B up along edge to work final stripe.

Row 1 (Right Side): K1, yo, k to marker, slip marker, k to last st, yo, k1 – 608 sts.

Row 2 (Wrong Side): K1, yo, k to marker, slip marker, kfb, turn – 610 sts.

Row 3: K2, slip marker, k to last st, yo, k1 – 611 sts.

Row 4: K1, yo, k to marker, slip marker, kfb, turn – 613 sts.

Row 5: K2, slip marker, k to last st, yo, k1 – 614 sts.

Bind off all sts.

FINISHING With yarn needle, weave in loose ends. Block to size.

**Physicists aren't the only people who understand string theory.**

# Wanderlust Shawl

by Kathleen Berlew

Time: Weekend Project

Skill Level: Easy

Size: 21" wide, 74" long

Gauge: 16 sts = 5" [12.7 cm]; rows 3 – 8 = 4" [10 cm] in pattern

Materials

Medium weight yarn: 440 yards [402 meters]/197 grams):

1 skein each redwood heather (MC), forest green (CC1), magenta (CC2), taupe (CC3), hot blue (CC4), topaz (CC5).

Hook: US size I/9 (5.5 mm) crochet hook

Notions: Tapestry needle

Pattern Notes

This pattern is worked in rows from the center out. When the first section is completed, the piece is rotated and the second section is worked into the bottom edge of the first row.

Change color on last yarn over of last stitch of row as indicated.

Pattern

Section 1

With MC, ch 241.

Row 1 (WS): Tr in 5th ch from hook (sk chs count as first tr), tr in next st, [ch 1, sk next st, tr in next st] across to last st, tr in last st, turn. (120 tr, 117 ch-1 sps at end of this row)

Row 2 (RS): Ch 1, sc in first st, [ch 1, sk next tr, sc in next ch-1 sp] across to last 2 sts, ch 1, sk next st, sc in last st, change to CC1, turn. (119 sc, 118 ch-1 sps at end of this row)

Row 3: Ch 1, sc in first st, [ch 3, sk next 3 sts (ch, sc, ch), sc in next sc] across, turn. (60 sc, 59 ch-3 sps at end of this row)

Row 4: Ch 3 (counts as first dc throughout), 3 dc in next ch-3 sp, [ch 1, 3 dc in next ch-3 sp] across to last st, dc in last st, change to CC2, turn. (2 dc, 59 3-dc groups, 58 ch-1 sps at end of this row)

Row 5: Ch 1, sc in first st, ch 3, [sc in next ch-1 sp, ch 3] across to last st, sc in last st, turn. (60 sc, 59 ch-3 sps at end of this row)

Row 6: Ch 4 (counts as first tr throughout), 3 tr in next ch-3 sp, [ch 1, 3 tr in next ch-3 sp] across to last st, tr in last st, change to CC3, turn. (2 tr, 59 3-tr groups, 58 ch-1 sps at end of this row)

Row 7: Rep row 5.

Row 8: Rep row 4, change to CC4, turn.

Rows 9 and 10: Rep rows 5 and 6.

Row 11: Rep row 5, change to MC, turn.

Row 12: Ch 1, sc in first st, [ch 1, sc in next ch-3 sp, ch 1, sc in next sc] across, turn. (119 sc, 118 ch-1 sps at end of this row)



Row 13: Ch 4, tr in next ch-1 sp, [ch 1, sk next sc, tr in next ch-1 sp] across to last st, tr in last st, turn.

Row 14: Rep row 2, change to CC3, turn.

Rows 15 and 16: Rep rows 3 and 4, at end of row 16 change to CC1.

Rows 17 and 18: Rep rows 5 and 6, at end of row 18 change to CC5.

Row 19: Rep row 5.

Row 20: Rep row 4, fasten off.

Section 2

Rotate shawl to work into bottom edge.

Row 1: Join MC in base of first st of row 1, rep row 2 of Section 1.

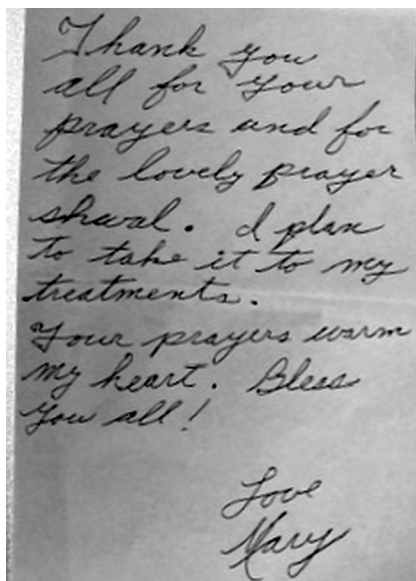
Rows 2-19: Rep rows 3-20 of Section 1 in color scheme, fasten off.

Finishing Weave in ends.

With F, make 4 tassels as follows and fasten one to each corner of the shawl:

For each tassel, cut 40 12-inch strands and two 24-inch strands of yarn. Arrange the 40 12-inch strands in a bundle and tie one of the 24-inch strands around the center. Fold the bundle in half at the center and tie tightly with the remaining 24-inch strand. Wrap the remaining strand of yarn around the tassel several times 1.5 inches below the fold. Tie tightly and use a tapestry needle to pull ends of the tie to the center of the tassel. Trim bottom edge of the tassel even.

In May, Jean Meister gave a prayer shawl to her friend Deb whose husband died of cancer. Deb sent this text to Jean Hi Jean! Thank you so much for your thoughtfulness! I really appreciated your compassionate words and the beautiful shawl made by Nancy Hoel. Tim's ashes were delivered to my home yesterday and I sat there wearing the shawl. Despite all that's happened, this still doesn't feel real to me. Your love and comforting words are giving me strength. Deb.



Thank you  
all for your  
prayers and for  
the lovely prayer  
shawl. I plan  
to take it to my  
treatments.  
Your prayers warm  
my heart. Bless  
you all!  
Love  
Mary



### **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!