

Knitting Instructions & Patterns

Abbreviations & Terms:

*	repeat the instructions following the single asterisk as directed
* *	repeat instructions between asterisks as many times as directed or repeat at specified locations
k	knit
p	purl
yo	yarn over
rep	repeat
sl	slip
st	stitch
sts	stitches
pssso	pass slipped stitch over
tog	together
k2tog	knit 2 stitches together; single right-leaning decrease
ch	chain
dc	double crochet
dec	decrease**
hdc	half double crochet
sc	single crochet
sk	skip
skst	skip next stitch
sl st	slip stitch

**To decrease: Insert hook into first stitch of the two that the decrease is over. Yarn over and draw back through stitch, insert into second stitch, yarn over, draw back through stitch, yarn over draw yarn through all loops on hook

Fringe Options:

1. Cut 120-12" lengths - fold over and pull through ends of shawl, keeping the catch on one side. You will also need to tie a knot in the of each string to prevent raveling.
2. Alternate fringe: I do a chain stitch between 15 – 25 stitches. I anchor the chain in every other hole on the end of the shawl. It makes loops rather than string fringe.
3. Crochet fringe:
 - a. Foundation row: attach with slip st on the end
 - b. Chain 3, dc into the same st, 3 dc in the next st, 2 dc into next st. Repeat to end. Chain 1, turn.
 - c. Second row: sc across to end.
 - d. Hide ends back into work.

Children's Prayer Shawl

- Finish length is about 3 ½–4' long
 - If making for a baby, use a cut fringe or only chain 10 for the fringe (so their hands don't get caught in it)
1. Cast on 45 (homespun yarn) or 57 (finer yarn) stitches
 2. You can use most of the patterns listed below, or do the following:
 - a. Knit every row or knit 3, purl 3. You can knit 6 rows and then do a pattern row of knit 4, yarn over, knit 2 together, repeat to end of row and knit 3.

Mini Prayer Shawls

1. Pattern #1 (size 13 needles)
 - a. Cast on 8 stitches. Knit 20 rows and cast off.

2. Pattern #2 (size 6 needles)
 - a. Cast on 19 stitches
 - b. Knit 4 rows
 - c. Row 5: Knit 3, Purl 5, Knit 3, Purl 5, Knit 3
 - d. Row 6: Knit 8, Purl 3, Knit 8
 - e. Repeat rows #5 and #6, 5 more times
 - f. Row 17: Knit 3, Purl 2, Knit 9, purl 2, Knit 3
 - g. Row 18: Knit 3, Purl 5, Knit 5
 - h. Row 19: Repeat Row 17
 - i. Row 20: Repeat Row 18
 - j. Row 21: Repeat Row 5
 - k. Row 22: Repeat Row 6
 - l. Row 23: Repeat Row 5
 - m. Row 24-27: Knit
 - n. Cast off and bury ends.

The following prayers can be attached to either mini shawl:

- We place in your hand this symbol of comforting hope — a Pocket Prayer Shawl. A little hug from God to carry you through your day. May the presence of someone praying for you bring you comforting hope, peace and safe harbor found in each prayerful stitch created especially for you.

- This pocket prayer shawl is designed to fit in a pocket, purse or backpack and can travel with you. Like a full-sized prayer shawl, this pocket shawl can remind you of God's love, comfort and support. Hold this pocket shawl in your hand and be reminded that God is always with you. You are not alone. *"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit" (Romans 15:13).*

Prayers

Weave prayers into the shawl as you knit. Begin with a prayer for blessing the shawl. Then, pray for the person who will receive the shawl, as you are making the shawl. There is no right or wrong way to pray as you work on the shawl. Some people pray just before they start working each time. Others say prayers as they work, so whatever works for you.

Suggested words to say: Father, Son and Holy Spirit as they do the knit 3, purl 3 pattern or Father, Son & Holy Spirit bless this person or give them peace, or whatever the need might be. Other prayers might be faith, hope and love; or mind, body and spirit; or past, present and future. Make the prayer your own.

The prayer for healing to say when you start knitting a shawl:

In the name of the Father: the Creator, the Giver of Life, the Holder of Time; in the name of Jesus: the Savior, the Healer, and the Lifter of Pain; in the name of the Spirit; the Comforter, the Consoler, and the Sustainer of Life.

I knit this shawl as 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. May this prayer shawl warm and comfort you when you are weak and weary.

O Christ, who healed the broken in body and spirit, be with all who suffer today. Be with the doctors, nurses, technicians, and all that care for the sick. Be with the families and friends of those who love and comfort the sick. May your gentle yet strong touch reach out to heal all the broken and hurting people and places in the world.

I ask this in the Name of Jesus Christ our Lord and Savior. Amen

Finished shawls for adults should measure approximately 2' x 6'

1. Pattern #1 — Original pattern for prayer shawls
 - a. Cast on 57 stitches.
 - b. First row - knit three, purl three, to the end of the row. Turn.
 - c. Second row - knit three, purl three, to the end of the row. Turn.
 - d. Each row begins with three knits.
 - e. This is the basket weave pattern and you will actually be knitting the purls and purling the knits.
 - f. Knit about $2 \frac{2}{3}$ skeins in the pattern (I cut the fringe and then just knit the rest of the yarn). Use the rest of the yarn for the fringe.

2. Pattern #2 — Stockinette Stitch
 - a. Cast on 57 stitches and knit every row to desired length using size 11 or 13 needles. Add desired fringe.

3. Pattern #3
 - a. Cast on 60 stitches on size 13 needles.
 - b. Rows 1-6: Knit
 - c. Row 7: K 3, yarn over K 2 together, across row ending in K 3.
 - d. Row 8: knit
 - e. Rows 9 and 10: repeat rows 7 and 8.
 - f. Rows 11-14: Knit.
 - g. Repeat rows 7-14, ending with 6 knit rows, until you reach the desired length (5-6 feet).
 - h. Bind off, Add desired fringe on both ends.

4. Pattern #4 — Pillar Stitch

- a. Cast on 61 stitches on size 11 or 13 needles.
- b. Rows: 1-8, knit across the row. (This can be any number you want – I usually do 10 rows and then the pattern rows and repeat ending with knit 10 rows. This way both ends look the same.)
- c. Row 9: K 3, K1 *YO, K2 together, repeat from * ending in K3.
- d. Row 10: knit across entire row.
- e. Repeat these 10 rows to reach desired length
- f. Add desired fringe.

5. Pattern #5

- a. Cast on 57 stitches on size 11 or 13 needles. K 3 at the beginning and end of each row.
- b. Rows 1 - 6: knit across row.
- c. Row 7: K3, K1, * YO, K2 together, repeat across row to last 3 stitches and knit these.
- d. Row 8: K 3, purl across row to last 3 stitches and knit these 3 sts.
- e. Rows 9 & 10: Repeat rows 7 and 8.
- f. Repeat these 10 rows until desired length is reached, ending in 6 knit rows.
- g. Add desired fringe.

6. Pattern #6 — Variation of the basket weave stitch

- a. Cast on 60 stitches on size 11 or 13 needles.
- b. K 3 at the beginning and end of each row.
- c. Rows 1: knit across the row.

- d. Rows 2 - 3: knit 2, purl 2 across each row.
- e. Rows 4– 5: Purl 2, Knit 2 across each row.
- f. Repeat rows 2 – 5 until desired length is reached, ending in a knit row.
- g. Add desired fringe.

7. Pattern #7 — Waffle Stitch

- a. Cast on 57 stitches with size 11 or 13 needles.
- b. Row 1 & 2: knit across row
- c. Row 3: *Knit 2, Purl 1, repeat from * across row.
- d. Row 4: *Purl 2, Knit 1, repeat from * across row.
- e. Rows 5 & 6: repeat rows 3 & 4.
- f. Row 7 & 8: knit across the row.
- g. Repeat rows 3 – 8, ending with 2 knit rows to reach desired length.
- h. Add fringe of choice.

8. Pattern #8

- a. Cast on 57 stitches with size 11 or 13 needles.
- b. Rows 1-8: knit across each row.
- c. Row 9: Knit 3, Knit 1 * y o, K together, *repeat until the last 3 stitches, K3.
- d. Row 10: Knit 3, purls across row to last 3 stitches, Knit 3.
- e. Repeat these 10 rows to desired length.
- f. Add Fringe of choice.

9. Pattern #9

- a. Cast on 57 stitches.
- b. Rows 1-6: knit.
- c. Row 7: knit across the row.
- d. Row 8: K3, purl across row to last 3 stitches, K 3.
- e. Repeat rows 7 & 8, two more times.
- f. Row 13; K 3, purl across row to last 3 stitches, K 3.
- g. Row 14: Knit across the row.
- h. Repeat rows 13 & 14, two more times.
- i. Repeat rows 7 through 18 until you have reached the desired length, ending with rows 7 through 12. Ending with 6 rows of knitting before casting off.
- j. Add desired fringe.

10. Pattern #10 — Easy Ribbing Pattern

- a. Size 13 needles
- b. Cast on 62 sts for adult and 48 for a child. (Or whatever number when divided by 2 will give you an even number of pairs of 2 stitches).
- c. Rows 1-20: knit (makes 10 ridges).
- d. Rows 21-24: K2, P2, across each row (forms a ribbing pattern)
- e. Repeat rows 1-24 until you have the desired length. Ending with the 20 rows of knitting.
- f. Bind off and add fringe of your choice.

11. Pattern #11

- a. Cast on 57 stitches, size 13 needles
- b. Rows 1-10: knit each row.
- c. Row 11: Knit 3 (for border) Knit 1, yo K 2 together, across row ending with knit 3.
- d. Row 12: Knit across row
- e. Rows 13-14: knit across rows
- f. Row 15 & 16: repeat rows 11 and 12.
- g. Repeat rows 1-16 until piece is the desired length, ending with 10 knit rows which makes both ends the same.
- h. Bind off. Add fringe to both ends.

12. Pattern #12 — Resembles Broomstick Pattern by Madeleine Nelson

- a. Cast on 57 stitches, size 13 needles.
- b. Rows 1 thru 4: knit every row.
- c. Row 5: Knit 3, yarn over twice, K 2 tog, across row until last 3 stitches that are knit.
- d. Row 6: knit across row.
- e. Rows 7 and 8: Knit
- f. Repeat rows 5 thru 8, until piece is desired length (5-6 feet). Finish with knit 4 rows.
- g. Bind off. Add desired fringe on both ends.

13. Pattern #13

- a. Cast on 57 sts on size 13 needles.
- b. Rows 1-10: knit
- c. Row 11: K3, k 1, yarn over k 2 tog until the end, knitting the last 3 sts.

- d. Row 12: knit
- e. Row 13: repeat row 11.
- f. Row 14: knit
- g. Row 15: repeat row 11.
- h. Row 16: knit.
- i. Repeat these 16 rows until piece is the desired length.
Finish with knit 10 rows.
- j. Bind off. Add desired fringe on both ends.

14. Pattern #14

- a. Cast on 57 sts on size 13 needles.
- b. Rows 1-6: knit
- c. Row 7: K4, yarn over K 2 together, across row ending with K3.
- d. Rows 8 – 10, Knit.
- e. Repeat rows 7 – 10 until desired length. End with Knit 6 rows.
- f. Bind off. Add desired fringe on both ends.

15. Pattern #15 — This pattern (from Barbara Scholz) works well with Sensations Yarn

- a. Cast on an even amount of stitches, in multiples of 2.
 - i. For an adult cast on 60 stitches and a child cast on 50 stitches on size 13 needles.
- b. Row 1 and 3: Purl (knit 4 sts at beginning and end of every row to form border).
- c. Row 2: Knit
- d. Row 4: Knit 4 sts (for edge), * YO, K2, pass YO K2: repeat from* to end of row ending with K 4 for edge.

- e. Repeat these 4 rows to desired length, ending with a purl row.
- f. Bind off and add fringe.
- g. Options:
 - i. The original pattern has the pattern row on all even rows, but that seemed like too much crossing for me. But I guess that really depends on the yarn and if it shows up.
 - ii. Do rows 1,3 and 5 in Purl. Rows 2 and 4 are Knit. Row 6 is the pattern row.

16. Pattern #16

- a. Cast on 56 stitches, size 13 needles.
- b. Rows 1 through 8: Knit
- c. Row 9: K 3, yarn over k 2 together, repeat across row ending in K3.
- d. Row 10: knit
- e. Row 11 and 12: repeat rows 9 and 10.
- f. Repeat these 12 rows until piece is desired length, ending with 8 knit rows.
- g. Bind off. Add desired fringe on both ends.

17. Pattern #17 — Easy Knit Shawl

- a. Size 13 needles cast on 63 stitches.
- b. Row 1: knit 1, purl 1, across row.
- c. Row 2: knit across.
- d. Repeat these two rows until desired length.
- e. Bind off. Weave in the ends and attach fringe of choice.

18. Pattern #18 — Seed Stitch

- a. Cast on 6 stitches plus an even number of stitches with size 13 needles.
- b. Knit: rows 1-4 for border.
- c. Row 5: K3, K1, P1, across row ending in K3 for border.
- d. Row 6: K3, P1, K1 across row ending with K3 for border.
- e. Repeat row 5 and 6 until desired length, ending in Knit last 4 rows before casting off.
- f. Add desired fringe.

19. Pattern #19 — Double Seed Stitch

- a. Cast on 6 stitches for border plus groups of 4 stitches.
- b. Rows 1-4 knit.
- c. Row 5: K3, K2, P2 across row ending with K3 for border.
- d. Row 6: K3, P2, K2 across row ending with K3 for border.
- e. Repeat until desired length, ending in Knit last 4 rows before casting off.
- f. Add desired fringe.

20. Pattern #20 — Easy Knit Pattern (similar to #3)

- a. Cast on 58 stitches on a size 13 needle.
- b. Rows 1-4: Knit
- c. Row 5: K 3 for edge, * yarn over, K 2 together, repeat from * across to last 3 stitches. K 3.
- d. Row 6: Knit across
- e. Row 7: repeat row 5
- f. Rows 8 – 10: Knit

- g. Repeat rows 5 – 10 until piece measures desired length.
- h. End with Knit 4 rows.

21. Pattern #21 — Easy Knit Prayer Shawl (from Barbara Scholz)

- a. Cast on 60 stitches on size 13 needles. It takes 3 skeins of Homespun yarn.
- b. Rows 1-4: Knit
- c. Rows 5 and 7: K3 at beginning and end of rows for a border. Knit rows.
- d. Rows: 6 and 8: K3, purl to end of row and K3.
- e. Row 9: K3, * yo K1, K 2 together* repeat to end of the row, K3.
- f. Row 10. K3, Purl across the row ending with K3.
- g. Rows 11-16: repeat rows 5 – 10.
- h. Rows 17-20: repeat rows 5 – 8.
- i. Repeat these 20 rows until desired length, ending with 4 knit rows.

22. Pattern #22 — Baby Fern (from Madeline Nelson)

- a. This is a very elegant lacey pattern with the cast-on edge slightly scalloped. Work in multiples of 12 (60 stitches would be 5 repeats of the pattern) Size 13 needles.
- b. Row 1 and all odd-numbered rows (wrong side): purl.
- c. Row 2: * K 2 tog, K 2, yo, K 1, yo, K 2, sl 1, K 1, pssso, P1, K1, P 1*.
- d. Row 4: *K 2 tog, K 1, yo, K 3, yo, K 1, sl 1, K 1, pssso, P1, K 1, P 1.*.
- e. Row 6: *K 2 tog, yo, K 5, yo, sl 1, K 1, pssso, P 1, K 1, P1*.

23. Pattern #23 — Baby Eyelet and Garter Prayer Shawl
- a. Use 3 skeins Homespun yarn or 2 skeins Purl Essence yarn and size 13 needles
 - b. Cast on 61 stitches
 - c. Rows 1-4: Knits
 - d. Row 5: knit
 - e. Row 6: K3, purl to last 3 stitches, K3
 - f. Row 7-8: Repeat rows 5 & 6
 - g. row 9: Knit
 - h. Row 10: Knit
 - i. Row 11: K4, * yo, k2tog; repeat from * across to last 3 stitches, K3
 - j. Row 12: Knit
 - k. Repeat rows 5-12 until desired length, ending with Row 8
 - l. To finish: Knit 4 rows. Bind off loosely. Weave in ends
 - m. Add fringe if desired.
 - i. If using homespun yarn you will need to knot the ends to prevent fraying. If using Purl Essence just cut 14" lengths of yarn and hook on the ends for a fringe.

24. Pattern #24 — Fern Pattern

- a. For thinner yarn, I use a size 10 ½ needle and cast on 71 sts. For heavier yarn, I use a size 13 needle and cast on 61 sts. You will have one less “pattern”.
- b. This is a pattern that is a multiple of 10 plus 1. I add a border of 5 stitches on each side, and a bottom and top border of 7 or 9 knitted rows.
- c. Begin the pattern on the wrong side (purl side).

- d. Rows 1, 3, 5, and 7: Knit 5 sts, purl across row, ending with knit 5 stitches. (The 5 sts are the side borders). I call this the purl row.
- e. Row 2: Knit 6, *yo, K3, sl 1, k2tog, pssso, k3, yo, k1* end with k5. (*pattern will repeat 5 or 6 times).
- f. Row 4: Knit 6, *k1,yo, k2, sl 1, k2tog, pssso, k2, yo, k2*. End with k5.
- g. Row 6: Knit 6, *k2,yo, k1, sl 1, k2tog, pssso, k1, yo, k3*. End with k5.
- h. Row 8: Knit 6, k3, yo, sl 1, k2tog, pssso, yo, k 4*. End with k5.
- i. Repeat pattern until desired length. End with a purl row. Knit as many border rows as you started with (7 or 9 knitted rows). Cast off.