

CONSIDER THE HEALTHY BENEFITS OF KNITTING AND CROCHETING

- Rhythmic knitting/crocheting induces calm- lowers blood pressure
- Working challenging patterns may ward off forms of dementia, including Alzheimer's disease
- Hand motion keeps the joints limber, averting painful arthritis symptoms
- Keeping the hands engaged makes snacking difficult – you could lose weight! Or quit smoking!
- The fulfilling sense of creating something useful or beautiful is gratifying to the soul
- It can be a meditative or prayerful experience – consider creating for another, weaving prayers of blessings into your creation.
- It's a great way to purposefully spend long vacation drives – for passengers only!
- Social interaction promotes emotional well-being through meaningful conversation. Knit/crochet with a friend! Join a group!
- Reduce winter home heating costs – work larger projects during the winter months and wrap yourself in them as they are being worked.

Single Cross Prayer Cloth

By Becky

(3 x 4 size)

Cast on 14

Rows 1 - 4: knit

Row 5: knit 3, purl 8, knit 3

Row 6: knit

Row 7: knit 3, purl 3, knit 2, purl 3, knit 3

Row 8: knit

Row 9: knit 3, purl 3, knit 2, purl 3, knit 3

Row 10: knit

Row 11: knit 3, purl 3, knit 2, purl 3, knit 3

Row 12: knit

Row 13: knit 3, purl 3, knit 2, purl 3, knit 3

Row 14: knit

Row 15: knit 3, purl 3, knit 2, purl 3, knit 3

Row 16: knit

Row 17: knit 3, purl 3, knit 2, purl 3, knit 3

Row 18: knit

Row 19: knit 3, purl 1, knit 6, purl 1, knit 3

Row 20: knit

Row 21: knit 3, purl 1, knit 6, purl 1, knit 3

Row 22: knit

<http://sendingtroopsprayers.bravehost.com/knitpatterns.html>

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PATTERNS

KNITTED PRAYER SHAWL

Knitting Pattern Size 11 or 13 needles & approx. 555 yards of yarn.

Cast on 63 stitches for size 11 needles or 57 stitches for size 13 needles (or any multiple of 6 plus 3 stitches)

Row 1: Knit 3, Purl 3 across. Row. 2: Knit the purls & purl the knits across. Repeat Row 2 until piece measures approx 54" Bind off.
Add fringe to the short ends.

CROCHETED PRAYER SHAWL

Crochet Pattern I Size M, N or P hook & approx 740 yards of yarn.

Chain 54, Chain 1, turn.
Single crochet in each stitch to end.
Chain 3 and turn.
Double crochet in top of each single crochet .
Repeat this row 2 more times.
Chain 1 and single crochet to end.
Chain 3 and turn.
3 rows of double crochet.
Repeat pattern to end (1 row single, 3 rows double)
End with 1 row of single. Finish with fringe. | |

BEGINNER KNITTED PATTERN

Knitting Pattern size 10.5 or 6.5 mm needles

Cast on 60 stitches. Work in garter stitch for 60 inches. Bind off.

FRINGE

For each fringe, cut 4 strands of yarn, each 13 inches. Hold strands together and fold in half. With crochet hook draw fold through edge of piece, forming a loop. Pull ends of fringe through loop and tighten. Make fringes evenly along short ends of Shawl. Turn fringe ends evenly.