

**ST. JULIE BILLIART PARISH
SHAWL MINISTRY
INFORMATION PACKET**

St. Julie Parish Shawl Ministry History

About Shawls...

The word “shawl” comes into the English in 1662, from the Persian word shAL.

Shawls have been made for centuries;
They are universal and embracing;
They comfort and enfold; wrap and warm;
Mother and hug; shelter and beauty;
Those who knit and receive shawls are loved and blessed.

The Shawl Ministry is based on an international ecumenical movement of women and men who gather to pray and knit/crochet for those in need and those celebrating life’s joys.

The St. Julie Billiard Shawl Ministry began on September 16, 2004 as a project of the Health Ministry Board. Dr. Cheryl Scallon, Dr. Kathy Bewley, Mary Jo Cronin, RN, Mary Anne Krajewski, RN, and Julianne Anazalone, RN, gathered in prayer to respond to individuals in need of comfort and solace.

Shawls were then created by members of our parish, who knit a pattern of threes. The pattern of threes represents our faith: The Trinity: the Father, the Son, and the Holy Spirit; the virtues of faith, hope and love; the stages of human existence: birth, life and eternal life. A pink ribbon is attached to the shawl’s tag represents the founding of our ministry by a parishioner recovering from breast cancer. The shawl is an expression of love, the love of the St. Julie Billiard Community and of the loving God who worked through you. When the recipient wears their shawl, they are connected with many people in our parish and throughout the world.

May they be blessed and surrounded by our love and by God’s love for them. And, may you be blessed as you journey into our faith by knitting in prayer.

*It is comforting to think that we may be of help
in ways that we don’t even realize.
Rachel Naomi Remen, M.D.*

THANK YOU for responding to the St. Julie Billiard Shawl Ministry's invitation to knit in prayer. The purpose of this ministry is to hand craft shawls that deliver a mantle of care and love from the St. Julie Billiard Community to the recipient. The love of knitting/crocheting and care has been combined into a prayerful ministry that reaches out to those in need of comfort and solace. Many blessings are knitted into each shawl and prayerful intentions are continued throughout the creation of the shawl. When the shawl is completed, a final prayer is offered for the intentions of the recipient and sent to the person with our prayerful wishes. Shawls may be created for those undergoing medical procedures, for those grieving the loss of a loved one or for those needing a blanket of compassion.

The Shawl Ministry is based on an international ecumenical movement of women and men who gather to pray and knit/crochet for those in need and for those celebrating life's joys. As you create shawls for others, your handiwork becomes an expression of your love, the love of the St. Julie Billiard Community and of the loving care of God who works through you.

Perhaps you wish to join others and work in a group to knit/crochet and pray. Perhaps you prefer to knit/crochet alone. Whatever your preference, we encourage you to participate in this ecumenical movement by following the simple guidelines we have provided for you.

1. Open your heart. Think of providing a mantle of care to someone in need and quietly center yourself in prayer.

Be still and know that I am God...

2. Begin to knit/crochet the significant pattern of threes. This pattern is based on our faith: the Trinity: the Father, the Son and the Holy Spirit; the virtues of faith, hope and love; the three parts of self: mind, body and spirit, and the three stages of life: birth, life and eternal life. Allow the rhythm of the repetitive pattern to flow as you experience God's presence.

*Truly you have formed my inmost being;
You knit me in my mother's womb.
I give you thanks that I am fearfully, wonderfully made;
Wonderful are your works. Psalm 139:13-14.*

3. Finish the shawl by saying a prayer of blessing for the recipient.

*May the Lord bless you and keep you.
May His face shine upon you and give you peace.*

4. Bring the shawl to the next Shawl Ministers gathering or drop it off at the rectory. Perhaps you made this shawl for someone you know. Perhaps it was created for someone you never met. The key ingredient for giving away the shawl is mindfulness and prayerfulness.
5. More information is available on line at www.shawlministry.com or by reading the book entitled Knitting into the Mystery, available for purchase through www.amazon.com or at Borders.

*My trust is in You, O Lord;
I say, "You are my God." Psalm 31:15.*

SHAWL INSTRUCTIONS

Adapted from Janet Bristow and Victoria Galo,
Co-Founders of the Shawl Ministry
www.shawlministry.com

Materials Needed:

Size 11 or 13 knitting needles
Size 'M,' 'N', or 'P' crochet hook

Suggested Yarns:

While a variety of wonderful yarns are available, please keep in mind that the yarn needs to be washable, soft and comfortable. It is likely that the shawl will be given to someone undergoing medical treatment or some other hardship. Be sure to choose chunky weight yarn or adjust your pattern to ensure proper size.

- Plymouth Yarn Encore Chunky (5 skeins for knitting, 7 skeins for crocheting); available at Knitting Etc., Orland Park
- Lion Brand Homespun (3 skeins for knitting 57 stitches, 4 skeins for knitting 63 stitches or to crochet a shawl or lap blanket for men); available at Joanne Fabrics, Michaels and Hobby Lobby.
- Bernat Soft Boucle (3 skeins for knitting 57 stitches, 4 skeins for knitting 63 stitches or to crochet a shawl or a lap blanket for men.); available at Michaels and Hobby Lobby.

Finished Size:

Shawls should measure approximately 30inches by 60 inches.

Before you begin:

Before one begins the knitting/crocheting process, a blessing or prayer is said, dedicating the work of your hands and the intentions of the receiver. You may want to light a candle and play soft music to enhance your knitting/crocheting time. When working in a group, you may want to pass the work-in-progress around the circle, asking each person to add some stitches to the shawl, or just hold it for a while to add their prayers, energy and good wishes.

KNITTING INSTRUCTIONS

1. Decide the size needle you will use. Size 11 will create a slightly denser pattern and the Knit 3 pattern will be more noticeable. Using the size 13 needles will create a looser pattern. Approximate finished sizes, not including the fringe are as follows:

Size 11 Needles: 26' x 60"

Size 13 Needles: 30" x 64"

2. Select your yarn. Most shawls require three 6 ounce skeins of approximately 185 yards. If you prefer a larger shawl, you will need more yarn.
3. Cast on 57 stitches on size 13 needles or 63 stitches on size 11 needles. The pattern is K3, P3 every row. You will always begin a row with K3. Follow this pattern until you have achieved your desired length. **Cut your fringe before you begin the third skein and if using homespun yarn; be sure to knot the ends of the yarn.**

To make a lap blanket for men, cast on 87 stitches on size 13 needles. Approximate size: 45" wide. You will need 4 skeins for a lap blanket.

4. Make fringe. It may be long or short. Decide how long you want the fringe. Cut the fringe twice the desired length as you have stitches on your needle. Reserve the fringe until you have finished knitting your shawl. Remember, you must cut the fringe double the desired length as it is doubled when you fasten it to your shawl.
5. Finish the shawl. Continue knitting until all yarn is used or until you have achieved the desired length. Weave in ends.
6. Attach the fringe. Double the yarn and pull the loop through the stitch. Insert the ends of the fringe through the loop and pull tight creating a knot.
7. Knot the ends of the fringe, particularly if you are using Lion Brand Homespun, which tends to unravel. *Pattern adapted from Knitting into the Mystery by Susan Jorgensen and Susan S. Izard.*

8. Bring your shawl to the next Shawl Ministers' Gathering or drop it off at the rectory. You may want to include a copy of your prayer and a blessing for the recipient. Shawls are blessed at each gathering.

*If you have any questions, please call Dr. Cheryl Scallon,
A member of the Health Ministry Board and Shawl Ministry,
At 708-460-0235 to leave a voice mail message.*

THANK YOU FOR PARTICIPATING IN THIS IMPORTANT MINISTRY!

CROCHET INSTRUCTIONS

1. Select your yarn. Most shawls require four 6 ounce skeins of approximately 185 yards. If you prefer a larger shawl, you will need more yarn.
2. Use a size M hook. Chain 54 stitches or desired width of the shawl. Chain 1, turn, single crochet in each of the stitches to the end. Chain 3 and turn. Double crochet in top of each single crochet. Repeat this row two times more. Chain 1 and do 1 row of single crochet to end. Chain 3 and turn. Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double). End with 1 row single. Follow this pattern until you achieve the desired length. *This pattern was developed by Rita Glob and is used with permission, as stated in Knitting into the Mystery by Susan S. Jorgensen and Susan S. Izard. **Cut your fringe before you begin the fourth skein.***
3. Make fringe. It may be long or short. Decide how long you want the fringe. Cut the fringe twice the desired length as you have stitches on your needle. Reserve the fringe until you have finished crocheting your shawl. Remember, you must cut the fringe double the desired length as it is doubled when you fasten it to your shawl.
4. Finish the shawl. Continue crocheting until all yarn is used or until you have achieved the desired length. Weave in ends.
5. Attach the fringe. Double the yarn and pull the loop through the stitch. Insert the ends of the fringe through the loop and pull tight creating a knot.
6. Knot the ends of the fringe, particularly if you are using Lion Brand Homespun, which tends to unravel. *Pattern adapted from Knitting into the Mystery by Susan Jorgensen and Susan S. Izard.*
7. Bring your shawl to the next Shawl Ministers' Gathering or drop it off at the rectory. You may want to include a copy of your prayer and a blessing for the recipient. Shawls are blessed at each gathering.

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