



## **Knitting for the Chaplaincy Team at the Oxford Hospitals**

There are several items, all called 'Shawls' that can be knitted to be given to patients in the hospitals.

You will find patterns here for traditional shawls with fringes and a smaller square into which you knit a cross that can be held by those confined to bed or placed in the bed, cot or incubator for those patients for whom a traditional shawl would not be appropriate.

All the items here can be made in any colour.

The most important part of this Outreach Activity is that your knitting should be made with love and prayer and there are prayers here interspersed with the patterns for you to use whilst knitting.

***Creator God, whose gifts we use and share with others, we ask your blessing on all who knit and sew for those in need of comfort and warmth.***

***May all who receive offerings which have been made with love, know your love and blessing in their lives.***

***In Jesus name we pray. Amen.***

## **Pattern 1 A simple shawl**

***Blessed and Holy Trinity, be with me as I knit this shawl,  
May the love and warmth which comes with my skill,  
Bless the one who will wear it,  
Help them to feel your Fatherly love surrounding them,  
Your Son's healing power upon them,  
And the guidance of your Spirit ever with them. Amen.***

Material needed – Soft Double Knitting wool

5mm needles

The shawl should measure about 18 – 24 inches wide and 54 inches long including the fringe (depending on your tension, as wools do vary)

Cast on stitches in multiples of 3 (57, 60, 63, 66 *or more* depending on your tension) PLUS 2 stitches

Knit 2 rows of Moss stitch (1 plain, 1 purl). This makes a firm edge.

Knit the first and last stitch of every pattern row to stop your knitting from curling

Row 3: Knit 1, Knit 3, Purl 3 to last stitch, Knit 1

Row 4: Knit 1, Look at the next stitch on your needle and start with the OPPOSITE of what you see.

For instance, if the second stitch on the needle is a knit, then start with a purl.

KNIT THE PURLS AND PURL THE KNITS to the last stitch – Knit 1

This will give a basket weave effect.

Repeat these last 2 rows until the required length has been reached (approx. 50 inches).

Knit 2 rows of Moss stitch and Cast off loosely. Sew in ends.

Cut threads (roughly 90) about 14 inches (35cms) long to make a fringe and attach them in small bunches (maybe 2 or 3 threads each).

Please sew a Mothers' Union Diocese label into the finished shawl.

## **Pattern 2 Cross Pattern**

***Just a simple prayer shawl***

***made with love for you***

***To cover you with blessings***

***for times you are going through.***

***I pray that wrapped around you***

***you will feel our Saviours' arms***

***Holding you and loving you***

***and keeping you from harm. Amen***

Material needed – 200g Double Knitting

7.5mm Needles

Cast on 81 Stitches

Work pattern (K3, p3) for 36 rows

Begin Cross block

Row 1 Pattern for 27sts. P27sts. Pattern for 27sts

Row 2 Pattern for 27sts. K27sts. Pattern for 27sts

Repeat Row 1 and 2 twice more

Row 7 Pattern 27sts. P10, K7, P10. Pattern 27sts (this begins the base of the cross)

Row 8 Pattern 27sts. K10, P7, K10. Pattern 27sts

Repeat Rows 7 and 8 11 more times.

Row 31 Pattern 27sts. P3, K21, P3. Pattern 27sts

Row 32 Pattern 27sts. K3, P21, K3. Pattern 27 sts

Repeat these rows 10 times

Row 53 Pattern 27sts. P10, K7, P10. Pattern 27sts

Row 53 Pattern 27sts, K10, P7, K10. Pattern 27sts

Repeat these rows 11 times more

Repeat Row 1 and 2 of Cross block Pattern for 8 rows

This completes the Cross and a single cross will show at one end of the shawl.

Continue (K3, P3) Pattern until the work measures about 45 inches (114cms) long.

Cast off. Sew in ends. Cut threads (roughly 108) about 14 inches (35cms) long to make a fringe and attach them in small bunches (maybe 2 or 3 threads each).

Please sew a Mothers' Union Diocese label into the finished shawl.

### **Pattern 3 Loop Pattern**

***O God, Heavenly Father, bless my hand and this wool,***

***Open my heart and my mind to your service.***

***Bless whoever may receive and wear this shawl that they may be uplifted, healed of all that ails and troubles them, and their hearts may rejoice in your glory, in Jesus name, Amen.***

Material needed - 200g Double knitting

6.5 mm Needles

Cast on 168 sts

Row 1: K

Row 2: K

Row 3: (to make loops) Insert needle knit-wise wrn (wool round needle) twice. Repeat to end.

Row 4: Knit, dropping the loops of wool

These 4 rows form the pattern.

Repeat 25 more times

K2 rows

Cast off loosely. Sew in ends. This Shawl is about 62 inches long.

Cut threads (about 112) about 14 inches (35 cms) long and attach in bunches of 2 or 3 threads at both ends.

Please sew a Mothers' Union Diocese label into the finished shawl.

## **Pattern 4 A hand held knitted square 'shawl' with cross**

***Oh Lord, Bless me as I knit this shawl and bless the person who will receive it. May it be a comfort in their time of trouble and help them come closer to you. Amen***

Using 4mm needles and DK yarn (each square takes approx 6g of yarn)

Cast on 23 sts.

Row 1 – Row 4 : Knit

Row 5: k2, p19, k2

Row 6: and every other even row: Knit

Row 7, 9, 11, 13, 15: k2, p8, k3, p8, k2

Row 17, 19, 21: k2, p4, k11, p4, k2

Row 23, 25: k2, p8, k3, p8, k2

Row 27: k2, p19, k2

Row 28 – Row 31: Knit

Cast off and sew in ends

To create a neat selvedge: work to the last st on every row, bring yarn to front and slip last stitch.

Please sew a Mothers' Union Diocese label into the finished shawl.