

**Transfiguration Greek Orthodox Church**  
**Prayer Shawl Ministry**  
Friends of the Poor; Austin, Texas

Prayer Shawl Instructions: Crocheted Prayer Shawl



Prayer BEFORE ANY WORK:

Almighty God, our help and refuge, source of wisdom and tower of strength, you know I can do nothing without your guidance and help. Help me and direct me to divine wisdom and power, that I may accomplish this task and whatever I may undertake to do, faithfully and diligently, according to your will, so that it may be profitable to myself and others, and to the glory of your holy name. For the kingdom, the power and the glory are yours, Father, Son and Holy Spirit, now and forever. Amen

Prayer After Any Work:

Thou, O Christ, art Thyself the fulfillment of all good things! Fill my soul with joy and gladness, and save me, for Thou art all merciful.

Prayers for all sick people

O Lord Almighty, healer of our souls and bodies, Who put down and raise up, Who chastise and health also; now, in Thy great mercy, visit our brothers and sisters who are sick. Stretch forth Thy hand that is full of healing and health, and raise them up, and cure them of their illness. Put away from them the spirit of disease and of every malady, pain and fever to which they are bound. And if they have sins and transgressions, grant to them remission and forgiveness, for Thou love humankind. Yea, O Lord my God, have pity on Thy creation, through the compassion of Thine only-begotten Son, together with Thine all-holy, good, and life-creating Spirit, with whom Thou art blessed, both now and ever, and to ages of ages.

## Crochet Instructions

Finished size: 24 X 56 (approx, Measurements) for Adult  
– from wrist across shoulders to other wrist.

26 X 38 for a Child

### Materials:

Caron One Pound **Ocean** or **Deep Violet** yarn: Need 1 Skein:

Size K Crochet Hook

### Crochet Instructions:

Stitches needed chain, single crochet and double crochet

Begin with starting chain leaving only a 2 inch tail, chain 61.

Row 1, single crochet in second chain from hook, continue single crochet in each chain across (you will have 60 stitches), chain 3 and turn.

Row 2, double crochet in each single crochet across, chain 3 and turn

Row 3, double crochet in each double crochet across, chain 3 and turn

Row 4, double crochet in each double crochet across, chain 1 and turn

Row 5, single crochet across, chain 1 and turn

Row 6, single crochet across, chain 3 and turn

Repeat rows 2-6 (counting occasionally to verify the 60 stitches), until you run out of yarn, ending on single crochet row.

Weave in ends.

The three rows of double crochet and the two rows of single crochet represent the Trinity and the two natures of Christ.

### Directions for Return of Completed Prayer Shawl:

Please return completed shawl to either Sue Holland or Julie Wynn so it can be given to Father Vasileios to bless. We will have a prayer shawl label to attach to the completed shawl. Please put your name and date on a piece of paper, note if it for a child or adult and include with the prayer shawl.

You can contact us at [TGOCPayerShawlMinistry@outlook.com](mailto:TGOCPayerShawlMinistry@outlook.com)