

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

Prayer Shawl Instructions: Knitted 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.

Knitting Instructions

Finished size: 27" X 62" - 72"* (approx. Measurements) for Adult
26" X 38" - 66"* for a Child

Materials:

Caron One Pound **Ocean** or **Deep Violet** yarn: 1 Skein:
10 (6mm) needles;

Check gauge using a swatch if you are new to knitting, please feel free to use just a knit stitch.

Cast on 72 stitches.

You will knit 3 stitches and then purl 2 stitches; or knit 3 rows and purl 2 rows.
This is for the trinity and the two natures of Christ.

As you create your shawl, you are knitting a purl stitch and purling a knit stitch.
The normal length of the shawl measures from one wrist, up the arm, over the
back and down the other wrist. For a tall individual you may want to make the
shawl longer.*

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's for a child or adult
and include with the prayer shawl.

Contact us at TGOCPayerShawlMinistry@outlook.com