

Christ Episcopal Church  
90 Kings Highway, Middletown, NJ 07748  
732-671-2524 christchurchmiddletown.org

## *Prayer Shawl Ministry Newsletter*

### **What Is A Prayer Shawl?**

A prayer shawl is usually a handmade shawl, often knitted or crocheted, made with a specific, prayerful intention.

- It can represent healing, comfort, caring and hope for someone in times of illness, sorrow or loss. As you work, think of the potential person as being surrounded by prayer, support, and empathy.
- As you center yourself within this sacred space you may wish to say a brief prayer – either written or simply something from the heart.
- When your item is finished or you are stopping for the day, you might conclude with a brief prayer. Think of the person who will be receiving your shawl, wrapped in love and care, adding your wishes for their good health.

While prayer shawls and lapghans are often made for others, if you are the one going through a difficult time, making your own prayer shawl can bring healing and comfort for yourself as well.

#### **A Simple Prayer**

Loving God, as I create this [shawl], may it be a sign of hope and caring for the person who receives it. Amen.

Feel Free to Create Your Own Prayer



At right: Rosemary Darben

### **Celebrating Rosemary Darben's 100<sup>th</sup> Birthday!**

On December 23, 2023, over 60 people – including family, friends, and about 20 parishioners of Christ Church, gathered for an early celebration of Rosemary Darben's 100<sup>th</sup> birthday, held at the beautifully decorated Shadow Lake Village Clubhouse.

Among the many gifts presented to her was one from the Christ Church Prayer Shawl Ministry: a beautiful generously-sized prayer shawl in shades of blue (one of Rosemary's favorite colors), that was made by PSM member **Sarah Noecker**. Rosemary was so appreciative and said to convey her heartfelt thanks to all.





---

***Crafters...  
Don't Stop!***

*Please continue to  
create your beautiful  
shawls and blankets.  
Shawls especially are  
in demand!*

---

Special  
acknowledgement  
and thanks to  
Tia LaPiana, who  
founded the  
Prayer Shawl  
Ministry at Christ  
Church in 2021.

---

**Visit our new  
Prayer Shawl  
Resource Corner  
in the Library!**  
So far, we have  
pattern books, misc.  
yarn, assorted  
needles for knit and  
crochet—all helpful  
for anyone practicing  
a new stitch or  
looking for new  
project ideas.

## **Blessing of the Shawls: Nov. 19, 2023**

Thank you to the Rev. Dr. Cathy Bickerton for the lovely blessing ceremony that took place during the 10 am service. Here are excerpts of the prayers from the service:

Almighty God, we thank you that you have put into the hearts of your servants to knit and crochet prayer shawls for your suffering people. We give you grateful thanks for the hard work and labor of the creators of these exquisite prayer shawls. Accept their work as signs of their love for you and for your whole creation...we ask you to bless the people who receive these [gifts]. Surround them with your comforting love, give them hope if they despair, and fill their hearts with a deep sense of peace...In Jesus' Name we pray. Amen.

---

### **Resources for Knitters and Crocheters**

Did you know there is an “I Love Yarn Day?” It will be on Oct. 12, 2024. I know it's months away; plenty of time to use up your yarn stash. Many yarn stores such as Michael's offer great yarn sales around this date.

**Web Sites** to explore:

**[craftyarncouncil.com](http://craftyarncouncil.com)**

Whether you are a beginner or experienced knitter/crocheter, this site offers a wealth of information, including: video tutorials for learning the basics of crochet and knitting; useful charts for understanding the different yarn weights and recommended needle sizes, etc.

**[lovelifeyarn.com](http://lovelifeyarn.com)**: free prayer shawl patterns for knitters.

**[makeanddcrew.com](http://makeanddcrew.com)**: offers 30 free crochet shawl patterns.

**Books:**

***The New Prayer Shawl Companion*** offers 35 knitted patterns from the founders of the shawlsministry.com, Janet Severi Bristow & Victoria A. Cole-Galo.

***Crochet Every Way Stitch Dictionary*** by Dora Ohrenstein gives detailed instructions for 125 stitch patterns and explains how to work each one in up to three different ways.(!!)

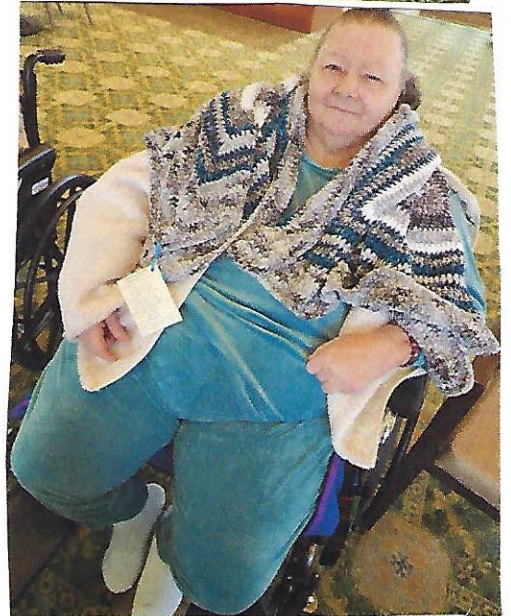
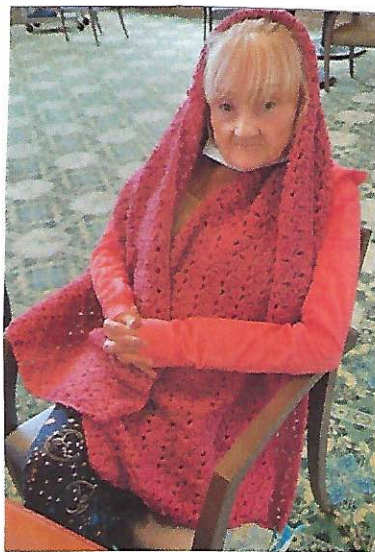


On January 19, 2024, 6 shawls and 3 lapghans from the Christ Church Prayer Shawl Ministry were delivered to Care One, a skilled nursing facility in Atlantic Highlands, NJ.

Our thanks to Recreation Director **Karen Cohen** for organizing the distribution to the 9 residents who received them. Karen was delighted to receive the handmade items.

Also, many thanks to PSM member **Jeanne Grieshaber** for her assistance in providing a great contact as well as helping with the delivery and distribution of the beautifully knitted and crocheted items.

Photos from the visit to the nursing home, with residents wrapped in their new shawls.  
[Photos used with permission of Care One.]





## Some Common Blanket Sizes for Knit or Crochet

Category	Size	Inches
<b>Baby Blankets</b>	Lovey	12 x 12
	Preemie	18 x 24 or 20 x 20
	Cradle	14 x 30
	Stroller	30 x 36
	Crib	40 x 60 or 45 x 60
<b>Adult/Couch Blankets</b>	Lapghan	36 x 48
	Small Throw	48 x 60 or 50 x 60
	Medium Throw	54 x 66
	Large Throw	60 x 72

[The width of the blanket is always shown first and the length of the blanket is shown last.

For example: (Stroller) 30 x 36 inches = 30 inches wide and 36 inches long.]



Send corrections, comments, and/or suggestions to:  
Judy at [jkelso680@gmail.com](mailto:jkelso680@gmail.com)