



### What is a “Pocket Hug”?

The Pocket Hugs are small, crocheted Hearts, attached to a small colorful card, with a powerful, positive, encouraging message. They are meant to provide comfort, support and are a reminder of God’s unwavering love for you! God is always with you!



### What is a “Prayer Square”?

The Prayer Squares are small crocheted squares with a cross embossed on one side. There is a small card attached with a prayer on one side and a message on the other. These squares can be held in your hand when you pray or put into a pocket. A physical reminder that God hears your prayers and is with you always. You are not alone.



**Do you like to crochet?** Below you will find the pattern “How To Crochet A Tiny Heart”! This is the pattern used to make the “Pocket Hug” we use in our ministry at St. Benedict’s! Give it a try! They are quick and easy to make!

### How To Crochet A Tiny Heart”!

Below you will find the pattern used to make the “Pocket Hug,” used in our ministry of C.A.R.E at St. Benedict’s! Give it a try! They are quick and easy to make!

#### Materials Needed:

- Any Color Yarn
- Size G ~ 6 ~ 4.00 mm Crochet Hook



#### Instructions:

1. Magic Circle or Chain 4 (Counts as 1st treble crochet)
2. 2 Treble Crochet in 1st chain stitch
3. 3 Double Crochet in 1st chain stitch
4. Chain 1
5. 1 Treble Crochet
6. Chain 1
7. 3 Double Crochet
8. 2 Treble crochet
9. Chain 3
10. Insert hook through center, yarn over, pull through, cut yarn, tie knot and tuck ends!!!

\*\*\* You did it!!! \*\*\*