



## Prayer Shawl Ministry

### WHAT IS A PRAYER SHAWL?

Prayer shawl. Peace shawl. Comfort shawl. Mantle. Whatever name you give them, they serve the same purpose. These are a wearable hug crafted with love and intent from maker to recipient. Whether it be personal words, verse, song, prayer, mantra, or something else, it is these thoughts imbued in the shawl with each stitch that make them what they are.

#### **The Process**

Prayer shawls can be knitted, crocheted, woven, or worked by any other means desired. They may be adorned with beads, bobbles, shells, fringe, etc., or left plain and understated. They can be shocking pink or muted tan and anything in between. In the instance of these shawls, the product is a physical representation of the process. That process is a journey through thought and intent.

When creating a prayer shawl the individual making it begins with a recipient in mind. This person is held in the crafter's thoughts from beginning to end. Then whenever the recipient wears the shawl they have a tangible reminder of the care and prayers directed their way. It is as much a healing item for one person as it is the other.

Depending on the beliefs of the crafter, a prayer (or poem, song, etc) may be said at the beginning and end of the process. Also, despite the common name of "prayer shawl," these items are not exclusive to any religion or faith. Anyone can make and wear a shawl and the type of intention woven into it is unique. Each individual is free to choose a type of blessing, or none, that they are comfortable with. Taken literally, the term, "it's the thought that counts" is fitting in this instance.

The prayer shawl ministry currently meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at 1 p.m. at the Newman Center. You do not have to attend the meetings to join this ministry. If you would like to participate and need yarn, some yarn was donated to us. If you are interested in monetarily supporting this ministry, the average cost of a shawl is \$30 and a blanket is \$70.

The ministry will be available after the Masses on October 28<sup>th</sup> and 29<sup>th</sup> to provide more information and also to distribute the shawls and blankets that have been completed. If you or someone you know could benefit from a shawl, please come and pick one up after Mass. We look forward to seeing all of you and hope this will provide easier opportunities to serve our community. If you have any questions, please contact Katie Martinez or email Cheri Rogers at [stbarbulletin@dcwy.org](mailto:stbarbulletin@dcwy.org). The emails will be checked on a weekly basis.