

5 GREAT BENEFITS OF PRAYER SHAWL WA'A

Your spirit will thank you!

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**1ST Zoom Knitting/Crochet/Quilting Circle
Saturday, Jan. 16, 9am**

SHAWLS ENFOLD & COMFORT

Universal symbol of unconditional love

"Shawls... made for centuries universal and embracing... symbolic of an inclusive, unconditionally loving, God. Those who have received these shawls have been lifted and affirmed, as if given wings to fly above their troubles..."

<https://www.shawlministry.com>

Written in 1998 by Janet Severi Bristow, Copyright 2020

PRAYERFUL MINISTRY

Many blessings are prayed into every stitch."

"Compassion and the love of knitting, crocheting, and quilting have been combined into a prayerful ministry and spiritual practice which reaches out to those in need of comfort and solace, as well as in celebration and joy."

<https://www.shawlministry.com>

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INTENTIONS CONTINUE

Prayers and blessings for the recipient...

"Upon completion, a final blessing is offered before the shawl is sent on its way. Some recipients have continued the kindness by making a shawl and passing it onto someone in need. Thus, the blessing ripples from person-to-person, with both the giver and receiver feeling the unconditional embrace of a sheltering, mothering God!"

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UNLIMITED USES FOR THE SHAWL

Prayer shawls can be used for:

"Shawls can be used for: undergoing medical procedures, as a comfort after a loss or in times of stress, during bereavement, prayer or meditation, commitment or marriage ceremonies, birthing, nursing a baby, during an illness and recovery, graduation, birthday, anniversary, ordination, or just socializing ... there are endless possibilities!"

<https://www.shawlministry.com>



INCREASES COMMUNITY

IN-PERSON OR ON-LINE

Join Halau Wa'a Episcopal's Prayer Shawl ministry to "knit" our community together! Meeting on-line, every 3rd Saturday, 9a. Let people know that we are praying for them on their faith journey through creating and sharing instruments of God's love and peace.

Psalm 139:13-14

Truly you have formed my innermost being: You knit me in my mother's womb. I give you thanks that I am fearfully, wonderfully made; Wonderful are your works.



Prayer Shawl Background

In 1998, Janet Bristow and Victoria Cole-Galo, two graduates from the first class of Women's Institute at Hartford University in Connecticut, decided to pray and knit shawls for new mothers and for women in treatment for disorders such as breast cancer. Bristow said, "Sometimes there are no words. A prayer shawl wraps someone in a hug that's the accumulation of thoughts and prayers for them."

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Prayer Shawl Wa'a Mission

In November 2020, Tonya and Jill of Halau Wa'a Episcopal, dreamed of bringing together people to knit, crochet, and quilt prayer shawls and blankets, to pray for those in our church family and community in need of prayer (joyful or trying) and to support each other.



Join the Prayer Shawl Wa'a!

Volunteer your gift of time, talent and love! This ministry welcomes ALL!!! You don't have to be Episcopalian. You don't have to be a member of a church, temple, or mosque. You don't even need to know how to knit/crochet/quilt! We'll be glad to teach you and put together a kit of supplies to get you started!

Contact Jill or Fr. Mark with your contact information for notifications of Prayer Shawl Wa'a news and dates for knitting/crocheting/quilting circle(s). You can choose the recipient for your Prayer Shawl/Blanket or ask for someone who is in need of an embrace.

There is no prayer shawl quota or recommended time requirements. You can stitch at your own pace or on-line every 3rd Saturday for a knitting/crocheting/quilting circle.

When your prayer shawl is completed, you can bring it to the 7pm service of Halau Wa'a Episcopal's Pop-Up Eucharist or the next monthly knitting/crocheting/quilting circle for a blessing. We will take a picture of the finished product to add to a pictorial record of the shawls and quilts made in this ministry.

Are you new to knitting, crocheting, or quilting and need help or a refresher? Let us know and we'll schedule a first timer or beginners circle. We're here to support you!

Patterns/Yarn/Etc.

Check out www.shawlministry.com for free patterns and ideas, Rivalry.com, etc. Tonya and Jill have posted the patterns they are currently working on Halau Wa'a Episcopal's website: halauwaaepiscopal.org.

You can buy yarn on-line from independent stores on the mainland. Tricked Out Ewe sells hand-dyed yarns at local farmer markets at Ward and Kailua. Walmart and Ben Franklin have a reasonably priced yarns. Think of the recipient when choosing the colors, textures, and patterns of your prayer shawl/blanket.

Prayers are said as the shawls are being stitched. They can be formal prayers or prayers from the heart. There are prayers on www.shawlministry.com. You may find prayers that come to you while you are working on your shawl/blanket. You may want to write out one of the prayers to give to the shawl/blanket recipient.

Prayer Shawl Resources

Are you a beginner and need help?
Do you need a pattern and supplies to get you started?



Jessica, a Waldorf-trained hand work teacher, can help you get started on your ministry. Jess has designed a beginner's kit containing pattern, yarn, needles or hook, for an introductory price of \$20.00.

Email jill@ianmattoch.com for more information on joining HWE's Prayer Shawl Wa'a.

SOME PRAYER SHAWL MAKERS WILL MAKE A SMALL SQUARE OUT OF THE LEFTOVER YARN TO KEEP AND TO CONTINUE PRAYING FOR THE PERSON RECEIVING THE SHAWL.

SOME ATTACH A POUROUS BEAD FOR ESSENTIAL OILS.



PRAYERS

PRAYER SHAWL WA'A

Your spirit will thank you!

St. Mary's Prayer Shawl Ministry Georgetown-Rowley, MA Nine blessings from above

by Cathleen O'Meara Murtha, DW

I call nine blessing from above, In the name of God: the Creator, the Giver of Life, the Holder of time; In the name of Jesus: the Savior, the Healer, the Lifter of Pain. In the name of the Spirit: the Comforter, the Consoler, the Sustainer of Life.

I knit a mantle of caring.

I knit a mantle of protection.

I knit a mantle of wholeness.

I knit a mantle of strength.

I knit a mantle of healing.

I knit a mantle of patience.

I knit a mantle to enfold you.

I knit a mantle to encircle you.

I knit a mantle to empower you.

Almighty God, the creator of life and health,

Bring healing to _____ In your presence, give _____ freedom from all pain and illness. Give relief from suffering and grant speedy improvement until _____ is completely well and healthy. For the glory of the Lord, Jesus Christ. Amen.

Starting Prayer ©

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By: Pamela Stiff

www.shawlministry.com

Dear Lord,

Take away all my negative thoughts and feelings as I work on this shawl of comfort for _____.

Guide my hands as they work and keep my thoughts positive and centered around her. I make each stitch with love and a prayer in my heart for her comfort, hope, and healing. May _____ feel Your loving arms around her as she wears this shawl and may it represent to her Your power to heal any hurt. Comfort her, Bless her, Heal Her. I ask this in Jesus name. Amen.

Halau Wa'a Episcopal's
Prayer Shawl Wa'a
will accept

DONATED YARN & SUPPLIES

from folks who want to support the ministry but don't know how to or want to knit/crochet!!

Contact Fr. Mark 620-8866 or Jill 330-7087 to schedule day/time to pick-up or drop-off at Pop-Up Eucharist on Sundays at 10am



Let us pray...

Beginning to Knit Dedication ©

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By: Janes Severi Bristow - 2000

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Mantle of Love, Healer of Hearts,

I light this candle as a reminder of Your presence as I begin.

I ask a blessing from all who have come before me; whose hands have been instruments of creation and beauty;

who have used humble tools and hand-spun wool in order to provide cover and warmth for themselves and those they loved; who have felt, as I will feel, the yarn in their fingers; who have seen, as I will see, the growth of the fabric;

who have heard, as I will hear, the click of the needles.

Guide my attention to stay on course.

Hold me close and ground me.

Bless, also, this yarn and these knitting needles.

May any negative energy connected to them be cast away as I cast on; and all positive energy bound in as I bind off.

In their simplicity, may I find comfort and solace.

Bless my hands...Often just appendages at the end of my arms...workers doing their job without appreciation...looked at, yet not really seen.

These instruments of love have done mundane tasks, yet also create beauty.

They reach out, touch, stroke, scrub, lift, grasp, gesture and guide.

These hands, my hands, gifts of great importance, Blessings be on them and in them as I begin.

May the fruits of their labor be good!



HALAU WA'A EPISCOPAL

A Hui of Spiritual Journeys

www.halauwaaepiscopal.org