Alice's Embrace

Alice's Embrace is devoted to providing hand-knit and hand-crocheted prayer shawls and lap blankets to those suffering from Alzheimer's disease. We seek volunteers to knit and crochet the patterns that we have created. Through the loving hands of many generous and talented people, this endeavor will help ease the anxiety that is often present in those suffering from the disease.

Thank You
Prayer Shawl

Skill Level:

Size: Approximately 20" x 60"

Materials: 1400 yards worsted weight yarn
                or 700 yards chunky weight yarn

Needles: US #13-24" circular needle

Notions: Right side marker, tapestry needle

Gauge: 12 stitches = 4" in garter stitch (knit every row)

Abbreviations:

        k = knit
        p = purl
        sts = stitches

Note:

If you are using worsted weight yarn you will be double stranding the yarn throughout the pattern. If using chunky yarn you will be using it single stranded throughout the pattern.

The Pattern:

Cast on 56 stitches

Starting Border: Knit 10 rows

Row 1: (Right side): k16, p2, k2, p2, k12, p2, k2, p2; to last 16 sts, k16 (placing a marker on this row to denote right side of prayer shawl)

Row 2: k5, p1, k8, *p2, k2, p2, k2, p2, k8; repeat from * across to last 6 sts, p1, k5

Row 3: k6, p8, *k2, p2, k2, p2, k2, p8; repeat from * across to last 6 sts, k6

Row 4: k5, p11, k2, p2, k2, p12, k2, p2, k2; to last 16 sts, p11, k5

Row 5: k16, p2, k2, p2, k12, p2, k2, p2; to last 16 sts, k16

Row 6: k5, p1, k8, *p2, k2, p2, k2, p2, k8; repeat from * across to last 6 sts, p1, k5

Row 7: k6, p8, *k2, p2, k2, p2, k2, p8; repeat from * across to last 6 sts, k6

Row 8: k5, p11, k2, p2, k2, p12, k2, p2, k2; to last 16 sts, p11, k5

Row 9: Knit across

Row 10: k5, p2, k2, p2, k2, *p12, k2, p2, k2; repeat from * across to last 7 sts, p2, k5

Row 11: k7, p2, k2, p2, *k2, p8, k2, p2, k2, p2; repeat from * across to last 7 sts, k7

Row 12: k5, p2, k2, p2, k2, p2, *k8, p2, k2, p2, k2, p2; repeat from * across to last 5 sts, k5

Row 13: k7, p2, k2, p2, *k12, p2, k2, p2; repeat from * across to last 7 sts, k7

Row 14: k5, p2, k2, p2, k2, *p12, k2, p2, k2; repeat from * across to last 7 sts, p2, k5

Row 15: k7, p2, k2, p2, *k2, p8, k2, p2, k2, p2; repeat from * across to last 7 sts, k7

Row 16: k5, p2, k2, p2, k2, p2, *k8, p2, k2, p2, k2, p2; repeat from * across to last 5 sts, k5

Row 17: k7, p2, k2, p2, *k12, p2, k2, p2; repeat from * across to last 7 sts, k7

Row 18: k5, purl across to last 5 sts, k5

Repeat Rows 1-18 for pattern until prayer shawl is approximately 58" from cast-on edge ending with Row 18.

Ending Border: Knit 10 rows

Finishing: Bind off loosely. Weave in all ends.