UUCP PRAYER SHAWL MINISTRY Intent & Guidance

Suggested **finished sizes are 18-24" wide x 5' long (no fringe needed) or, a 36 x36"square as a lap shawl.**

There is no standard or exact size & shawls can be made from leftover yarn and in any color/pattern combination you wish.
The shawls are given to all genders (and however they identify), and our youth.
All shawls are gifted to UUCP congregants and friends who are experiencing a challenging time, or a significant life event.

Why do we call it a Prayer Shawl?
Prayer shawls are offered for healing and wellness during challenging times.. Prayer shawls are given to a fellow congregant along with a card that explains the love, peace, and healing wishes stitched into the shawl. So, take a few minutes prior to starting, maybe as you pick up between sessions, and again at the end, to offer a blessing, prayer or wishes for wellness. Don't pray? That's ok! You can imbue your intention into your stitches by choosing to focus on a special song/hymn that is comforting or has meaning to you, a favorite poem, or a meditation. Affirmations and mantras are also popular choices. You could even knit a prayer shawl with the simple intention of a single word like *wellbeing.*

Shawls are gifted on behalf of the Caring Ministry Team, Rev Dance, and our Prayer Shawl Stitchers. We let congregants know that you have put wishes for their *love, health, peace* into the shawl for them. We do not share who crafted the shawl, that is part of the mystery and awe for the receiver. Our Prayer Shawl Ministry extends the love and care of our beloved community and is often emotional and quite meaningful to the congregant.

When the prayer shawl is complete, one of our Caring Ministry Team will stitch on a label that indicates the shawl was *Made in Love UU Congregation of Phoenix*. If you have questions, or would like to attach the labels, let Victoria Myers or Lynn Raabe know (caring@phoenixuu.org), and this addition is welcomed.

Completed shawls may be given to Victoria Myers, Lynn Raabe or Chris Seashore. *Thank You*