

# circle of friends

SHAWL PROJECT

Dear knitter,

Thanks so much for your interest in this project.

In this packet, you'll find our pledge form, information on the **Circle of Friends Shawl Project**, the shawl pattern and a press release. You may make copies of any of the materials to distribute, and you may use the pattern for your own personal use as well. If you have any media contacts, please feel free to forward the information to them.

For a limited time, I can provide knitters with yarn for this project, at no cost other than your donation for postage (Priority Mail runs about \$5.75 at this time). You can either mail me a check for postage (*payable to Pocket Meadow Farm*), or use the donate button to pay with Paypal, located on my blog, at <http://www.pocketmeadowfarm.blogspot.com/>. The pledge form is my way of keeping track of where my yarn donations are going, motivating participants and serves as a contact form so I can keep you current on what's happening.

I will keep you posted regularly, via the blog or the website about how the project is going. Ravelry users, there's a group for you at <http://www.ravelry.com/groups/circle-of-friends-comfort-shawl-project>.

Please give me permission to use your first name, last initial and location on the Pocket Meadow Farm website (that's the checkbox on the bottom of the pledge form). No personal information about you will ever be disclosed to a third party without your written permission.

Call or email any time if you have questions about the project, pattern or suggestions! I'll personally get back to you as soon as possible, but please note that this is a one-person shop, so sometimes a reply could take a couple of days.

Thanks!

Ellen Kardell  
Pocket Meadow Farm Fiber Arts  
Berkeley Springs, WV

[ellen@pocketmeadowfarm.net](mailto:ellen@pocketmeadowfarm.net)

Ms. Ellen Kardell, owner  
**Pocket Meadow Farm Fiber Arts**  
116 Peter Yost Road, Berkeley Springs, WV 25411  
304-258-9702 <http://pocketmeadowfarm.net>

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SHAWL PROJECT

## Pledge Form

I, \_\_\_\_\_ accept four skeins of Plymouth Encore yarn (value \$22.00) donated by Ellen Kardell, owner of **Pocket Meadow Farm Fiber Arts**, in Berkeley Springs, WV (*project sponsor*). I pledge to use it exclusively for the Circle of Friends Comfort Shawl Project; specifically, to knit a shawl for the Project, which will be donated to a person in crisis, bereavement, hospice, or other in-need situation. I may use any suitable pattern of my own or the one provided by the Sponsor. I agree to complete the shawl within three months from the date below. Upon completion of the shawl, I will return it to **Pocket Meadow Farm Fiber Arts**, at my own expense, where it will be displayed for a short period of time before being donated. I agree to the use of my first name/city/state on the Pocket Meadow Farm website.

If for any reason I am unable to start or complete the shawl, I will return the yarn to **Pocket Meadow Farm Fiber Arts**, before the completion date of my part of the project, at my own expense.

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email and/or website \_\_\_\_\_

Today's Date \_\_\_\_\_

Target Completion Date \_\_\_\_\_  
(3 months from today's date)

- please check or initial here if you are providing your own yarn for the shawl  
 I grant permission to use my first name, last initial and location on the Pocket Meadow Farm website

*Thank you for your participation in this project!*

Ms. Ellen Kardell, owner  
**Pocket Meadow Farm Fiber Arts**  
116 Peter Yost Road, Berkeley Springs, WV 25411  
304-258-9702 <http://pocketmeadowfarm.net>

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## SHAWL PROJECT

### General information about the Circle of Friends Shawl Project

First, thank you for your interest in donating your time and skills to make a difference in the life of a someone you may never meet. This act of generosity is something we believe can help heal the hurts of the world in ways we may never fully know.

The **Circle of Friends Comfort Shawl Project** is sponsored by **Pocket Meadow Farm Fiber Arts**, in Berkeley Springs, WV. The mission of the project is to hand knit shawls for those in need of the comforting hug and warmth a hand made shawl provides. We welcome your participation!

For a limited time, **Pocket Meadow Farm** will provide yarn for the shawls. We hope that as the group grows, we can get support for our work from yarn companies. We also welcome donations of yarn from individuals (machine washable worsted weight, natural fiber blends, please).

Shawl ministries are a grassroots movement that is growing in the US. They are sometimes referred to as healing, or prayer shawl groups, reflecting the positive energy, caring, meditation and love that go into the work. Knitters know that their hopes, prayers and healing thoughts can be directly channeled into the tangible items they make. When created with mindfulness and care, these knitted items can give comfort to the user. Shawls in particular are comforting by their very nature, from the physical embrace and warmth that wrapping or swaddling can bring. In addition, we believe that the tactile nature of fine fiber combined with textured patterns can have a meditative and calming effect that

can best be appreciated with the hands, hence the textural patterning in our shawl designs — they are designed as much to be stroked, as to be looked at. This feature was designed specially for recipients with low vision or cognitive impairment.

This work is beneficial to the knitter, as well. The repetitive, meditative nature of knitting helps create a peaceful state within us, allowing us to focus less on our own daily stresses, and open our hearts to the needs of others.

You may be familiar with other prayer shawl ministries, some of which are run by church groups. We choose to not call this a ministry, or to imply direct church or religious affiliation. We *will* be working with local churches, hospitals and nursing homes to place the shawls where they will be needed most, and welcome individuals of all faiths and spiritual beliefs to join us in the project.

The hope of the project is to help people in crisis situations, such as serious illness, bereavement, isolation, long hospital stays or difficult procedures, hospice patients, persons with Alzheimer's, and overwhelmed caregivers, where the handwork of a caring knitter can help the individual feel surrounded by a circle of caring friends.

# circle of friends

## SHAWL PROJECT

**Pocket Meadow Farm Fiber Arts** will have open house evenings for knitting; please check our events page for dates. You are welcome to stop by any time to work on your shawl, get help, or just chat (*please call to confirm that we are open*). If you need technical assistance with the knitting, we can help; the patterns are suitable for an advanced beginner, with enough challenges to be interesting to an experienced knitter.

Your part of the project is to sign our pledge form, knit the shawl and bring or send it back to us. If you need yarn, we'll provide it, for a limited period of time. We will display the finished shawls in our shop for a short period of time, then arrange to have them given to individuals in need.

We will be working with local churches, hospitals and nursing homes to place the shawls where they will be needed most, and welcome individuals of all faiths and spiritual beliefs to join them in the project.

As you knit, you may wish to meditate and radiate positive, healing thoughts through your hands and into the work, so that by the time the shawl is completed, it will be filled with prayers for the recipient.

When your shawl is completed, you may wish to write a short note to the recipient, telling them about how you have put thought, love, and prayers into the knitting, hoping that it will bring comfort to them at a difficult time. We can provide you with cards for this purpose. A few words about the care of the shawl (ie, if it needs to be hand or machine washed) would be helpful, especially if you are using your own yarn. We'll provide care information for yarns we supply.

If there is any reason that you cannot complete your part of the pledge, we ask that you send the project back to us so we can pass it on to another knitter to complete.

Monetary donations to the project are most welcome. All funds will go towards purchase of materials. No salary, reimbursement, or other payment goes to the Sponsor of this project.

In this era of mass production, throw-away goods, and global unrest and violence, the work of a few caring knitters can and will make a difference — one stitch at a time.

# circle of friends

## SHAWL PROJECT

### Circle of Friends Shawl Project Pattern

- Materials:** 5 skeins worsted weight, machine washable yarn, about 1000 yards. (suggestions: Plymouth Encore, Knitaly Superwash Wool, Lambs Pride Superwash, Cascade 220 Superwash, ie, any machine washable natural/synthetic fiber blend). Aran, chunky and bulky weight yarns are fine too, just use a bigger needle
- Needles:** straight or circular, size US 7 or 8
- Gauge:** not critical for this project, but approximately 4.5 stitches per inch, unblocked
- Size:** apx. 18" x 66", blocked

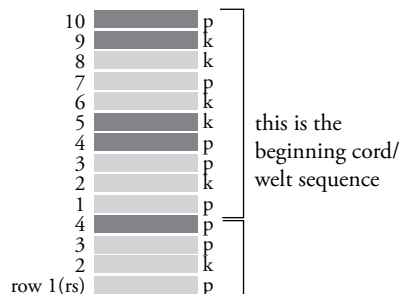
#### Method

These shawls are knit in sections of texture, divided by rows of welting. The texture sections can be as long as or as short as you like; if you don't care for the pattern you are working with, end it, knit the welt, and move on to another pattern. You could also knit the entire shawl in one pattern, without welts. After binding off, attached i-cord edging, or welts on the long sides to match the ends can be made.

Begin by casting on 77 stitches. Leave a 60" tail, which will be used to sew or crochet up the edge cording when shawl is completed. Bundle this tail in a butterfly for now.

**Beginning edge cording:** Row 1 (*rs*): purl. Row 2 (*ws*): knit. Row 3: purl. Row 4: Purl (divider ridge).

**First welt:** Row 1 (*rs*): Purl. Row 2 (*ws*): Knit. Row 3: Purl. Row 4: Purl. Row 5: Knit. Row 6: Knit. Row 7: Purl. Row 8: Knit. Row 9: Knit. Row 10: Purl.



You may wish to attach a safety pinned note to the purl side of the work, to remind you that this is the *right* side.

You will now start the first texture pattern.

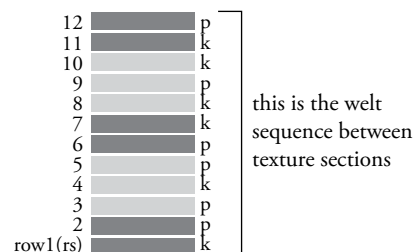
#### Texture Patterns

Use a variety of small, simple texture patterns. I've included ten knit/purl combinations here, but there are many you could use. You can use all of them in the order shown, use only one, or switch between two or three — knitter's choice.

**Texture 1 (rice stitch—77 sts):** Row 1 (*rs*): knit. Row 2: knit 1, purl 1 across. Work for about 4".

#### Dividing Welt

Starting on right side, work welt as shown in diagram:



Work this dividing welt between all texture sections.

*(continues on next page)*

## Circle of Friends Shawl Project Pattern

### Texture 2 (basketweave—77 sts):

Row 1 (RS): Knit.  
Row 2: \*K5, p3, repeat from \* to last 5 sts, k5.  
Row 3: \*P5, k3, repeat from \* to last 5 sts, p5.  
Row 4: \*K5, p3, repeat from \* to last 5 sts, k5.  
Row 5: Knit.  
Row 6: P4, \*k5, p3, repeat from \* end p4.  
Row 7: K4, \*p5, k3, repeat from \* end k4.  
Row 8: P4, \*k5, p3, repeat from \* end p4.  
Rep rows 1-8 for desired length (samples shows 3 repeats).

### *work dividing welt*

### Texture 3 (diamond brocade—77 sts):

Row 1: (RS) \*K8, p1, k3; rep from \*, end k5.  
Row 2: P5, \*p2, k1, p1, k1, p7; rep from \* to end.  
Rows 3 and 7: \*K2, [p1, k3] twice, p1, k1; rep from \*, end k2, p1, k2.  
Rows 4 and 6: [P1, k1] twice, p1, \*k1, p5, [k1, p1] 3 times; rep from \* to end.  
Row 5: \*P1, k3, p1, k7; rep from \*, end p1, k3, p1.  
Row 8: Rep row 2.  
Rep rows 1-8 for desired length (sample shows 2 repeats). On last pattern repeat, knit rows 1 and 2 again for symmetry.

### *work dividing welt*

### Texture 4 (divided triangle boxes—77 sts):

Row 1: (RS): Knit.  
Row 2: P1, \*k1, p4, repeat from \* to end, k1.  
Row 3: P1, \*k3, p2, repeat from \* to end, k1.  
Row 4: P1, \*k3, p2, repeat from \* to end, k1.  
Row 5: P1, \*k1, p4, repeat from \* to end, k1.  
Row 6: Knit.  
Rep rows 1-6 for desired length (sample shows 6 repeats).

### *work dividing welt*

### Texture 5 (seed stitch—77 sts):

Rows 1: (RS) \*K1, p1; rep from \* to end, k1.  
Rep row 1.

### *work dividing welt*

### Texture 6 (diagonal broken rib—78 sts):

*(on first row, increase one stitch—78sts)*  
Rows 1, 3: (RS) \*K4, p2; rep from \* to end.  
Rows 2, 4: \*K2, p4; rep from \* to end.  
Rows 5, 7: K2, \*p2, k4; rep from \* to last 4 sts, p2, k2.  
Rows 6, 8: P2, \*k2, p4, rep from \* to last 4 sts, k2, p2.  
Rows 9, 11: \*P2, k4, rep from \* to end.  
Rows 10, 12: \*P4, k2, rep from \* to end.  
Rep rows 1-12 (sample shows 4 repeats).  
*(on last row, adjust stitch count if you are using a different pattern sequence; if following this pattern, don't decrease)*

### *work dividing welt*

### Texture 7 (bramble stitch—78 sts):

Row 1: (RS) purl  
Row 2: K1, \*(k1, p1, k1) into next st, purl 3 tog, rep from \* to last st, k1.  
Row 3: Purl  
Row 4: K1, \*p3tog, (k1, p1, k1) into next st; rep from \* to last st, k1.  
Repeat these 4 rows for desired length

### *work dividing welt*

### Texture 8 (purl ridges—78 sts):

Row 1: (RS) K1, p1 across  
Row 2: Purl  
Row 3: Knit  
Row 4: Purl.  
Repeat these 4 rows for desired length

### *work dividing welt*

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*(note: the following section of the pattern is still being tested; please email me for final part—or just wing it! you have the idea at this point, thanks!)*

**Texture 9 (honeycomb cable):**

*work dividing welt*

**Texture 10 (double moss):**

Rows 1: (RS) \*K2, p2; rep from \* to end.  
Rows 2 and 3: \*P2, k2; rep from \* to end.  
Row 4: \*K2, p2; rep from \* to end.  
Rep rows 1-4.

*work dividing welt*

*additional patterns to try:*

**Texture 11 (seeded texture):**

Row 1 (RS): K2, \*p3, k2; rep from \* to end.  
Row 2: Purl.  
Row 3: \*P3, k2, rep from \* to last 2 sts, p2.  
Row 4: Purl.  
Rep rows 1-4.

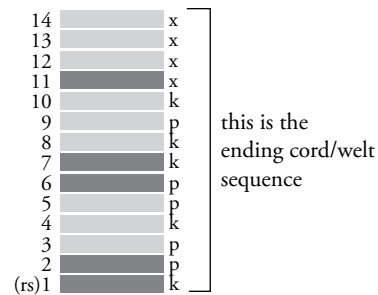
**Texture 12**

**Texture 13**

**Texture 14**

For hundreds of pattern options, refer to stitch pattern libraries, such as the Barbara Walker or Harmony books, or on-line sources. You can try a balance of lightly textured/heavily textured patterns, or have them all about the same complexity. Note that heavily cabled, manipulated or slip stitch patterns won't be as suitable, as they will distort the fabric. Your best bet is to look for simple, knit/purl combination stitches.

When the shawl is about xx inches long, knit final welt. Refer to this diagram:



After last row, bind off loosely on the wrong side. Leaving a xx inch tail, cut yarn. Either sew or crochet last 3-row welt closed, to the knit row immediately above. Do the same for the other end of the shawl. Try out something decorative, like catching the edge in a blanket-stitch pattern.

Add i-cord or other edging to long sides if desired (refer to online instructions on our website — note, page not up yet). This will help give stability to the width. You can make the i-cord extend from the ends about 6 inches, and when finished, tie an overhand knot in each corner of the shawl.

Steam block to size, gently stretching fabric. First thoroughly wet the shawl, and lay it out on a blocking surface. Pin to shape. Let partially dry. Now, use a steam iron, hovering about an inch *above* the shawl, and gently puff steam over the entire surface. Don't let the iron touch the surface of the knitting. If you aren't comfortable with steam blocking (it's permanent on acrylic blends), we can do it. Since these shawls will be machine washed and dried, and possibly not given laundering TLC, we want to permanently set the shape, so they will always look good.

We'd love a couple of photos of you with your work for our website!

Please mail or bring the shawl back to:

**Pocket Meadow Farm Fiber Arts**  
116 Peter Yost Road  
Berkeley Springs, WV 25411

## For Immediate Release

1/23/08

### **Circle of Friends Comfort Shawl Project**

The **Circle of Friends Comfort Shawl Project** is a new charitable knitting project, sponsored by **Pocket Meadow Farm Fiber Arts** in Berkeley Springs, WV. This project intends to harness the efforts of a community of knitters, working individually, to create warm, handmade shawls for those in need.

Using yarn donated by **Pocket Meadow Farm's** owner, Ellen Kardell, knitters will pledge to produce a shawl that will be donated by the **Circle of Friends** project. Working with area churches, hospitals, and nursing homes, **Pocket Meadow Farm** will arrange to place the shawls where they can be given to people in crisis situations. They hope that the handwork of a caring knitter can help the ill and bereaved feel surrounded by a circle of compassionate friends.

Shawls, in particular, are comforting by their very nature, because of the physical embrace and warmth that they bring. In the US, shawl ministries are a growing grassroots movement. Sometimes referred to as healing, or prayer shawl groups, they reflect the positive energy, compassion and love that go into the work. Knitters know that their hopes, prayers and healing thoughts can be directly channeled into the tangible items they make.

“The tactile nature of fine fiber combined with textured patterns can have a meditative and calming effect that can best be appreciated with the hands,” says Ms. Kardell. “The shawl is designed as much to be stroked, as to be looked at.” The sample pattern that she provides to the **Circle of Friends** knitters is suitable for advanced beginners, and it is designed so that the finished product's beauty can be easily accessible to those with low vision or cognitive impairment.

The mission of the project is to hand knit shawls for those in need of the comforting hug and warmth that a handmade shawl provides. When

created with mindfulness and care, knitted items can give comfort to the user. Knitting can also be beneficial to the person performing the handwork. The repetitive, meditative nature of knitting helps create a peaceful state, allowing the knitter to focus less on daily stresses, and be responsive to the needs of others.

**Circle of Friends** encourages knitters to write a short note to the recipient, telling how thought, love, and prayer is put into their work with the hopes that the shawl will bring comfort during a difficult time.

“In this era of mass production, throw-away goods, and global unrest and violence, the work of a few caring knitters can and will make a difference — one stitch at a time,” Ms. Kardell adds.

**Circle of Friends** welcomes individuals of all faiths and spiritual beliefs to join in the project, and hopes that as the project grows, other sponsors and groups will be inspired to unite in the effort.

**Pocket Meadow Farm** holds open house evenings at their shop to support knitters involved in the **Circle of Friends** project. Knitters are welcome to stop by any time to work on their shawls, get technical assistance with the knitting, or just chat about their progress. (See <http://pocketmeadowfarm.net> for scheduling information). Others in the community are welcome to visit and view the donated shawls that will be displayed periodically in the shop.

for more information, contact:

Ellen Kardell  
**Pocket Meadow Farm Fiber Arts**  
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