



LIFTING UP

Bethesda Volunteer Program

ISAIAH
33:10

NOW WILL I ARISE, SAYS THE LORD
NOW WILL I BE EXALTED
NOW WILL I BE LIFTED UP



WILNA Join this legacy of love! PRAYERCLOTHS

Enhance the lives of people with intellectual and developmental disabilities through this special crochet project.

The cloths are a legacy of love because of Wilna Ashby, a friend of Bethesda who crochet prayer cloths for people we support while she was battling cancer.

The crochet squares are physical, tactile reminders that God is always with us, and feature a square design with a raised cross in the center. The cloths are made to hold during prayer or while praying the Rosary.

How to participate? Crochet at home or with friends, and contact us at Volunteer.Services@BethesdaLC.org for mailing instructions.

Prayer Cloth pattern and card information on back ➡ ➡

PRAYER CLOTH PATTERN Skill Level: Intermediate Popcorn Stitch
Finished size approximately 5" X 7"

Materials Needed:

- Soft worsted weight cotton yarn – solids and multi-colored
- Size “H” crochet hook

Make 3 dc in the same stitch. Take the hook out of the loop of the last dc and insert the hook in the top of first dc. Hook the loop you just dropped and draw popcorn stitch to the front as you move to the next sc.

ABBREVIATIONS: ch = chain sc = single crochet dc = double crochet pc = popcorn stitch sl st = slip stitch
yo = yarn over sk = skip a stitch

TO BEGIN THE PRAYER CLOTH: Ch 18 loosely.

Row1 (R1) – Starting in the second chain from the hook, sc in each chain (17 sc total), ch1, Turn.

R2 – sc in each stitch across (17 sc total). ch 1. Turn.

R3. – 8 sc, 1 pc, 8 sc. ch1. Turn.

R4 – sc in each stitch across (17 sc total). ch1. Turn.

R5 – 14 – Repeat rows 3 and 4 (5 times)

R15 – 2 sc, 1 pc, 1 sc, 1 pc, 1 sc, 1 pc, 1 sc, 1 pc, 1 sc, 1 pc, 1 sc, 1 pc, 1 sc, 1 pc, 2 pc, ch 1. Turn.

R16 – sc in each stitch (17 sc total)

R17-22 – Repeat rows 3 and 4 (3 times)

R23 – sc in each stitch (17 sc total)

BORDER: ch 2, sc in each row, 3 sc in the corner, sc in each stitch across the bottom, 3 sc in the corner, sc in each row up the side, 3 sc in the corner, sc in each stitch across the top, sl st in the beginning sc at the corner and finish off.



**May this Prayer Cloth bring
you comfort during your prayer
time. May you feel God's peace
as you pray.**



**Rejoice in knowing God
hears your prayers. God is
always with you.**



**When you hope, be joyful.
When you suffer, be patient.
When you pray, be faithful.**

- Romans 12:12 NIrV