

Lenten Labyrinth Shawl  
Lenten KAL for 2019  
By Carina Hilbert

This shawl is based on Elizabeth Zimmerman's Pi Shawl math, but due to the short rows, it is more bell-shaped. The idea of this shawl is to mimic a classic labyrinth such as those used in prayer and meditation through many faiths. A good read-along piece for knitting this labyrinth is Travis Scholl's [\*Walking the Labyrinth: A Place to Pray and Seek God\*](#) as well as the Bible readings for Lent.



This is a two color shawl, and you will need one color for the path and one color for the hedges. They will need to contrast enough so as to see each one clearly. For my sample shawl, I used a multi-color machine wash green yarn for the hedges and a handspun brown yarn for the path. The path rows will be knitted in stockinette stitch, and the hedge rows will be knitted in garter stitch. In order to keep the edge stitches in the hedge color, we will be using short rows for the path rows.

For the increase rows, it will be up to you what increase you use. I used the k1 front and back (K1FB) increase in my sample shawl, but you can use what feels right to you. The increase rows must be in the hedge sections so as to make the numbers come out right.

For the slipped stitches, on the 4th row before you have to slip that color on the next row, double wrap each of the stitches so that there's enough yarn to go across for rows and not pucker. This step is critical for the P yarn since its slipped stitches have to go further, but if you find that it looks odd for the center H stitches, don't do it.



I used DK yarn, but this shawl can be made with any weight yarn. Just be sure to use a needle 2 sizes larger than what you would normally use for the yarn you choose. This will allow some flexibility in the slipped stitches.

For my sample shawl, I chose to use 600 m of Painted Sky, a superwash wool, and 400 m of a handspun brown wool I had in my stash. I used a size 8 needle. It really helps to use a 40” circular for a project like this.

**H** = hedge color yarn

**P** = path color yarn

**K** = knit

**inc** = increase

**sl** = slip with yarn on wrong side

**w&t** = wrap and turn

**k1fb** = knit 1 in the front of the stitch, and knit 1 in the back of the same stitch

**\*...\*** = repeat what's in between asterisks across the row

**Twist yarn** = to keep from having a big hole between two color sections, twist the yarn of the color you're using with the yarn of the color you're knitting across

**St st** = stockinette stitch (k on RS, p on WS)



Cast on:

Using the hedge color, cast on 9 in a loose cast on method.

Body of Shawl:

Rows 1-2: Knit 2 rows.

3: Inc row: k2, \*k1fb\* to last two stitches, k2. (14 sts)

4-6: K 3 rows (still in hedge color).

7: Inc row.

8: K 1 row.

9: Add in path color by doing the following: Slip 3 stitches in H, add in P yarn and k across to last 3 sts, w&t. This is the beginning of the enclosed labyrinth for the shawl.

10: In P yarn, purl back to last 3 sts, w&t.

11-12: Staying in P yarn, k to last 3 sts, w&t. Purl back to last 3 sts, and drop yarn. Sl 3 in H yarn. Turn work to RS again.

13: In H yarn, knit to where P sts start, twist yarn, sl 3, k to last 3 sts of P, sl 3, k 3.

14: Inc. row: K 3, sl 3 (with yarn in front, as this is the WS), \*k1fb\* to center 2 stitches, purl 2, \*k1fb\* to last 3 P sts, sl 3, k 3.

15-16: \*K 3, sl 3, k to center sts and work 2 center sts in st st, k to last 3 P sts, sl 3, k 3\* 2 rows. You should have 2 ridges of H yarn at this point.

17: Change to P yarn. Sl 3, pick up P yarn (allow a bit of slack up the back), and k across to center 2 stitches. Sl 2, k to last 3 H sts, w&t.

18: Purl across, slipping the center two stitches, and at end of P color, w&t.

19: K across, slipping center 2 stitches, w&t.

20: Purl to 3 sts before the center two, wrap each stitch twice as you knit it, sl 2, wrap twice each of the next three stitches, purl to end of P row, slip last three stitches.

21: With H, knit across all the hedge stitches, slipping the three on each side of the center two.

22: K 3 edge stitches and to the center of the shawl, sl 3, purl center 2, sl 3, k to end.

23-25: Repeat these two rows one more time and then one row on the right side.

26: On the 6th row of this hedge section, work an increase row (not increasing in the 3 edge sts, the 6 total slipped P sts, or the center 2 sts).

27: Sl 3 edge sts, pick up P yarn loosely and knit to center 2 sts, sl 2, knit to 3 edge stitches, w&t.

28: Purl across to center 2 sts, sl 2, purl to 3 edge sts, w&t.

29-30: Repeat last two rows. On the second purl row back, double wrap the first and last 3 stitches in the P yarn and slip the 3 edge sts.

31: Pick up H yarn, k 3, sl 3, k across to last 3 P sts, sl 3, k 3 edge stitches.

32: K 3, sl 3, k to center 2 sts, purl 2, k to 3 slipped sts, sl 3, k 3.

33-36: Repeat last 2 rows two more times.

The pattern for the shawl is now established. Each path consists of 4 rows, and each hedge consists of 6 rows. For the path, alternate which stitches are slipped--if the last path slipped the stitches at the ends of the row, then the next path will slip the stitches in the middle by the center 2 sts. For the hedges, just remember to purl the center 2 stitches on the wrong side of the shawl and slip the required path stitches each row.

The next increase row should be 24 rows from the last one, and the next one 50 rows after the last increase row (to keep it in the hedge section). If you have the yarn for it, you will do the last increase 95 rows after the last increase row and not increase again after that. [For my sample shawl, I was so close to running out of hedge yarn at 95 rows that I chose not to increase and instead started the next part.]

When you get three-quarters of the way through your hedge yarn (or are almost out of your path yarn), work one last path section, this time removing the center stitch markers and knitting the center 2 stitches so as to close the labyrinth. If you wish to have an opening into the labyrinth so it is not an enclosed one, slip the first three stitches as normal, but instead of wrapping and turning the last three stitches, knit across them. After those 4 rows, knit all stitches across in H 4 rows.

## Edging:



For the edging, you will be using the hedge color and knitting a garter border. If you want, you can slip the last stitch of row 2 to make a nicer edge, but that's up to you.

Cast on 8 stitches in H using the knit-on cast-on or the cabled cast-on.

Row 1: Knit 7 stitches, knit 2 together (one from the border, one from the live stitches on the edge of the shawl). Turn.

Row 2: Knit across 8 stitches.

Repeat rows 1 and 2 until you have worked all edge stitches. Bind off.