



A Cross in My Pocket

Encouraging faith (Norwich)

Using cross stitch, members make these crosses and then give them out to family and friends, and in many other contexts too, praying for these people. It's amazing how grateful people are when they receive them, appreciating the care and thoughtfulness that the gift of a cross represents.

Depending on who the crosses are given to, it's sometimes appropriate to enclose a short prayer within the cross pocket. (For the pattern and prayer see below).



The chaplaincy team at a local hospital wrote to thank Mothers' Union for the crosses, explaining how they use them:

"Visitors look out for them to take to patients and are disappointed when there are none left. They really are appreciated"

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org

A cross in my pocket cross stitch pattern and prayer

(Norwich)

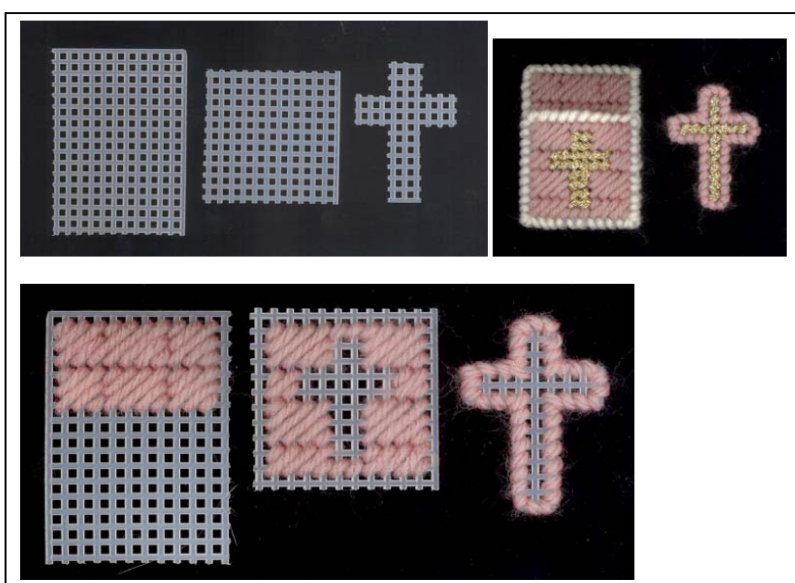
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Using 7 count plastic canvas cut three pieces:

- Cross shape is 2 holes wide and 12 holes from top to bottom. Cross arms 8 holes wide.
- The back piece is 11 holes wide and 16 holes high.
- The front piece is 11 x 11 holes square.

(Additional note from Norwich team - before you start try cutting maximum number from sheet by planning on paper- crosses can be cut head to tail).

Using [a fine] wool measure off 1 yd and thread into a size 20 tapestry needle. Use this colour for the cross border and the two rows of stitching on the rectangular piece and the square piece of plastic canvas (see photo). Stitches are worked diagonally. See photo for length of each stitch. For the cross, whip stitch around the border making two stitches at each outside corner, one going each way.



(Additional note from Norwich team - all ends can be threaded through behind stitches - on reverse of square and lower front of back piece so that they will be concealed inside the pocket).

Use [metallic thread or alternative colour] to stitch inside cross, and cross shape on front as well as the cross shape rows on the front square piece. Each stitch goes diagonally over one plastic canvas junction.

Assemble pocket by placing the square piece over the bottom of the rectangular piece, matching the plastic canvas holes. Use a complimentary colour of yarn to whip stitch around the top border, beginning with the top of the square piece, going from right to left. When you get to the end of the row, start going through both of the plastic canvas layer, connecting them together as you continue stitching down and around the bottom and up the next side, over the top and back to where you started sewing them together.

(Additional notes from Norwich – Once you have made a few 'Cross in my Pocket's you may want to vary the design of the stitching on back and front panels.

Insert the Cross in my pocket verse below, and place the cross in the pocket over the verse.

A cross in my pocket verse and prayer

I carry a cross in my pocket
A simple reminder to me
Of the fact that I am a Christian
No matter where I may be.
This little cross is not magic
Nor is it a good luck charm.
It isn't meant to protect me
From every physical harm.
When I put my hand in my pocket
To bring out a coin or a key
The cross is there to remind me
Of the price He paid for me.
It reminds me too, to be thankful
For my blessings day by day
And to strive to serve Him better
In all that I do and say.
It's also a daily reminder
Of the peace and comfort I share
With all who know my Master
And give themselves to His care.
So, I carry a cross in my pocket
Reminding no one but me
That Jesus Christ is Lord of my life
If only I'll let Him be
If only I'll let Him be.

(The above verse/prayer may only be suitable for those who have a personal faith).