



From the Heart

Losing a loved one can be one of the most difficult times in someone's life. I have seen first-hand how offering a small, knitted heart to families with another remaining with the deceased can bring some comfort and a feeling of being connected to their relative who has recently died.

I am very pleased that local funeral directors have agreed to make knitted hearts available as a gift from St Martin's Church. I do hope that our community of 'knitters' will join in this simple initiative.

Knitters are asked to use new wool and once they are knitted to deliver the hearts to the church in re-sealable plastic bags with the date clearly written on it.

Thank you.

Rev Renos Pittarides (Rector of East Horsley)

Easy Knitted Heart (make 2 pairs)

With DK wool on size 8 needles cast on 2 sts.

Row 1: Inc. in each st. (4sts.)

Row 2 and alternate rows: Purl

Row 3: *Inc. in 1st st., knit to last st., inc.*

Repeat * to * to 14 sts.

Purl 1 row.

Shape top

Next row: K2 tog., k5, turn.

Next row: P2 tog., p2, p2tog. Cast off.

Either leave a long tail and use a needle to weave through

to remaining sts.

OR cut off and re-attach to remaining sts. right side facing

Next row: K5, k2 tog.

Next row: P2 tog, p2, p2 tog. Cast off.

Stitch 2 hearts right sides tog., leaving a small gap for stuffing.

Turn right sides out, fill with fibre then stitch gap.