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# YOU ARE STRONG SHAWL

This pattern is designed by Beth Henderson  
for the gosadi x CYC x Yarnsgiving collaboration bundle 2024

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**There is something you must always remember: you are braver than you believe; you are stronger than you seem; and you are smarter than you think.**



## MATERIALS

**HOOK:** US K-10.5 / 6.5 mm (or size to match gauge)

**YARN:** DK • Weight 3 • two colors

Shown in: Made by Hailey Bailey Classic DK

(100% superwash merino, 231 yd / 211 m, 3.5 oz / 100 g). C1 Honey, C2 Quail Feather

C1: 120 (170, 260, 370, 500) g / 278 (393, 601, 855, 1155) yd / 254 (360, 550, 782, 1057) m

C2: 65 (95, 150, 225, 300) g / 151 (220, 347, 782, 1057) yd / 138 (201, 317, 476, 634) m

**NOTIONS:** 3 progress keepers, wool needle, scissors

**Gauge:** 12 sts x 9 rows in pattern stitch = 4" x 4" blocked

After first 5 rows, diamonds measure 4.5" on each side, blocked.

## Finished Size:

Sizes are indicated by approximate wingspan of both wings, blocked, and wearer and are indicated using the cm measurement. If you are between sizes, or prefer a cozier fit, sizing up is recommended.

Sizes in pattern are written 110 (140, 170, 200, 230) for wingspans of 110 (140, 170, 200, 230) cm / 3.5 (4.5, 5.5, 6.5, 7.5) ft

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## PATTERN NOTES

- Size instructions in pattern are written 110 (140, 170, 200, 230).
  - Semicolon (;) indicates a break in the pattern instructions. Repeats do not carry over this symbol, and stitch patterns or repeats may change.
  - Multiple stitches worked into a single stitch or chain space are written in (parentheses).
  - Simple repeats are indicated by [brackets]. Work instructions between [brackets] the indicated number of times or until the end of the row or round.
  - The final number of stitches is indicated at the end of the row or round between <triangle brackets> and does not include ch-sps from Row 3 onwards. When counting stitches: ch 1 does not count as a stitch from Row 4 onwards; ch 4 counts as dc, ch 1; ch 3 counts as dc.
  - Center stitch indicates the middle or second dc of the 3 dc worked in the same stitch at each corner.
  - Center chain space indicates the ch-sp worked directly above the pk in the previous row.
- : You will work 2 rows, first Color A (odd rows), then Color B (even rows), going in the same direction, before turning your work and starting again with Color A and then Color B. Use stitch markers to hold active loops open when not in use.

<b>ABBREVIATIONS</b>	<b>SPECIAL STITCHES</b>
<p><b>C1</b> color 1 (main color) <b>C2</b> color 2 (contrast color) <b>Ch</b> chain <b>ch-sp</b> chain space <b>dc</b> double crochet <b>picot*</b> single crochet picot <b>pk</b> progress keeper <b>rep</b> repeat <b>RS</b> right side <b>sc</b> single crochet <b>sk</b> skip <b>sl-st</b> slip stitch <b>st(s)</b> stitch(es) <b>t-ch</b> turning chain <b>WS</b> wrong side * refer to special stitches for abbrevs marked with (*)</p>	<p><b>single crochet picot (picot)</b> sc, ch 3, insert hook into front loop and forward leg of sc just made, yo and pull up a loop, draw first loop through second loop on hook; <i>picot made</i>.</p> <p><b>STITCH PLACEMENT</b></p> <p>This pattern uses crochet shorthand. <b>sc</b> - make one single crochet in the next stitch <b>sc 3</b> - make one single crochet in each of the next three stitches <b>3 sc</b> - make three single crochets in the next stitch <b>(sc, dc, sc)</b> - make all stitches in (parentheses) in the next stitch or ch-sp as indicated</p>

## PATTERN

The **YOU ARE STRONG** shawl is worked flat in two mirrored pieces, similar to wings, which are seamed together to finish. It uses a two color repeat that requires working each side twice before turning to prevent excess ends-weaving.

### WING BASE (MAKE 2)

These bases form the diamonds that create both Wing A and Wing B. When you finish your base, place a stitch marker in the working loop to hold the yarn while you make the second wing base; do not cut and do not fasten off.

**Begin** With C1, ch 6.

**Row 1 (RS):** In fourth ch from hook <previous ch sts count as 1 dc and 1 ch-sp> dc, ch 1, ([dc, ch 1] three times) in next ch, (dc, ch 1, dc) in last ch; slip loop off hook and hold with pk; mark center st with pk. <7 dc, 6 ch-sp>

**Row 2 (RS):** Join C2 to top of t-ch with sl-st; with C2 ch 1, sc in same ch; [ch 1, sc in next ch-sp] to last st, ch 1; sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to center ch-sp. <8 sc, 7 ch-sp>

**Row 3 (WS):** With C1, ch 4, turn <counts as 1 dc and 1 ch-sp here and throughout>; [dc in next ch-sp, ch 1] to marked corner ch-sp, in marked ch-sp ([dc, ch 1] three times), [dc in next ch-sp, ch 1] to last st, dc in last st; slip loop off hook and hold with pk; move center pk up to corner st. <11 dc>

**Row 4 (WS):** Insert hook into top of t-ch at start of previous row, pull up a loop in C2, ch 1 <does not count as a st here and throughout>, sc in same st, [ch 1, sc in next ch-sp] to last st, ch 1; sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <12 sc>

Work **[Rows 3-4]** 7 (11, 13, 17, 19) more times, or until diamond measures 7 (9.5, 11, 14, 15.5) in / 17 (24, 28, 35, 40) cm from start to edge. <18 (26, 30, 38, 42) rows worked; 40 (56, 64, 80, 88) sc in last row>

Work **[Row 3]** once more. <19 (27, 31, 39, 43) rows worked; 43 (59, 67, 83, 91) dc in last row>

Do not cut yarn. Place pk in loop to prevent accidental frogging while you work on the other wing.

### WING A (MAKE 1)

Wing A continues working increases on one side of the wing base while working decreases on the other. The final row of double crochet stitches will form the top of the wing on the side that continues to increase, and will provide a base for the wing's center seam on the side that decreases.

**Row 5A (WS):** Continuing to work into one of the wing bases completed above, insert hook into top of t-ch at start of previous row, pull up a loop in C2, ch 1, sc in same st, do not ch, [sc in next ch-sp, ch 1] to last st; sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <44 (60, 68, 84, 92) sc>

**Row 6A (RS):** With C1, ch 4, turn; [dc in next ch-sp, ch 1] to marked corner ch-sp, in marked ch-sp ([dc, ch 1] three times), [dc in next ch-sp, ch 1] to last ch-sp, dc in last ch-sp, sk next st, dc in last st; slip loop off hook and hold with pk; move center pk up to corner st. <46 (62, 70, 86, 94) dc>

**Row 7A (RS):** Insert hook into top of t-ch at start of previous row, pull up a loop in C2; ch 1, sc in same st, [ch 1, sc in next ch-sp] to last ch-sp; sc in last ch-sp, sk next st, sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <46 (62, 70, 86, 94) sc>

**Row 8A (WS):** With C1, ch 3, turn <counts as 1 dc here and throughout>; sk next st, [dc in next ch-sp, ch 1] to marked corner ch-sp, in marked ch-sp ([dc, ch 1] three times), [dc in next ch-sp, ch 1] to last st, dc in last st; slip loop off hook and hold with pk; move center pk up to corner st. <48 (64, 72, 88, 96) dc>

**Row 9A (WS):** Insert hook into top of t-ch at start of previous row, pull up a loop in C2, ch 1, sc in same st, sk next st, [sc in next ch-sp, ch 1] to last st; sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <48 (64, 72, 88, 96) sc>

Work [**Rows 6A-9A**] 1 (2, 4, 5, 7) more times, or until wing measures 10.5 (15, 19.5, 24, 28.5) in / 26 (38, 49, 60, 65) cm from start to edge, unblocked. <28 (40, 52, 64, 76) rows worked; 52 (72, 88, 108, 124) sc in last row>

Work [**Row 6A**] once more. <29 (41, 53, 65, 77) rows worked; 54 (74, 90, 110, 126) dc in last row>

Cut both yarns and fasten off, leaving a 12" / 30 cm tail.

## **WING B (MAKE 1)**

Wing B continues working increases and decreases on the wing base in the opposite locations of Wing A so that the two form mirror images of each other when laid flat. The final row of double crochet stitches will form the top of the wing on the side that continues to increase, and will provide a base for the wing's center seam on the side that decreases.

**Row 5B (WS):** Continuing to work into the second wing base completed above, insert hook into top of t-ch at start of previous row, pull up a loop in C2; ch 1, sc in same st, [ch 1, sc in next ch-sp] to last ch-sp; sc in last ch-sp, do not ch, sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <44 (60, 68, 84, 92) sc>

**Row 6B (RS):** With C1, ch 3, turn <counts as 1 dc here and throughout>; sk next st, [dc in next ch-sp, ch 1] to marked corner ch-sp, in marked ch-sp ([dc, ch 1] three times), [dc in next ch-sp, ch 1] to last st, dc in last st; slip loop off hook and hold with pk; move center pk up to corner st. <46 (62, 70, 86, 94) dc>

**Row 7B (RS):** Insert hook into top of t-ch at start of previous row, pull up a loop in C2, ch 1, sc in same st, sk next st, [sc in next ch-sp, ch 1] to last st; sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <46 (62, 70, 86, 94) sc>

**Row 8B (WS):** With C1, ch 4, turn; [dc in next ch-sp, ch 1] to marked corner ch-sp, in marked ch-sp ([dc, ch 1] three times), [dc in next ch-sp, ch 1] to last ch-sp, dc in last ch-sp, sk next st, dc in last st; slip loop off hook and hold with pk; move center pk up to corner st. <48 (64, 72, 88, 96) dc>

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**Row 9B (WS):** Insert hook into top of t-ch at start of previous row, pull up a loop in C2; ch 1, sc in same st, [ch 1, sc in next ch-sp] to last ch-sp; sc in last ch-sp, sk next st, sc in last st, replacing final yo with C1 st held on pk from previous row; move pk up to corner ch-sp. <48 (64, 72, 88, 96) sc>

Work **[Rows 6B-9B]** 1 (2, 4, 5, 7) more times, or until wing measures 10.5 (15, 19.5, 24, 28.5) in / 26 (38, 49, 60, 65) cm from start to edge, unblocked. <28 (40, 52, 64, 76) rows worked; 52 (72, 88, 108, 124) sc in last row>

Work **[Row 6B]** once more. <29 (41, 53, 65, 77) rows worked; 54 (74, 90, 110, 126) dc in last row>

Cut both yarns and fasten off, leaving a 12" / 30 cm tail.

### **BORDER (WORKED ONCE ON EACH WING)**

**Border:** With RS toward you, join C1 at first st of the last row; ch 1, sc in same st, ch 1, [sc in next ch-sp, ch 1] to last st; sc in last st; rotate wing to continue working into edges of rows; [picot, sc] into top of the stitch just completed; [picot, sc] evenly along sides of rows to bottom corner, placing 2 sts into each dc row and 1 st into each sc row; in bottom corner (picot, sc) in same st; [picot, sc] evenly along sides of rows to opposite end of the last wing row; (picot, sc) in last st, sl-st to first st of border.

**Optional border modification:** While working the second wing border, use a join-as-you-go seam to join to first wing along wing spine. Substitute (sl-st in next ch-sp of first wing) where a ch 1 is indicated in border above.

Cut yarn and fasten off, leaving a 12" / 30 cm tail.

### **ASSEMBLY**

**Lay wings flat.** Right sides should face up, with wings forming a butterfly as shown in schematic above.

**Create the seam.** Mattress stitch or zipper slip stitch from marked corners of last dc row to the last matched stitch along the side. Cut yarn and fasten off, leaving a 12" / 30 cm tail.

**Block to finished shape** using your method of choice.

**Weave in all ends** once blocking is complete.



