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# LENT KNIT-ALONG 2026

## WEEK 3

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**Pattern by Lyn Lloyd-Jones**  
**Reflections by Vicky Davies**

### Introduction

We are really grateful to Vicky Davies for writing the accompanying reflections for week three of the Lent Knitalong.

Vicky is a local preacher in the Bristol and South Gloucestershire Circuit who loves using art as a means to explore faith and shares this via a [monthly blog](#). She has been part of Vic's knitalongs since their beginning, variously involved in knitting, reflection writing or admin. This week her reflections focus on several images of paths that she took during her holidays last year when going for walks with her family.

### Sunday, 01 March

#### *New Turnings*

*Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the*

*peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

— *Philippians 4:4-7*



Life is seldom predictable. We might feel like we are on a smooth, easy path like this one, but in reality we have no idea what awaits us around the corner. And even if we think we know what is coming, we might find that our reaction to it is very different from what we had expected and anticipated. What people will we meet? How will they engage with us and we them? What new things will we discover about others or ourselves?

Our challenge is to root ourselves in the love of God to such an extent and be so filled with the peace of God, that we manage to react with gentleness whatever awaits us around the corner. Then we will hopefully find joy and be able to give thanks, even in unexpected situations.

### *Reflect and Pray*

What have been some of the unpredictable things that have happened to you in recent, days, weeks or months? Do you wish you had reacted differently in some situations? Open yourself to the love and creativity of God to help you navigate the unexpected things you encounter over the coming week.

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PATTERN

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- Row 96. K1, (P1, K1) x 2 [3], sm, P to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].
- Row 97. K1, (P1, K1) x 2 [3], sm, K5 [9], K2tog, YO, K3, YO, SSK, K3, sm, (K2tog, YO, K3, YO, SSK, K3) x 3, K2tog, YO, K3, YO, SSK, sm, K3, K2tog, YO, K3, YO, SSK, K5 [9], sm, K1, (P1, K1) x 2 [3].
- Row 98. Work as row 96.
- Row 99. K1, (P1, K1) x 2 [3], sm, K6 [10], YO, SSK, K1, K2tog, YO, K4, sm, K1, (YO, SSK, K1, K2tog, YO, K5) x 3, YO, SSK, K1, K2tog, YO, K1, sm, K4, YO, SSK, K1, K2tog, YO, K6 [10], sm, K1, (P1, K1) x 2 [3].
- Row 100. Work as row 96.
- Row 101. K1, (P1, K1) x 2 [3], sm, K7 [11], YO, CDD, YO, K5, sm, K2, (YO, CDD, YO, K7) x 3, YO, CDD, YO, K2, sm, K5, YO, CDD, YO, K7 [11], sm, K1, (P1, K1) x 2 [3].
- Row 102. Work as row 96.
- Row 103. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

## Monday, 02 March

### *Journeying Together*

*'For where two or three are gathered in my name, I am there among them.'*

— *Matthew 18:20*

On our holiday we went for walks together, as a family. But there have been other times when I have been for walks on my own. I enjoy both. Sometimes it is nice to have others to share the experience with and to keep me company. But there are also occasions when I appreciate the freedom and independence of being able to stop and look or take photographs to my heart's content without others getting frustrated with my slow progress (or *vice versa*).



A Christian journey is rather different, though. It is hard to do this on our own. Being part of a community and sharing our faith with others, enables us to learn and grow, to listen out for the voice of God in the words of our fellow travellers, to be encouraged or held to account, and to create a community which embodies God's love in concrete ways.

### *Reflect and Pray*

Do you have others to share your Christian journey with? Who are the people whom you have shared your Christian journey with in the past? Give thanks for your fellow travellers or consider whether there is someone to approach who might be willing to journey with you.

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## PATTERN

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Row 104. Work as row 96.

Row 105. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 106. Work as row 96.

Row 107. K1, (P1, K1) x 2 [3], sm, K9 [13], K2tog, YO, K1, YO, SSK, K1, sm, K5, (K2tog, YO, K1, YO, SSK, K6) x 2, K2tog, YO, K1, YO, SSK, K5, sm, K1, K2tog, YO, K1, YO, SSK, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 108. Work as row 96.

Row 109. K1, (P1, K1) x 2 [3], sm, K8 [12], K2tog, YO, K3, YO, SSK, sm, (K4, K2tog, YO, K3, YO, SSK) x 3, K4, sm, K2tog, YO, K3, YO, SSK, K8 [12], sm, K1, (P1, K1) x 2 [3].

Row 110. Work as row 96.

## Tuesday, 03 March

### *Difficult Paths*

*Even though I walk through the darkest valley,*

*I fear no evil;*

*for you are with me;*

*your rod and your staff—*

*they comfort me.*

*— Psalm 23:4*



One of the paths we walked along barely resembled what you might normally call 'a path'. Yes, it was free of trees, but it was full of large boulders and at times a small stream ran down through it. For us, this wasn't a problem - we were all fit and active. In fact, at times it was rather fun to be able to jump from one boulder to another. But there would have been many other walkers who would not have been able to walk along here and

would have had to take a different route down the hill. Or without another route, they would have needed a lot of support and taken a very long time.

Life can throw all sorts of challenges at us. Sometimes these can be enjoyable, stretch us and enrich our lives. But sometimes we have to recognise that there may be paths and challenges that are too much for us, which under different circumstances would have been within our capabilities, but are not now. Sometimes we are forced down difficult paths whether we feel able to go that way or not. But with time and the right support we might still be able to make it.

### *Reflect and Pray*

What challenges are you facing at the moment? Do you have a choice of whether to take up a new challenge or not? Is this something that is going to be enjoyable and enriching or something that seems daunting and impossible without help? Ask God and companions on your journey to help you discern the way ahead and to support you.

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## PATTERN

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Row 111. K1, (P1, K1) x 2 [3], sm, K8 [12], YO, SSK, K2tog, YO, K1, K2tog, YO, sm, (K4, YO, SSK, K2tog, YO, K1, K2tog, YO) x 3, K4, sm, YO, SSK, K2tog, YO, K1, K2tog, YO, K8 [12], sm, K1, (P1, K1) x 2 [3].

Row 112. Work as row 96.

Row 113. K1, (P1, K1) x 2 [3], sm, K9 [13], YO, SSK, K1, K2tog, YO, K1, sm, K5, (YO, SSK, K1, K2tog, YO, K6) x 2, YO, SSK, K1, K2tog, YO, K5, sm, K1, YO, SSK, K1, K2tog, YO, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 114. Work as row 96.

Row 115. K1, (P1, K1) x 2 [3], sm, K10 [14], YO, CDD, YO, K2, sm, K6, (YO, CDD, YO, K8) x 2, YO, CDD, YO, K6, sm, K2, YO, CDD, YO, K10 [14], sm, K1, (P1, K1) x 2 [3].

Row 116. Work as row 96.

Row 117. *Instructions are written out differently for sizes 1 and 2 on row 117.*

SIZE 1 ONLY: K1, (P1, K1) x 2, sm, K15, sm, K37, sm, K15, sm, K1, (P1, K1) x 2.

SIZE 2 ONLY: K1, (P1, K1) x 3, sm, K2tog, YO, K17, sm, K37, sm, K16, K2tog, YO, K1, sm, K1, (P1, K1) x 3.

Row 118. Work as row 96.

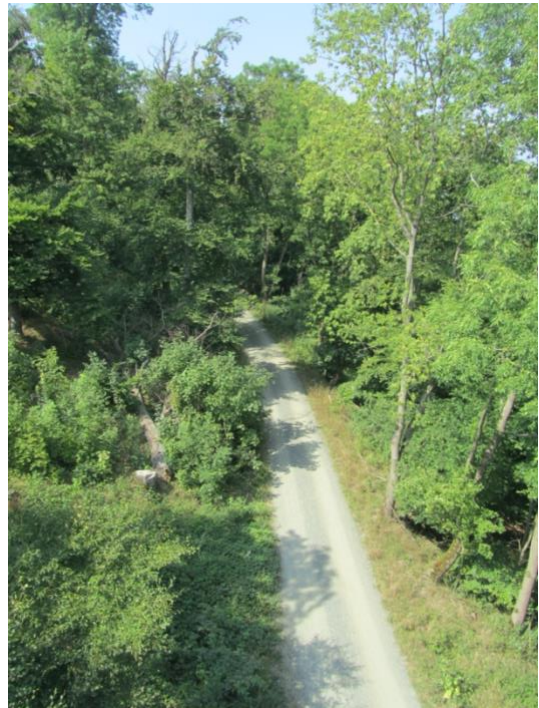
## Wednesday, 04 March

### *New Perspectives*

*I praise you, for I am fearfully and wonderfully made.*

— *Psalm 139:14*

Here we climbed a small tower near the summit of a hill that we had walked up. Not only were the views into the distance much better, but we also got a different view of the path we had walked along. Distances, the surrounding trees, obstacles, ... many things suddenly looked very different. This change of perspective was only possible because others had built the tower for us.



It isn't always very easy to see our own life from a different perspective. Getting to know or reading books about others with backgrounds different from our own can sometimes help us see our own life in a new way. Sometimes this is challenging, at other times it can be a comfort. Learning to see our lives through the loving eyes of God is another way to see ourselves in a different, more compassionate light.

### *Reflect and Pray*

How can you see your life from a new perspective? What books have you read or what people have you come to know who have made you see things differently? Was this a challenge? Give thanks for those people and moments in your life that have broadened your

horizons and helped you see things differently. Ask God to keep showing you new aspects to what you think is familiar.

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## PATTERN

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Row 119. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 120. Work as row 96.

Row 121. K1, (P1, K1) x 2 [3], sm, K6 [10], K2tog, YO, K1, YO, SSK, K4, sm, K1, (K2tog, YO, K1, YO, SSK, K5) x 3, K2tog, YO, K1, YO, SSK, K1, sm, K4, K2tog, YO, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 122. Work as row 96.

Row 123. K1, (P1, K1) x 2 [3], sm, K5 [9], K2tog, YO, K3, YO, SSK, K3, sm, (K2tog, YO, K3, YO, SSK, K3) x 3, K2tog, YO, K3, YO, SSK, sm, K3, K2tog, YO, K3, YO, SSK, K5 [9], sm, K1, (P1, K1) x 2 [3].

Row 124. Work as row 96.

Row 125. K1, (P1, K1) x 2 [3], sm, K5 [9], YO, SSK, K2tog, YO, K1, K2tog, YO, K3, sm, (YO, SSK, K2tog, YO, K1, K2tog, YO, K3) x 3, YO, SSK, K2tog, YO, K1, K2tog, YO, sm, K3, YO, SSK, K2tog, YO, K1, K2tog, YO, K5 [9], sm, K1, (P1, K1) x 2 [3].

## Thursday, 05 March

### *Rest*

*Come to me, all you who are weary and burdened, and I will give you rest*

— *Matthew 11:28*



When we were on our walks, we were always glad to see a bench. It was a chance to have a break and rest our legs, to catch our breath after an uphill stretch, or to have our lunch as other people passed by. It was also a chance to look around and get to know that particular part of the woods even better: to look at trees or views in detail, to spot little bugs, to appreciate the shade on a hot day or the sun on a cool one.

Rest is good for us. But we often forget that. We are so tied up with and worried about what we have to do that we forget to take a rest. It feels as though we can't afford to take a rest, when in reality we can't afford *not* to take a rest. Reminding ourselves of God's love for us, resting in God's presence, being filled with God's peace is what can enable us to do the things we need to do, and to do so in a way that enables us to channel God's love to others.

### *Reflect and Pray*

Are you taking enough rests? Are you able to tackle your work and activities with joy? As you knit or pray, simply enjoy being in the loving presence of God and ask to be filled with God's peace.

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## PATTERN

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Row 126. Work as row 96.

Row 127. K1, (P1, K1) x 2 [3], sm, K6 [10], YO, SSK, K1, K2tog, YO, K4, sm, K1, (YO, SSK, K1, K2tog, YO, K5) x 3, YO, SSK, K1, K2tog, YO, K1, sm, K4, YO, SSK, K1, K2tog, YO, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 128. Work as row 96.

Row 129. K1, (P1, K1) x 2 [3], sm, K7 [11], YO, CDD, YO, K5, sm, K2, (YO, CDD, YO, K7) x 3, YO, CDD, YO, K2, sm, K5, YO, CDD, YO, K7 [11], sm, K1, (P1, K1) x 2 [3].

Row 130. Work as row 96.

Row 131. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 132. Work as row 96.

## Friday, 06 March

### *New Life*

*Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.*

— John 12:24

Since we were last on holiday in this part of Germany eleven years ago, many of the woodlands have sadly been decimated. Climate change brought on several unusually hot summers in the late 2010s and early 2020s which weakened many of the spruce trees in the region. As a result, they were not able to mount their usual defence against a particular type of bark beetle which thrived and killed off whole swathes of woodland. Here you can see many of the dead silvery trunks that still remain. The destruction on some hillsides looked almost dystopian. But in this photo you can already see new trees starting to grow in amongst the dead stumps. Here these are predominantly more spruce trees. Elsewhere it includes a mix of many different types of deciduous trees which will grow into a mixed woodland that will be much more sustainable and resilient (the spruce monoculture was a result of human mining activity in the area from the Middle Ages onwards). So in amongst the ghostly dead tree trunks there are already signs of new life and a more hopeful future.



As we look around us on our journey through life, we will often see things that make us sad, both in our lives and the lives of others: illness, death, violence, abuse. Often these things may cause irreparable damage and cannot simply be undone. But in the midst of the awfulness, we may catch glimpses of new life. Just as new life emerged from Jesus' death, so new life can emerge from other situations that seem beyond saving, too.

## Reflect and Pray

What things have saddened you over the past few days? Things in your own life, the lives of friends you know or the lives of people you have heard about in the news? What signs of new life might be visible and emerging in these situations? Ask God to help you recognise new possibilities where we are tempted only to see bleakness.

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## PATTERN

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Row 133. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 134. Work as row 96.

Row 135. *Instructions are written out differently for sizes 1 and 2 on row 135.*

SIZE 1 ONLY: K1, (P1, K1) x 2, sm, K8, K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9, sm, K1, (P1, K1) x 2.

SIZE 2 ONLY: K1, (P1, K1) x 3, sm, K2, K2tog, YO, K8, K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9, K2tog, YO, K2, sm, K1, (P1, K1) x 3.

Row 136. Work as row 96.

Row 137. K1, (P1, K1) x 2 [3], sm, K6 [10], (K2tog, YO) x 2, K1, YO, SSK, K2, sm, K7, (K2tog, YO) x 2, K1, YO, SSK, K9, (K2tog, YO) x 2, K1, YO, SSK, K7, sm, K2, (K2tog, YO) x 2, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 138. Work as row 96.

Row 139. K1, (P1, K1) x 2 [3], sm, K5 [9], (K2tog, YO) x 2, K1, (YO, SSK) x 2, K1, sm, K6, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K7, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K6, sm, K1, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K5 [9], sm, K1, (P1, K1) x 2 [3].

## Saturday, 07 March

### *Distant Views*

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

— John 10:10



This is a photograph I took when I went for a walk in the French Alps last year. With the help of a cable car I got halfway up a hill and then went for a walk, almost on a level, along the hillside. I had beautiful views of the mountains on the other side

of the valley. Europe's highest mountain, Mont Blanc, is just about visible in the distance. Of course, I had to keep an eye on the path – it wasn't always as easy as here. On many occasions I had to negotiate tree roots, stones, steep drops and other obstacles. But nonetheless, my view was constantly drawn to the mountains on the other side of the valley. The snow-capped tops and glaciers, the jagged outcrops, the ever-changing cloud formations and the sheer

size of the mountains kept drawing my gaze and filled me with perpetual wonder, awe and amazement. It was an experience that has stayed with me for many months and continued to fill me with joy.

As we journey through life, there are many things that can lift our hearts and spirits, and which can nourish us for a long time to come. Not everyone may be able to get out into the mountains, but it can be beautiful architecture or art, listening to a piece of music or an evening of fun and laughter with friends or family which fills us with wonder, joy and gratitude. Such moments are gifts from God and part of the fullness of life that Jesus promises us.

### *Reflect and Pray*

When have you had moments that have lifted your spirits? What kinds of situations have these been? Give thanks for them. How can you continue to make time and space in your life for the things that enrich it beyond the mundane? How can you enable others to have such experiences?

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## PATTERN

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Row 140. Work as row 96.

Row 141. K1, (P1, K1) x 2 [3], sm, K6 [10], (K2tog, YO) x 2, K1, YO, SSK, K2, sm, K7, (K2tog, YO) x 2, K1, YO, SSK, K9, (K2tog, YO) x 2, K1, YO, SSK, K7, sm, K2, (K2tog, YO) x 2, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 142. Work as row 96.

Row 143. K1, (P1, K1) x 2 [3], sm, K8 [12], K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 144. Work as row 96.

Row 145. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 146. Work as row 96.

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## THE WEEK IN KNITTING

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- Row 96. K1, (P1, K1) x 2 [3], sm, P to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].
- Row 97. K1, (P1, K1) x 2 [3], sm, K5 [9], K2tog, YO, K3, YO, SSK, K3, sm, (K2tog, YO, K3, YO, SSK, K3) x 3, K2tog, YO, K3, YO, SSK, sm, K3, K2tog, YO, K3, YO, SSK, K5 [9], sm, K1, (P1, K1) x 2 [3].
- Row 98. Work as row 96.
- Row 99. K1, (P1, K1) x 2 [3], sm, K6 [10], YO, SSK, K1, K2tog, YO, K4, sm, K1, (YO, SSK, K1, K2tog, YO, K5) x 3, YO, SSK, K1, K2tog, YO, K1, sm, K4, YO, SSK, K1, K2tog, YO, K6 [10], sm, K1, (P1, K1) x 2 [3].
- Row 100. Work as row 96.
- Row 101. K1, (P1, K1) x 2 [3], sm, K7 [11], YO, CDD, YO, K5, sm, K2, (YO, CDD, YO, K7) x 3, YO, CDD, YO, K2, sm, K5, YO, CDD, YO, K7 [11], sm, K1, (P1, K1) x 2 [3].
- Row 102. Work as row 96.
- Row 103. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].
- Row 104. Work as row 96.
- Row 105. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].
- Row 106. Work as row 96.
- Row 107. K1, (P1, K1) x 2 [3], sm, K9 [13], K2tog, YO, K1, YO, SSK, K1, sm, K5, (K2tog, YO, K1, YO, SSK, K6) x 2, K2tog, YO, K1, YO, SSK, K5, sm, K1, K2tog, YO, K1, YO, SSK, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 108. Work as row 96.

Row 109. K1, (P1, K1) x 2 [3], sm, K8 [12], K2tog, YO, K3, YO, SSK, sm, (K4, K2tog, YO, K3, YO, SSK) x 3, K4, sm, K2tog, YO, K3, YO, SSK, K8 [12], sm, K1, (P1, K1) x 2 [3].

Row 110. Work as row 96.

Row 111. K1, (P1, K1) x 2 [3], sm, K8 [12], YO, SSK, K2tog, YO, K1, K2tog, YO, sm, (K4, YO, SSK, K2tog, YO, K1, K2tog, YO) x 3, K4, sm, YO, SSK, K2tog, YO, K1, K2tog, YO, K8 [12], sm, K1, (P1, K1) x 2 [3].

Row 112. Work as row 96.

Row 113. K1, (P1, K1) x 2 [3], sm, K9 [13], YO, SSK, K1, K2tog, YO, K1, sm, K5, (YO, SSK, K1, K2tog, YO, K6) x 2, YO, SSK, K1, K2tog, YO, K5, sm, K1, YO, SSK, K1, K2tog, YO, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 114. Work as row 96.

Row 115. K1, (P1, K1) x 2 [3], sm, K10 [14], YO, CDD, YO, K2, sm, K6, (YO, CDD, YO, K8) x 2, YO, CDD, YO, K6, sm, K2, YO, CDD, YO, K10 [14], sm, K1, (P1, K1) x 2 [3].

Row 116. Work as row 96.

Row 117. *Instructions are written out differently for sizes 1 and 2 on row 117.*

SIZE 1 ONLY: K1, (P1, K1) x 2, sm, K15, sm, K37, sm, K15, sm, K1, (P1, K1) x 2.

SIZE 2 ONLY: K1, (P1, K1) x 3, sm, K2tog, YO, K17, sm, K37, sm, K16, K2tog, YO, K1, sm, K1, (P1, K1) x 3.

Row 118. Work as row 96.

Row 119. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 120. Work as row 96.

Row 121. K1, (P1, K1) x 2 [3], sm, K6 [10], K2tog, YO, K1, YO, SSK, K4, sm, K1, (K2tog, YO, K1, YO, SSK, K5) x 3, K2tog, YO, K1, YO, SSK, K1, sm, K4, K2tog, YO, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 122. Work as row 96.

Row 123. K1, (P1, K1) x 2 [3], sm, K5 [9], K2tog, YO, K3, YO, SSK, K3, sm, (K2tog, YO, K3, YO, SSK, K3) x 3, K2tog, YO, K3, YO, SSK, sm, K3, K2tog, YO, K3, YO, SSK, K5 [9], sm, K1, (P1, K1) x 2 [3].

Row 124. Work as row 96.

Row 125. K1, (P1, K1) x 2 [3], sm, K5 [9], YO, SSK, K2tog, YO, K1, K2tog, YO, K3, sm, (YO, SSK, K2tog, YO, K1, K2tog, YO, K3) x 3, YO, SSK, K2tog, YO, K1, K2tog, YO, sm, K3, YO, SSK, K2tog, YO, K1, K2tog, YO, K5 [9], sm, K1, (P1, K1) x 2 [3].

Row 126. Work as row 96.

Row 127. K1, (P1, K1) x 2 [3], sm, K6 [10], YO, SSK, K1, K2tog, YO, K4, sm, K1, (YO, SSK, K1, K2tog, YO, K5) x 3, YO, SSK, K1, K2tog, YO, K1, sm, K4, YO, SSK, K1, K2tog, YO, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 128. Work as row 96.

Row 129. K1, (P1, K1) x 2 [3], sm, K7 [11], YO, CDD, YO, K5, sm, K2, (YO, CDD, YO, K7) x 3, YO, CDD, YO, K2, sm, K5, YO, CDD, YO, K7 [11], sm, K1, (P1, K1) x 2 [3].

Row 130. Work as row 96.

Row 131. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 132. Work as row 96.

Row 133. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 134. Work as row 96.

Row 135. *Instructions are written out differently for sizes 1 and 2 on row 135.*

SIZE 1 ONLY: K1, (P1, K1) x 2, sm, K8, K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9, sm, K1, (P1, K1) x 2.

SIZE 2 ONLY: K1, (P1, K1) x 3, sm, K2, K2tog, YO, K8, K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9, K2tog, YO, K2, sm, K1, (P1, K1) x 3.

Row 136. Work as row 96.

Row 137. K1, (P1, K1) x 2 [3], sm, K6 [10], (K2tog, YO) x 2, K1, YO, SSK, K2, sm, K7, (K2tog, YO) x 2, K1, YO, SSK, K9, (K2tog, YO) x 2, K1, YO, SSK, K7, sm, K2, (K2tog, YO) x 2, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 138. Work as row 96.

Row 139. K1, (P1, K1) x 2 [3], sm, K5 [9], (K2tog, YO) x 2, K1, (YO, SSK) x 2, K1, sm, K6, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K7, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K6, sm, K1, (K2tog, YO) x 2, K1, (YO, SSK) x 2, K5 [9], sm, K1, (P1, K1) x 2 [3].

Row 140. Work as row 96.

Row 141. K1, (P1, K1) x 2 [3], sm, K6 [10], (K2tog, YO) x 2, K1, YO, SSK, K2, sm, K7, (K2tog, YO) x 2, K1, YO, SSK, K9, (K2tog, YO) x 2, K1, YO, SSK, K7, sm, K2, (K2tog, YO) x 2, K1, YO, SSK, K6 [10], sm, K1, (P1, K1) x 2 [3].

Row 142. Work as row 96.

Row 143. K1, (P1, K1) x 2 [3], sm, K8 [12], K2tog, YO, K5, sm, K9, K2tog, YO, K14, K2tog, YO, K10, sm, K4, K2tog, YO, K9 [13], sm, K1, (P1, K1) x 2 [3].

Row 144. Work as row 96.

Row 145. K1, (P1, K1) x 2 [3], sm, K to last stitch marker, slipping markers as you go, sm, K1, (P1, K1) x 2 [3].

Row 146. Work as row 96.

Compiled by Vicky Davies