



# One Day At a Time

by Jodie Gordon Lucas

We all have significant dates in our lives when we find ourselves remembering events from years past. But, for recovering alcoholics and addicts, anniversaries are a huge deal. As the one-year anniversary of a loved-one's sobriety approached, I knew I wanted to commemorate that year in a way that celebrated each individual daily accomplishment. I found 2 skeins of luscious hand-painted sock yarn and started making circles—one for Every Single Day of sobriety.

The last position on the scarf is not a circle—but rather an arrow which points with hope to the next year. A final (optional) touch is to embellish the circles that mark one-month anniversaries with rustic embroidery. No matter what the future holds, this scarf is tangible proof of an amazing accomplishment!







## Details

### Difficulty

Intermediate

### Techniques used

Knit On method of casting on, knit, k2tog, S2KPO, picking up stitches

### Sizes Offered

One size

### Measurements

8 inches x 96 inches after light blocking

### Yarn Weight

#1–Superfine (fingering)

### Yardage Required

650 yards

### Yarn Pictured

Misti Alpaca, *Hand Paint Sock Yarn*  
Embellished with DMC, *Cotton Perle*

### Needles (use whatever size needles needed to meet gauge)

1 set US #1/2.25 mm double-point needles OR  
1 24-inch US #1/2.25 mm circular needle

### Gauge

27 sts / 48 rows = 4 inches in garter stitch

### Notions

Tapestry needle

## Notes

- **Abbreviations:** page [4](#)
- Watch carefully. Things can easily become twisted making it easy to skip a circle.
- Confirm after every tier that the number of circles in that row is correct and there are no twists.
- The original source for the circle stitch pattern used for ODAAT is “*Reversible Knitting*” by Lynne Barr.

## Overview

Each individual circle begins with 2 stitches, increases to 8 stitches and then decreases back to 2 stitches. The first tier of the scarf is created by making a long strip of connected circles. A narrow tab allows for a U-turn. On the next tier (and each successive tier) the widest point of each circle is connected to the circle below it by picking up a stitch in the lower circle and knitting the final stitch of the upper circle together with it.

From there, continue to make circles joined to the row before, then work a U-turn and continue until you reach the final position on the scarf. The arrow begins with a strip 3 stitches wide to what would be the mid-point of the circle. Then, cast on stitches on each side and finish as you would the circle.

## Rustic Embroidery

Cut 3 feet of pearlized DMC cotton and thread onto a tapestry needle. Hold thread doubled and do not knot the ends. From the back, insert needle into the circle one-eighth inch from the edge. Pull through until 2 inches of thread remain on the wrong side of the work. Work short basting stitches (over, under, over) around the circumference of the circle being sure that the final stitch is an “over” that ends where the original stitch began. Work around the circle again using same holes as the first round. This time the stitches will show under, over, under. When second pass is complete make a second circle inside the first in the same way.

To finish, take thread to the wrong side and make small stitches around the backs of existing stitches being sure to catch the thread tail in the stitches. Be sure stitches are close together, do not show on the right side, and follow the line of the embroidery. Once the starting thread end is secure take needle through the stitches just created so that the working thread is caught in the same “noose” as the initial thread tail. Snip both ends of the thread close to the tacking stitches.

## DIRECTIONS

### Foundation Tier, Days 1 through 61

CO 2 sts.

**Row 1 (RS):** Kfb x2, 4 sts.

**Rows 2 through 5:** Kfb, k to end of row, *1 st increased each row*, 8 sts on final rep.

**Rows 6 through 11:** K8.

**Rows 12 through 15:** K to 2 sts from end, k2tog, *1 st decreased each row*, 4 sts after final rep.

**Row 16 (WS):** K2tog x2, 2 sts.

Repeat Rows 1 through 16 another 59x.

Repeat Rows 1 through 15 once more.

### \*Hang a U-ey

Work begins on the RS.

**Rows 1 through 4:** K4.

**Row 5 (RS):** K2, k2tog, 3 sts.

**Rows 6 through 13:** K3.

**Row 14 (WS):** K1, k2tog, 2 sts.

**Rows 15 through 22:** K2.

### Successive Tiers of 61 days

When working successive tiers, the circles in the current tier connect to the circles in the previous tier. For example, the circle for day 62 will connect to circle 61 in the foundation tier (then 63 to 60, 64 to 59 and so forth).

**Row 1 (RS):** Kfb x2, 4 sts.

**Rows 2 through 5:** Kfb, k to end of row, *1 st increased each row*, 8 sts after final rep.

**Row 6 (WS):** K8.

**Row 7 (RS):** K8, hold current circle adjacent to the previous tier so that rows are aligned. PUK 1 stitch between 2 garter ridges on the edge of the existing circle in the previous tier.

**Row 8 (WS):** K2tog, k7.

**Row 9 (RS):** K8, PUK a stitch along the edge of the existing circle in the tier below between the next 2 garter ridges.

**Row 10 (WS):** K2tog, k7.

**Row 11 (RS):** K8.

**Rows 12 through 15:** K to 2 sts from end, k2tog, *1 st decreased each row*, 4 sts after final rep.

**Row 16(WS):** K2tog x2, 2 sts.

Repeat Rows 1 through 16 another 60x. \*

Repeat from \* to \* another 3x, 305 days total.

### Final Tier of 60 days and 1 arrow

Work as for previous tiers, ending 60<sup>th</sup> circle with Row 16. In place of the final circle work arrow as follows:

**Row 1 (RS):** Kfb, k1, 3 sts.

**Rows 2 through 5:** K3.

**Row 6 (WS):** Cast on 3 with Knit On method, k6.

**Row 7 (RS):** Cast on 3 with Knit On method, k9, hold arrow adjacent to the final circle in the previous tier so that rows are aligned. PUK 1 stitch between 2 garter ridges on the edge of the existing circle in the previous tier.

**Row 8 (WS):** K2tog, k7.

**Row 9 (WS):** K8, PUK a stitch along the edge of the existing circle in the tier below between the next 2 garter ridges.

**Row 10 (RS):** K2tog, k7.

**Row 11 (WS):** K3, S2KPO, k3, 7 sts.

**Rows 12, 14 and 16 (RS):** Knit.

**Row 13 (WS):** K2, S2KPO, k2, 5 sts.

**Row 15 (WS):** K1, S2KPO, k1, 3 sts.

**Row 17 (WS):** S2KPO, 1 st.

Break yarn and draw through remaining stitch.

## FINISHING

Steam to block. Use DMC pearlized cotton to embellish significant days with rustic embroidery (see page [3](#)).

## Abbreviations

<b>CO</b>	Cast On
<b>k</b>	knit
<b>k2tog</b>	knit 2 stitches together
<b>kfb</b>	knit into the front and back of the same stitch
<b>PUK</b>	Pick up and knit
<b>RS</b>	right side
<b>S2KPO</b>	Slip 2 stitches as if to k2tog, k1, pass slipped stitches over
<b>st(s)</b>	stitch(es)
<b>WS</b>	wrong side



## Errata Policy

I've been told perfection is boring. Well, I'm certainly not boring (just ask my friends) and I'm definitely not perfect (just ask my kids)! Because of this I have a standing policy of rewarding people who nicely bring an error to my attention with a free single pattern download from my Ravelry pattern store.

Also, I'm always happy to answer questions. Drop me an email. I usually get back to you within 24 hours.  
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