

Sacred Threads Experience Weekend Workshop and Materials List

Each workshop, designed for all skill levels, is also available as an independent experience, focusing on the Sacred Threads themes: Inspiration, Spirituality, Healing, Grief, Joy, Peace, and Brotherhood. Participants may choose to use paper and or fabric for their projects. If primarily working with fabric, sewing machines and sewing paraphilia will be required.

General Materials and Supplies

Look in your stash for different types of paper: book pages, tea-dyed paper, watercolor paper, brown packing paper, sheet music, velum, old manila file folders, napkins or magazines with images and designs, tissue paper, card stock, lined paper and old greeting cards. A variety of fabrics less than 2 yards total can be precut, fat quarters, a variety of scraps, denim, shirting and lace.

- Other supplies: ribbon, string, embroidery threads, needles, buttons, beads scissors.
- Adhesives suggestions: ½ yard adhesive backed paper like heat n bond, glue sticks, white glue (PVA), for fabric use fabric glue, or hot glue gun double sided tape.
- Decorative elements: stamps, stamp pads, and rubber stamps. (A few small dyes and a small dye cutter optional.)
- Themes: seasonal or holiday, photos, pictures of butterflies, people, printed on photocopy paper, light card stock, or fabric.
- Crafting supplies: lace, ribbon, string, buttons, and clips.

Friday Workshop: Inspiration Journal

Time: 1:00 pm - 4:00 pm

Fee: \$50

Kits and supplies optional \$10-\$25.

Description: Each journal, memory book, or small quilt will reflect your unique style and color palette. A set of instructions will be included.

Participants will use various types of paper and adhesives or fabric, thread, glue sticks and glue gun. Then we will fill it or decorate it with the memorabilia we make, like pockets, belly bands, clusters and inspirational words and pictures.

Saturday Morning Workshop: Healing Through Art

(9:00 am-12:00 pm)

(\$50)

This workshop is paired with the theme of Healing.

Participants will create a fat quarter sized piece, collage style. This can also be accomplished either using fabric or paper. If you think about it most quilts are a form of collage. The gathering of bits of paper or fabric to make a pictorial artwork or a design that displays an emotion or feeling. For this workshop, we will be creating with the theme of healing as our guide. The colors, images, inspiration, message and feeling we want to get across will be part of the focus. See General Materials and Sewing supplies above.

Monday Workshop: Developing Your Story

(9:00 am - 4:00 pm):

(\$100)

“How to Develop Your Story From Start to Finish”: brainstorming ideas, planning the piece, executing the work in order to finish and complete this piece, all the way through including sleeve/labels.

We will design an artwork using a wide range of techniques. Bits of writing, mark making, choosing size, fabrics or papers, backing, sleeve and different types of labels. There are two goals. Jot down ideas and steps. Next we will create a muslin or light color fabric model of a finished quilt. Paper and fabric examples of each step will be available. A finished sampler and quilt are the goal. When you finish the sampler, you will have an original Master you designed and a plan for the quilting.

See General Materials and Supplies.

You will also need a journal and writing materials, at least one permanent marking pen and a pencil, for your notes.

*1-2 yards of Muslin 1/2 yard adhesive backed paper, like heat n bond needed for Master and various other fabrics will be needed for the quilt top.

Kit fees \$25