

Quilting by the Lake
Helen Geglio

Exploring Hand Stitching

Rediscover the pleasure of pulling a threaded needle through layers of cloth. Hand stitching can be used to make marks, define texture and create a rich and visually interesting surface design in fiber artwork. We'll use materials we already have—the textile “keepings” of everyday life, to explore the possibilities of sewing mindfully by hand. The goal of this experimental journey is to develop a vocabulary of stitches and make personal connections to the process of creating. And by slowing down and working by hand, we may find a new path to well-being along the way.

No previous experience necessary!

Materials List:

Our guiding principle will be to USE WHAT WE HAVE, so don't buy new things.

You will need:

Scissors (embroidery snips and sewing shears)

An assortment of threads and floss, any type or color

An assortment of needles

Quilting pins

A few special pieces of clothing, domestic textiles or cloth from your collection

Small bits and pieces of fabrics, trims and other textile keepings (a gallon-size plastic zip bag is plenty)

Optional:

Embroidery hoop

Thimble

Small found objects (buttons, beads etc.)

Safety pins for basting

Cotton batting (a yard will be enough)

About a yard of linen or cotton to be used as a foundation