

Deborah Fell

2021 QSDS Session 3 5 days

Boro Reboot: A Mindful Practice

Workshop Description:

Our world moves very fast. This retreat-like workshop focuses on slowing down and relishing in process rather than product. Supplies are minimal and no machine is necessary. We will create small compositions with an emphasis on how to use the hand stitch as a major design element. So grab a bag of fabric scraps and your favorite hand sewing tools, and jump on board. This is not a technique workshop where you learn how to hand stitch. The focus is on using the stitch line as mark-making on cloth. The stitch marks are the brush strokes that make the composition complete. Each day opens with a design presentation. Students will explore personal mark making preferences, with the power of parallel play in groups.

Goals:

- To learn about the power of the hand stitch as mark making
- To make a stitch sampler
- To create 10—20 small compositions using hand stitching
- To apply newly learned skills to the final project
 - § Choices for final project:
 - 1—2 compositions that relate
 - Banner/flags
 - Journal
 - Scroll
 - Accordion book

5 days

No machine is needed but it is certainly optional.

All levels; no experience necessary

Supply List:

***This is what I
mean when I
say scraps.***



- Bag of scraps—limit your color palette
 - o We only need **small** pieces—any scraps go
 - o Another option is to look online & buy a packet of like fabric pieces (charms)
 - o Fabric stores often have small packages of like fabric
 - o We do not need yardage
 - o Think small samples of upholstery fabric, paper coffee huggers, unusual fabric
 - o Bring four fat quarters that read as a solid. Make sure to include light, dark & medium
- Pair of old blue jeans to cut up--optional
- 1--2 yd. natural color duck cloth (**unprimed/7 oz.**)—available at dickblick.com
- 1 yd. of black duck cloth—good to have around--optional
- One gallon bag of scraps to go in the **share pile**
- Optional--Clothing you would like to add some stitching or cut up to use for scraps
- Art paper that can be stitched through but won't fall apart
 - o available at art stores
 - o Better to bring 2-3 smaller pieces; whole sheets are not necessary
 - o Think outside the box—coffee huggers, gift wrap.....
- Linen, cotton, silk clothing to cut up & use as scraps--optional
- A variety of small amounts of sheer fabric—3 or 4 small pieces
- Sewing tools:
 - o Scissors
 - o Needles that fit your thread—chenille needles
 - o Pearl cotton—
 - § size 5, 8 & 12 pearl cotton—one of each
 - § Valdani pearl cotton works great
 - § Variegated color—even better!
 - § **I don't recommend embroidery floss**
 - o Needle threader

- o Needle grabber
- o Straight pins
- o Any other tools you enjoy using for hand stitching
- Think ahead—Choices for final project:
 - 1—2 compositions that relate
 - Banner
 - Journal
 - Scroll
 - Accordion book
- o Think about what you would like for a final project & bring supplies accordingly.
- o Brainstorm your project—here are some things that might be useful:
 - § Glue stick
 - § Paint
 - § Interfacing/fusible such as Wonder Under
 - § Any art supply you love to work with & can adapt for the project.
 - § Mark making tools/stamps/markers/ephemera/stencils
 - § Fabric/paper to complete the project



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