

Patchwork Heart

POCKET PRAYER QUILT

Finishes to 3½" × 4½"



REQUIRED MATERIALS

- Fabrics in contrasting colors:
(10 - 25*) 1½" × 5" strips for **patchwork**
Charm Packs or Honey Buns are great for this!
**Using 25 different fabrics gives you the maximum scrappy look - and makes three at a time!*
- (1) 5" × 5" for **backing**
- (1) 4½" × 4½" for **pocket**
- 6" × 6" lightweight cotton batting
(the more lightweight, the better!)
- small cross pendant (*Pocket Prayer Packs, which include crosses, safety pins, and printed pocket prayers, are available at ShabbyFabrics.com*)
- embroidery thread, floss, or ⅛" satin ribbon (*optional*)

RECOMMENDED PRODUCTS

- Charm Packs or Honey Buns
- Olfa 45mm Rotary Cutter
- Clover Point Turner
- Clover Flower Head Pins
- CutRite Heavy Duty Freezer Paper
- Karen Kay Buckley Perfect Scissors 7½"
- Creative Grids I Love My Quilting Friends ruler - 2½" × 6" (#CGRQF26)
- Chenille Needles
- FriXion temporary marking pen
- Wafer 1 Lightbox
- Clover Wonder Clips

All recommended products available at ShabbyFabrics.com while supplies last!

All seam allowances are ¼".

CUT FABRICS

From fabrics in contrasting colors, cut:

- (10 - 25) 1½" × 5" rectangles for strip-pieced **patchwork**
If you are planning to make multiples, or for a scrappy patchwork look where no two squares are alike, cut (25) 1½" × 5" rectangles
- (1) 5" × 5" square for **backing**
- (1) 4½" × 4½" square for **pocket**



MAKE PATCHWORK

We recommend that you reduce your stitch length when sewing patchwork; this will prevent your stitches from unraveling when patchwork is cut to heart shape.

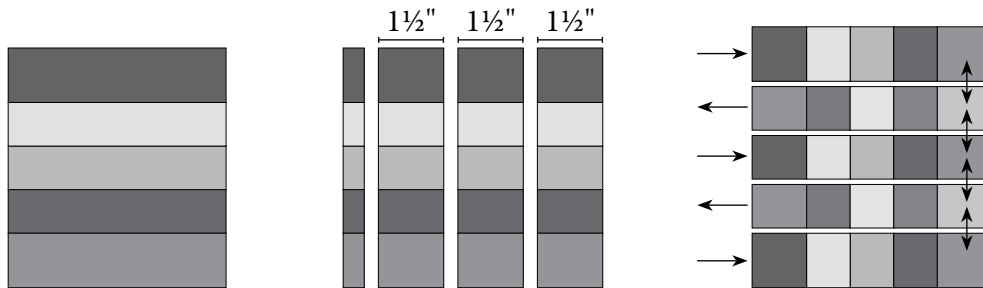
Lay out (5) $1\frac{1}{2}$ " \times 5" rectangles in a pleasing arrangement. Sew together, and press in one direction.

Cut strip set into (3) $1\frac{1}{2}$ " \times $5\frac{1}{2}$ " units.

Repeat with different fabrics to make a total of (5) $1\frac{1}{2}$ " \times $5\frac{1}{2}$ " units.

Arrange (5) units to form a patchwork grid, being sure rows are pressed in alternating directions.

Sew rows together, pressing seams open. Patchwork will measure $5\frac{1}{2}$ " \times $5\frac{1}{2}$ ".



QUILT PATCHWORK

Bulky batting makes turning difficult. For this reason, we recommend using a lightweight cotton batting. The lighter, the better!

Press patchwork thoroughly so it lies as flat as possible.

Place patchwork, right side up, on top of lightweight cotton batting.

Quilt as desired. For the sample project, we used coordinating thread to stitch in the ditch.

ASSEMBLE QUILT

STEP 1: Refer to Heart Diagram (page 4). So that the Heart Diagram can be used repeatedly, we recommend creating a reusable template by tracing the heart onto freezer paper or other durable material. Cut out heart shape along solid line.

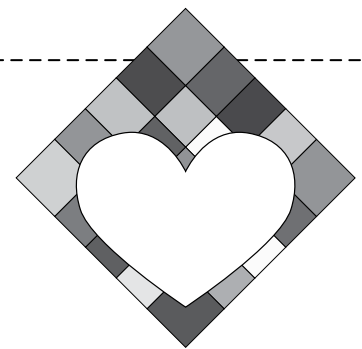
STEP 2: Place heart shape on quilted patchwork square, and either pin in place or trace heart shape with a marking pen. If using freezer paper, you can iron in place, and then trace around the heart. Carefully remove freezer paper so you can use it again.

STEP 3: Carefully cut quilted patchwork to heart shape. Set aside for a later step.

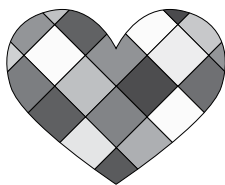
STEP 4: Fold **pocket** square in half on the diagonal, wrong sides together. Press, and topstitch folded edge with a $\frac{1}{4}$ " seam allowance.

Optional: You may wish to embellish the folded edge with a decorative stitch.

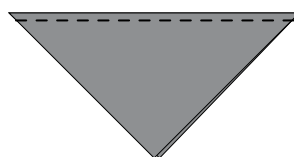
STEP 5: Place pocket triangle on top of **backing** square, right sides up, aligning raw edges.



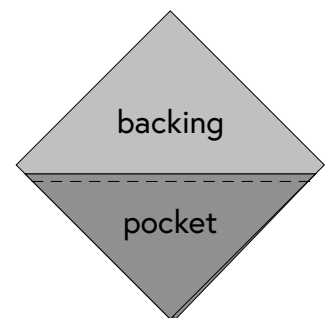
Step 2



Step 3



Step 4



Step 5

STEP 6: Place patchwork heart, right side down/ batting side up, on pocket, leaving **at least** ¼" between folded edge of pocket and the inside point of the heart. (*This is to avoid catching the top of the pocket in the seam allowance.*) Pin all three layers together.

STEP 7: Sew around heart, leaving an opening on one straight side for turning, backstitching securely at beginning and end. *We recommend marking your starting and stopping points so you don't accidentally sew past them.*

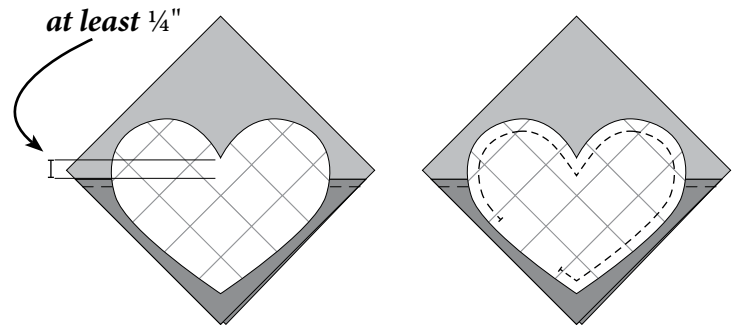
STEP 8: Cut backing and pocket fabric to heart shape.

STEP 9: Clip corners, being careful not to cut into seam.

STEP 10: Turn right side out. Use Clover Point Turner to push out curves and points.

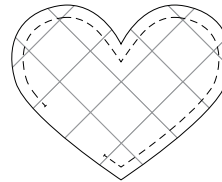
STEP 11: Fold seams of opening toward inside ¼", and press well.

STEP 12: *This is the time to decide whether you will place the cross inside the quilt, or use it to embellish the outside of the quilt. If you choose to place the cross inside the quilt, wait to place it until just before sewing the opening closed. We recommend using a Clover Wonder Clip to secure opening until you are ready to sew it closed. With coordinating thread, topstitch ⅛" around entire heart.*

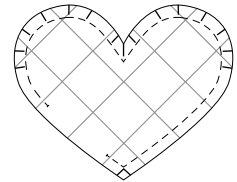


Step 6

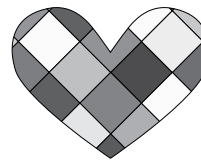
Step 7



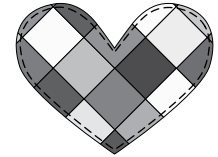
Step 8



Step 9



Steps 10-11



Step 12

FINISHING TOUCHES

If you choose to use the cross to embellish the outside of the quilt: Use embroidery thread, floss, or a ⅛" satin ribbon to sew cross to the point of the heart. Secure with a knot, then tie a bow and trim ends. *Optional: Before trimming, you may also wish to add a loop for hanging.*

Insert a prayer paper into the pocket, and present as a gift to someone who is on your heart!



Printed copies of this pattern are also available for purchase. Our paid pattern includes 12 Prayer List designs (such as "Prayer Changes Things", *below*) which may be photocopied (*for personal use only, NOT for commercial use*).

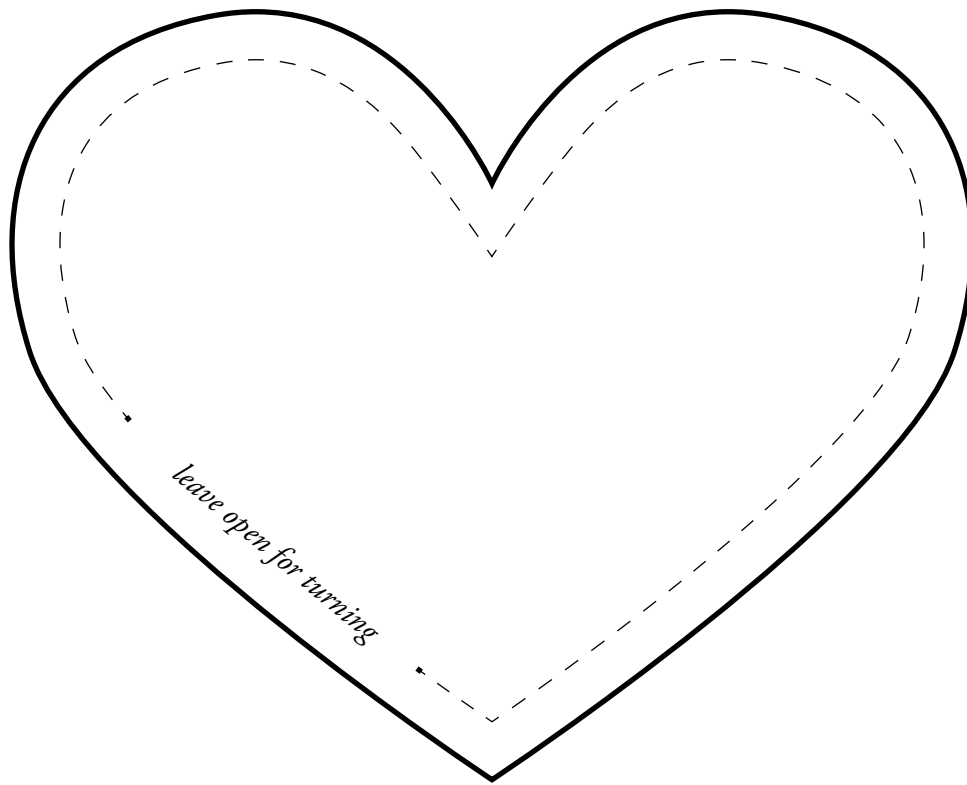
Find the printed pattern at ShabbyFabrics.com!

prayer
- CHANGES THINGS -

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POCKET PRAYER QUILT

Heart Diagram



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