Supply List for the stitching portion of class:

Included in the workshop fee, you will be given a set of various-colored cotton fabric pieces onto which you will hand stitch and use your own embellishments and floss.

Please Bring:

1. Sewing essentials
   a. Embroidery needles suitable for the floss or thread you are using.
   b. Embroidery floss (any type), thread, perle cotton etc.
   c. Embroidery Hoop (small) if you use one.
   d. Pin cushion and pins.
   e. Small pieces of ephemera: beads, buttons, ribbon, bits of lace
   f. Any other sewing notions that you like to have on hand, ie. Needle threader, bees wax, white marking pencils, fabric glue, and other small helpful notions.

2. Scissors
   a. Small scissors to cut thread
   b. Larger scissors to cut fabric

3. Chair cushion and water bottle – If you think you might need a cushion or small back pillow, bring it.

4. Two objects of fabric or stitching that might figure into your work, either as inspiration or as a surface to embroider. A glove that belonged to your mother? A pieced square your grandmother never finished? A scarf that has sentimental associations?

5. Other pieces of fabric that you want to incorporate into your work. This can be vintage scraps, hand-dyed fabric pieces, wool, silk, linen.

For the writing portion of class:
Lined notebook and or laptop, as you choose
Favorite writing implement
Two meaningful photos that might prompt your writing:
   1) You at a strategic earlier time in your life. When you were ten? When you were starting out in your profession? As a young mother?
   2) A female relative you want to write about. Your mother before she became a mother is an excellent, provocative choice.

Note: even if you only have digital prints, please print them out. A high-quality photocopy of a treasured photo is fine.