

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.