



THREADS OF LIFE QUILT

Creating a quilt square



Donate Life Northwest invites donor families, living donors, recipients, and transplant candidates to participate in creating the annual Threads of Life Quilt.



What you are making



Participants are invited to make a quilt square. These squares then will be sewn together, backed and batted, and turned into a full quilt by trained quilters.

What you'll need

Basics

- Fabric
- Sharp scissors or rotary cutter
- Flat surface and mat (cardboard or similar will work)
- Ruler (preferably clear)
- Items for decoration (more on that later)

Option 1: Iron-on

- Iron + ironing board
- Iron on adhesive (such as HeatnBond)

Option 2: Sewing

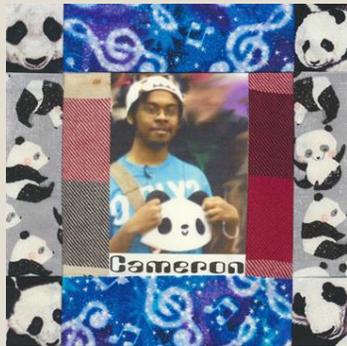
- Long pins
- Needle and thread
- Sewing machine (optional)



What type of fabric should I use?

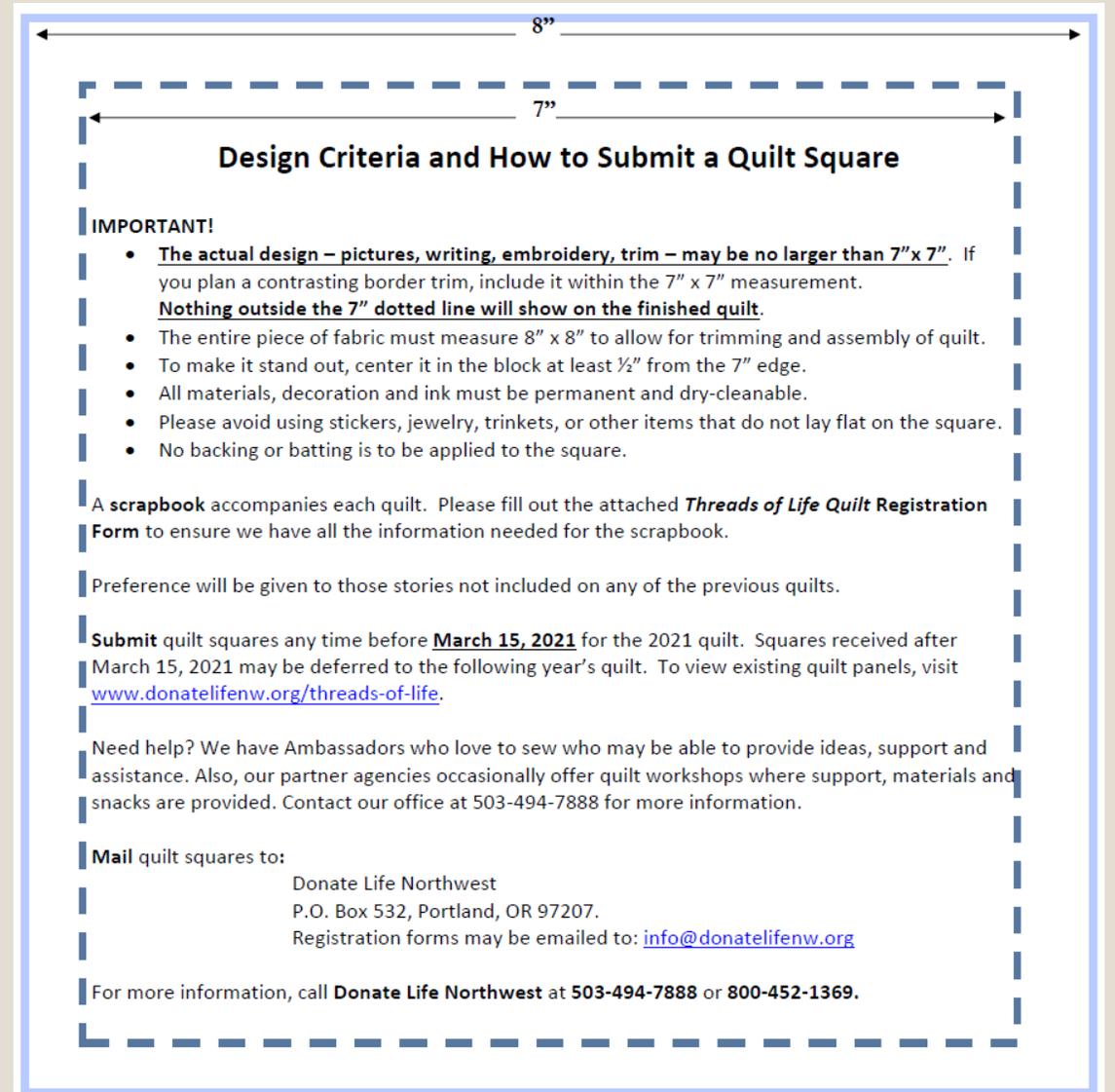
Choosing your fabric is possibly the biggest job when making a quilt. There are so many colors, styles, patterns, fabrics and textures it is hard to know where to begin!

- Most of the time the best fabric you can choose will be 100% cotton and that it is safe to be ironed.



What size should I cut the fabric?

- The actual design – pictures, writing, embroidery, trim – may be no larger than 7" x 7". If you plan a contrasting border trim, include it within the 7" x 7" measurement.
- The entire piece of fabric must measure 8" x 8" to allow for trimming and assembly of quilt.
- Nothing outside the 7" x 7" will show on the finished quilt.



The diagram shows a square with an outer border of 8 inches and an inner design area of 7 inches. The design area is enclosed in a dashed line, and the border is a solid line. The text 'Design Criteria and How to Submit a Quilt Square' is centered within the design area.

Design Criteria and How to Submit a Quilt Square

IMPORTANT!

- **The actual design – pictures, writing, embroidery, trim – may be no larger than 7" x 7".** If you plan a contrasting border trim, include it within the 7" x 7" measurement. **Nothing outside the 7" dotted line will show on the finished quilt.**
- The entire piece of fabric must measure 8" x 8" to allow for trimming and assembly of quilt.
- To make it stand out, center it in the block at least ½" from the 7" edge.
- All materials, decoration and ink must be permanent and dry-cleanable.
- Please avoid using stickers, jewelry, trinkets, or other items that do not lay flat on the square.
- No backing or batting is to be applied to the square.

A **scrapbook** accompanies each quilt. Please fill out the attached **Threads of Life Quilt Registration Form** to ensure we have all the information needed for the scrapbook.

Preference will be given to those stories not included on any of the previous quilts.

Submit quilt squares any time before **March 15, 2021** for the 2021 quilt. Squares received after March 15, 2021 may be deferred to the following year's quilt. To view existing quilt panels, visit www.donatelifenw.org/threads-of-life.

Need help? We have Ambassadors who love to sew who may be able to provide ideas, support and assistance. Also, our partner agencies occasionally offer quilt workshops where support, materials and snacks are provided. Contact our office at 503-494-7888 for more information.

Mail quilt squares to:

Donate Life Northwest
P.O. Box 532, Portland, OR 97207.
Registration forms may be emailed to: info@donatelifenw.org

For more information, call **Donate Life Northwest** at 503-494-7888 or 800-452-1369.

How to cut the fabric

If your fabric is wrinkly, you will want to iron it before hand for more exact cutting.

You can use:

- Rotary cutter or scissors
- Cutting mat
- Clear ruler to measure 8"x8"
 - Cut carefully so your square is the right size. For assembly, it is ok if the square is slightly larger than 8"x8" as long as your decoration fits within the 7"x7" area.

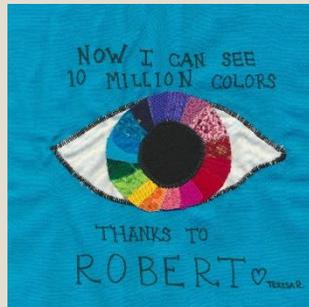


How can I decorate my square?



Just remember that you can use any fabric and decorations that represents you or your loved one. Cotton-based fabrics are preferred.

You can use most materials (must be permanent and dry-cleanable).



- Fabrics cut into meaningful shapes or patterns
- Iron on patches
- Permanent marker (like Sharpie) or fabric pens
- Photos printed on fabric paper (such as Jacquard Inkjet Fabric Sheets or Avery Printable Fabric)
- Embroidery



Please avoid using stickers, stretchy materials, jewelry, buttons, trinkets or other items that do not lay flat on the square.



How do I assemble my square?

Making sure to leave a 1-inch border all the way around (so all of your components are in a 7"x7" square), lay out all of your decorations.

Option 1: Iron-on

- Use iron-on adhesive to adhere fabric or photos printed on fabric paper to your square.
- This works as a double-sided adhesive to stick your materials together.
- You will need to cut your adhesive to the same shape and size as your decorative pieces.
- Follow instructions on package to iron-on.

Option 2: Sewing

- Use long-pins to hold materials into place.
- Using needle and thread or a sewing machine, stitch your fabric elements onto the square

Additional elements

- Add permanent marker or fabric pen elements after all other pieces are in place.
- Add embroidery after other pieces are in place.

Please do NOT use a hot glue gun for assembly.

No backing (back piece of fabric) or batting (filling) is to be applied to the square.



What's next?

- Fill out the [quilt square form](#) and either email to info@donatelifenw.org or include when mailing your quilt square.
- Mail your square to us (must be received by March 15, 2021)
 - Donate Life Northwest
P.O. Box 532
Portland, OR 97207

