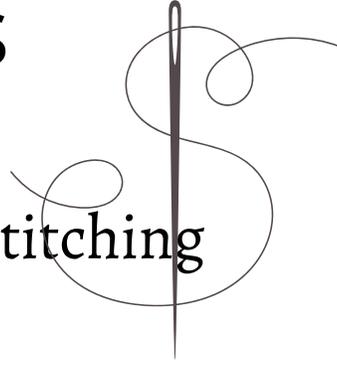




# Seasonal Slow Stitching Project - Snippet Rolls

[www.stitchedstories.co.uk](http://www.stitchedstories.co.uk)

# Contents



Introduction to Slow Stitching

Seasonal stitching

How will we support?

Snippet roll tutorial

Gathering

Inspiration

Recommend books & websites

Your seasonal workbook

# Introduction to Slow Stitching

Slow Stitching has its roots in a movement that began around 2015 started by Mark Lipinski. He is a quilter and had come to realise the benefits of slowing his practice down and being more intentional with his stitching practice. Since those early musings the movement has grown its stitching wings and is now all around the world inspiring folk to think more deeply about stitching and the place it has in their lives.

I am a huge fan of the movement and much of my practice is deeply embedded in the need to stitch slowly and mindfully. As well as a textile artist and teacher I am also a meditation master having trained for four years alongside a buddhist monk.

I then studied psychology & meditation at the university of Massachusetts. In recent years I have brought my two worlds together and developed a 'Stitching for Wellbeing' practice which is now an integral part of the community arts project [Stitched Stories & Wellbeing](#).

For me, slow stitching is a complete process that begins in the single thought. This single thought might be inspired by a photo, a wee button, some beautiful fabric, a single word etc etc. This single thought then becomes a collection of thoughts and an idea is brewing. It is at this stage that I visit my 'stash' of creative supplies and let the idea grow some creative wings. This is an important stage as it asks us to see what we already have. Reusing, repurposing and using what we have are important elements of my practice. I rarely buy new, preferring to use what I have, or can adapt. As the idea begins to take shape I am mindful of the need not to rush my thinking. An idea might take some time to develop and that is absolutely fine with me.

Once my idea and my supplies are 'speaking well to each other' I am ready to begin. The key is to start as we mean to go on -

Slowly and with intention.

Being aware of every small movement.

Work slowly and allow the project to start speaking to you.

Be prepared to change direction as new thoughts emerge.

Resist any temptation to think of the end result.

Connect with the natural sense of flow that emerges from the stitching movements.

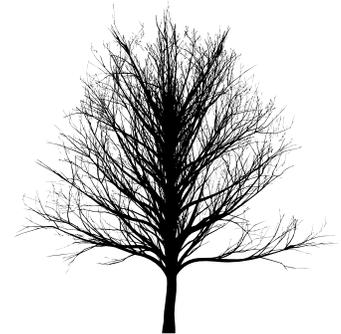
# Seasonal Stitching

Stitched Stories & Wellbeing is committed to using stitching as a way to enhance our wellbeing. In the past year or so we have been offering seasonal creative classes in zoom and they have proved incredibly popular. We have also published a range of digital workbooks on the same subject and they have also been popular. They are all available in our [Etsy Store](#).

Living with the seasons and being inspired by the natural world positively influences our sense of wellbeing. Many of us will have joined in our 52 Stitched Stories where we create a postcard a week for 52 weeks or as many as life allows. This new project is more fluid than that. It asks that we create four snippet rolls, one for each season. The rolls can be as long or short as you like. We hope that the project will be something folk can pick up and put down as suits and also that it is created 'slowly' and with 'intent'.

## How will we support?

You are very welcome to share your work-in-progress and completed snippet rolls in our facebook group page '[One Stitch at a Time](#).' and on Instagram hashtag [seasonalstitching](#). We will host regular Stitching circles via zoom that you are welcome to join and bring your cuppa and stitching. We also hope to offer some specific zoom classes or pre-recorded classes covering things like painting, printing and stitching. All our classes are advertised on our website and on our main [52 Stitched Stories](#) Facebook page and our [Stitched Stories Academy](#) group page. In addition, we will be adding seasonal supplements to this book. Keep an eye on our webpage [HERE](#).



# Snippet Roll Tutorial

Snippet rolls are such a wonderful way to use up scraps. At *Stitched Stories & Wellbeing* we encourage members to use what we have and avoid buying new.

Snippet rolls can be constructed in various ways but, at their heart, are small pieces of fabric joined to make a roll of decorative snippets. Charlotte (from [Ribble Recycled](#)) and myself made snippet rolls earlier in the year and we did it slightly differently from each other. We have a blog post about it [HERE](#). Charlotte also offers kits on her [Etsy store](#) if you don't have a stash.



You need to find something to attach your snippets to. In my example I have used a large thread spool and stitched a piece of wool felt round it. Spools come in all sorts of sizes but you can use anything you can roll your fabric snippet round. Some folk use driftwood, for example. You can stitch on a length of fabric as Charlotte did and then stitch directly onto that length or add wee snippets on to it. Or you can attach snippets as you go along. I did that and played a little bit with angles to make my roll interesting but also still able to be rolled. Whatever suits you.



# Gathering

Before you start your first snippet roll it is a good idea to gather supplies that you think you might want to use. I have a small basket for this purpose. It includes scraps of fabric, ribbons, lace, buttons, some plain fabric to print on, natural finds, rubber stamps etc. I will always print some of my own fabric using natural finds and rubber stamps. I may also do some lino printing, jelly plate printing or batik. We hope to offer pop up classes in printing and painting techniques for anyone new to this.



In true seasonal living style, as you begin to move to the end of one season you can begin your gathering for the next.

# Inspiration

## Poetry & Photos

We all get our inspiration from different places. Below I have collated some inspirational references for our winter snippet roll. If you are in the southern hemisphere you can do a similar thing for your own seasons if that suits you.

### Emmonsail's Heath In Winter

I love to see the old heath's withered brake  
Mingle its crimped leaves with furze and ling,  
While the old heron from the lonely lake  
Starts slow and flaps its melancholy wing,  
An oddling crow in idle motion swing  
On the half-rotten ash-tree's topmost twig,  
Beside whose trunk the gypsy makes his bed.  
Up flies the bouncing woodcock from the brig  
Where a black quagmire quakes beneath the tread;  
The fieldfares chatter in the whistling thorn  
And for the haw round fields and closen rove,  
And coy bumbarrels, twenty in a drove,  
Flit down the hedgerows in the frozen plain  
And hang on little twigs and start again.



### John Clare



## Winter Song

The browns, the olives, and the yellows died,  
And were swept up to heaven; where they glowed  
Each dawn and set of sun till Christmastide,  
And when the land lay pale for them, pale-snowed,  
Fell back, and down the snow-drifts flamed and flowed.

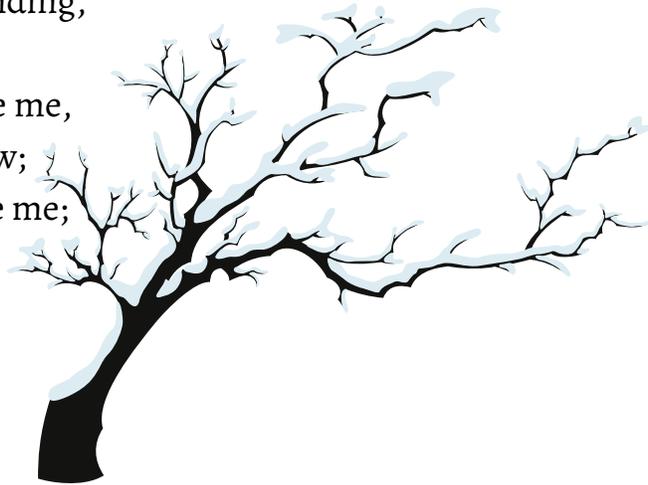
From off your face, into the winds of winter,  
The sun-brown and the summer-gold are blowing;  
But they shall gleam with spiritual glinter,  
When paler beauty on your brows falls snowing,  
And through those snows my looks shall be soft-going.

Wilfred Owen



## Spellbound

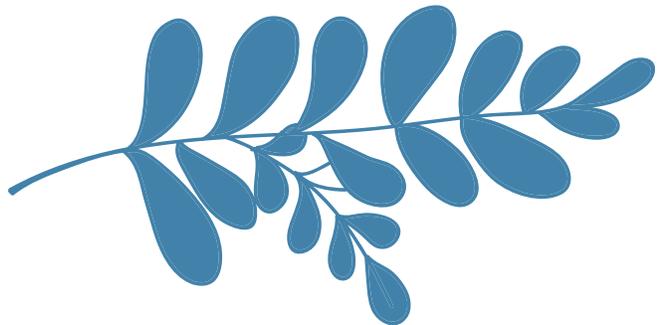
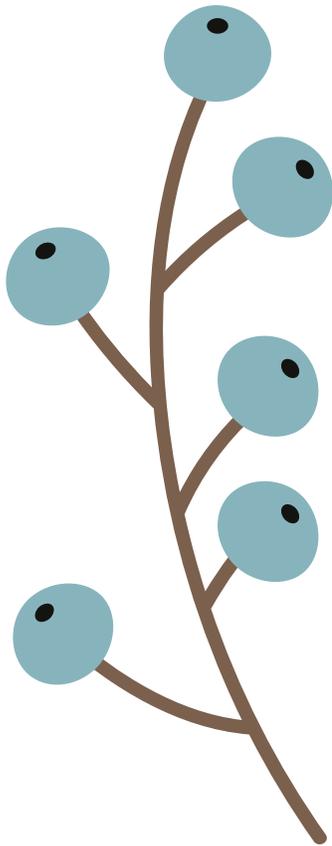
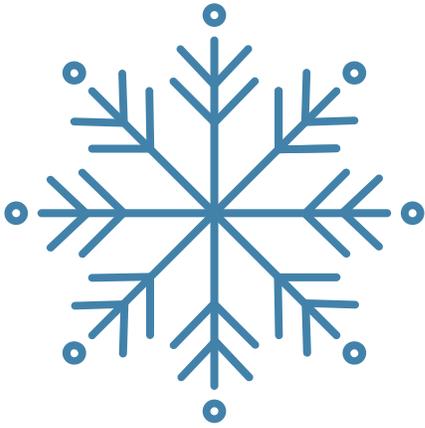
The night is darkening round me,  
The wild winds coldly blow;  
But a tyrant spell has bound me  
And I cannot, cannot go.  
The giant trees are bending  
Their bare boughs weighed with snow.  
And the storm is fast descending,  
And yet I cannot go.  
Clouds beyond clouds above me,  
Wastes beyond wastes below;  
But nothing drear can move me;  
I will not, cannot go.

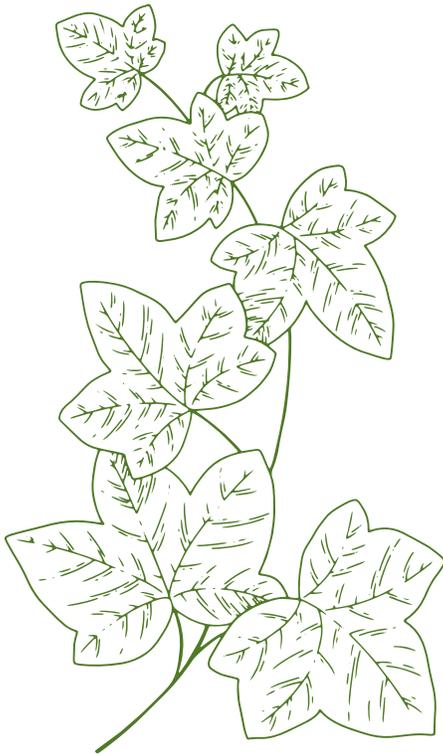


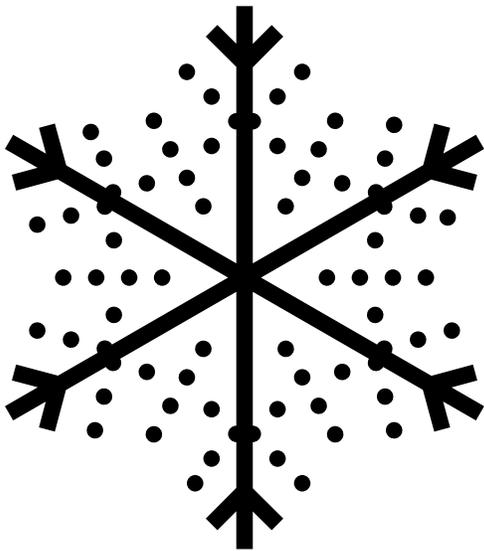
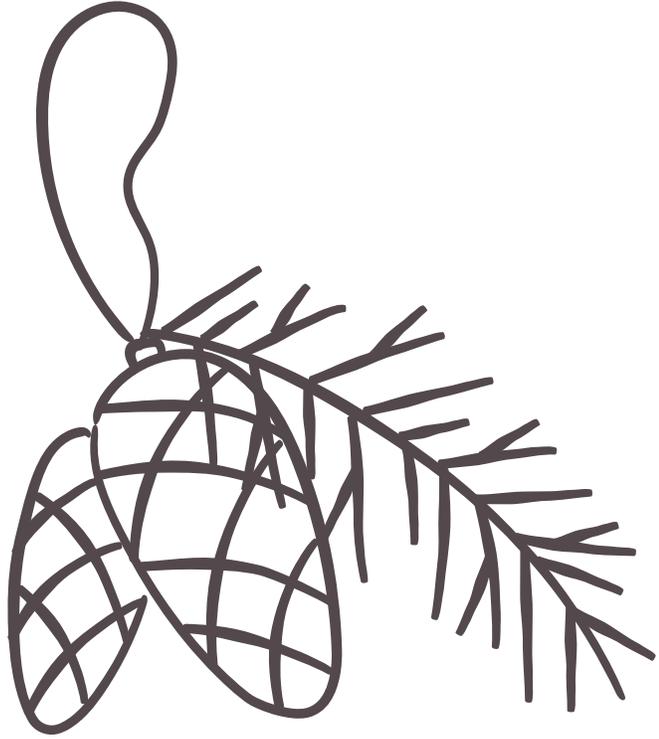
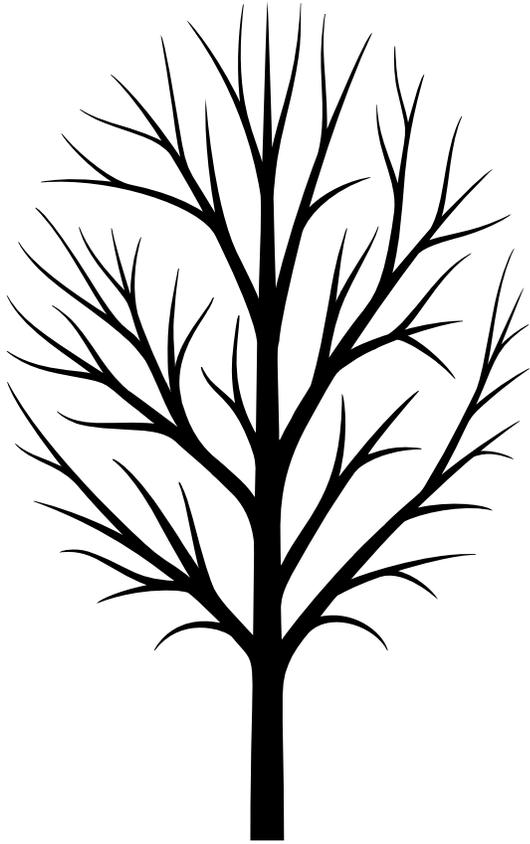
Emily Brontë



Motifs/Patterns









Pinterest is a great place to get inspiration. I have a few boards that may be helpful

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[Snippet Rolls](#)

[Seasonal Slow Stitching Winter](#)

[Winter Solstice](#)

[An Alternative Christmas](#)

[Forage](#)

[Fragments](#)

[Heritage Stitching](#)

[Stitched Stories & Wellbeing](#)



# Recommended Books & Websites

There are lots of wonderful books out there but we have chosen just a few that might be of interest. Your local library may be able to order them in.

Slow Stitch - Claire Wellesley-Smith

Stitched Memories - Tilly Rose

Mark making through the Seasons - Helen Parrott

Creativity through Nature - Ann Blockley

Textiles Transformed - Mandy Pattullo

Fragmentation and Repair - Shelley Rhodes

Resilient Stitch - Claire Wellesley-Smith

Connected Cloth - Cas Holmes & Anne Kelly



Useful websites -

[www.stitchedstories.co.uk](http://www.stitchedstories.co.uk)

[www.petalplum.com.au](http://www.petalplum.com.au)

[www.clairewellesleysmith.co.uk](http://www.clairewellesleysmith.co.uk)

[www.paulamacgregor.com](http://www.paulamacgregor.com)

[www.annwoodhandmade.com](http://www.annwoodhandmade.com)

[www.annebrooke.co.uk](http://www.annebrooke.co.uk)

The next few pages are a place for you to record your ideas, designs, photos, writings etc. A place to capture each seasonal snippet roll.

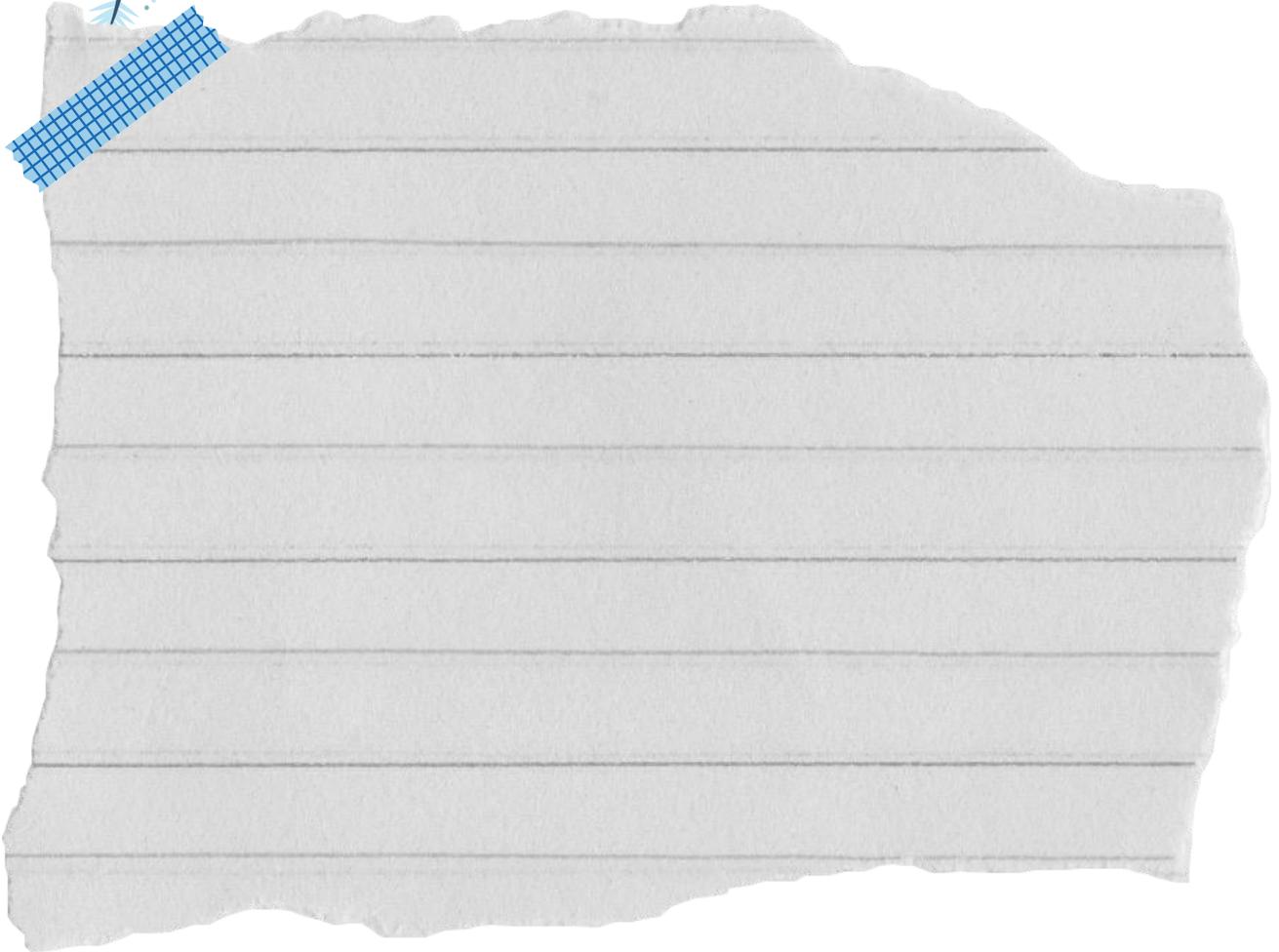
Fiona Doubleday

[Stitched Stories & Wellbeing](#)

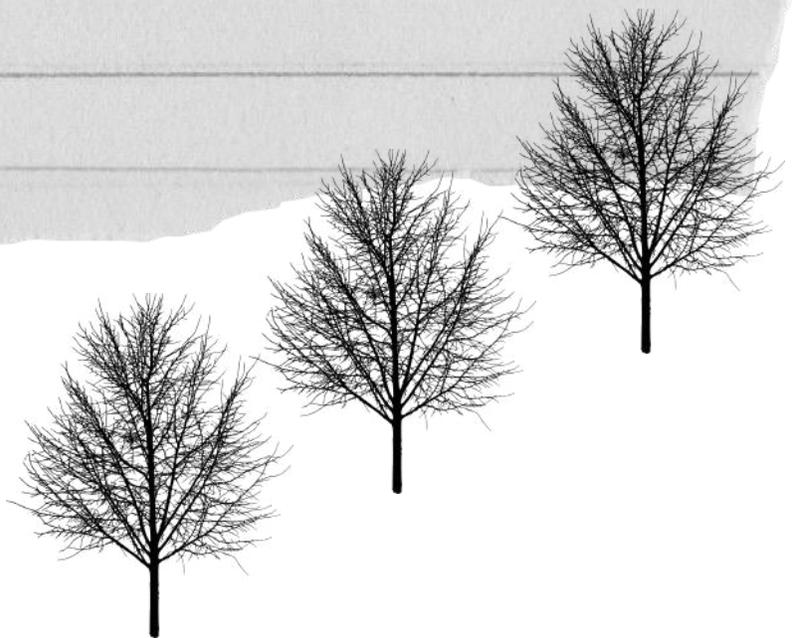
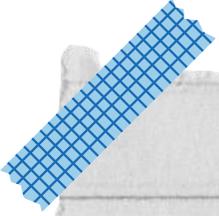
# Your Seasonal Slow Stitching Journal



*Winter*

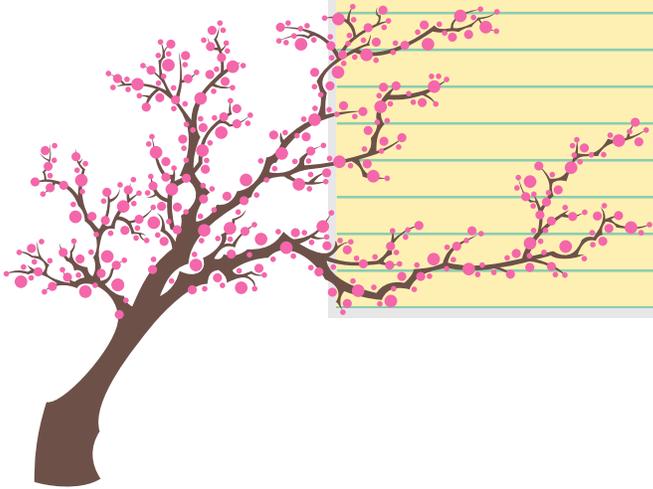
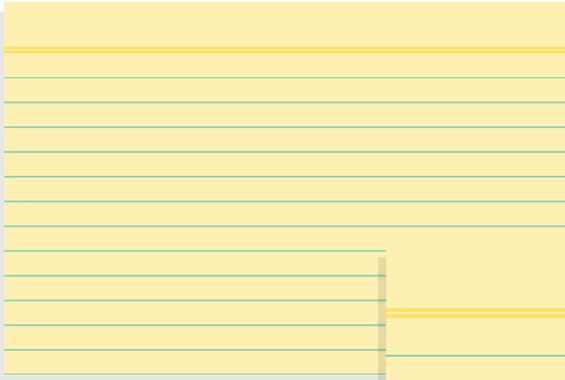


# Winter



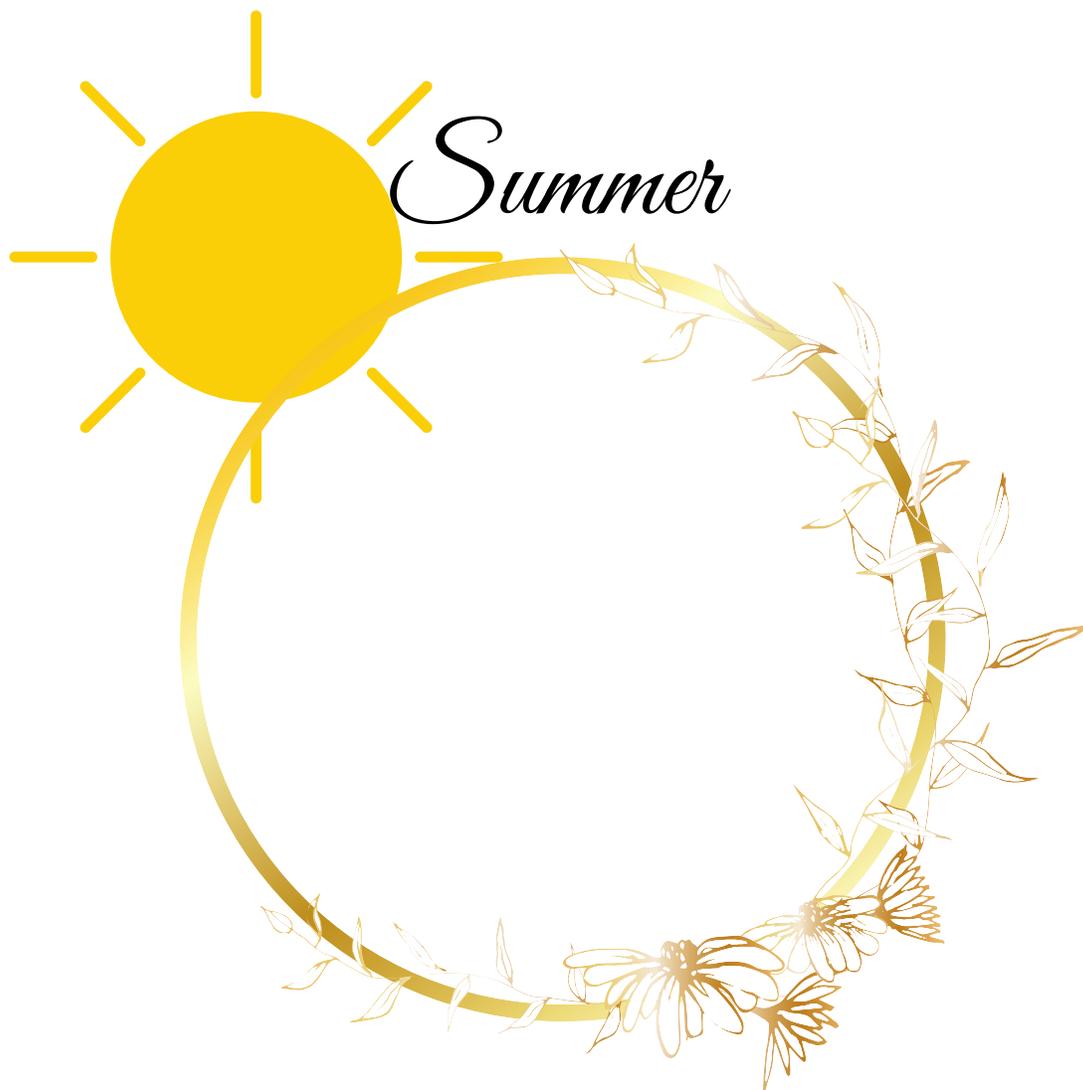


*Spring*



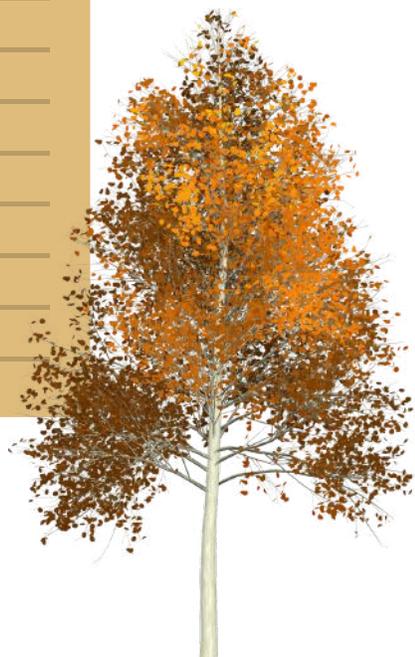
*Spring*





# Summer



A brown, lined notebook page with a spiral binding on the left side. The page is filled with horizontal lines for writing. A vertical pink line is visible on the left side, near the binding.

*Autumn*

