

Seasonal Slow
Stitching
Challenge
January
supplement

Stitched Stories & Wellbeing

This is just a small supplementary workbook to support the project as the new year begins to unfold. You can start this project when it suits you but we are mindful that many members began at the end of November so we thought we would offer some more support. We really hope you are enjoying the project. Let's start with some questions -

What are you using to wind your snippet roll round?



Did you gather first and if so what sorts of things did you gather? What did you discover in your gathering?



How regularly do you stitch your project?



How do you feel your emerging work is responding to the season?

Let's have a little think about time. How are we measuring time through this project? Are you defining by month or season or both? On our sharing space on Facebook 'One Stitch at a Time' we are seeing lots of folk defining the project by month and sharing a month at a time. That is interesting in itself. What comes first in your mind - measuring time passing by months or seasons?

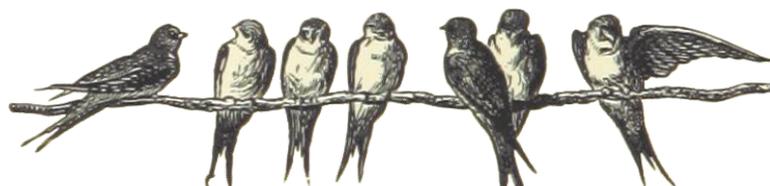
Time is actually something humans invented as an organisational structure. How often do you think you check the time each day, on average?

Our attitude to time is fundamental to the way we live our lives. One of the aims of this project is to allow the snippet rolls to engender a slow approach to the task. Think through what you have done so far.

Does this project help to slow you down? If so how and if not why not? What is this teaching you, if anything?



Stream of consciousness writing is continual writing. We keep writing until what we have to say is out of us. Take your relationship with time. Write about it below.

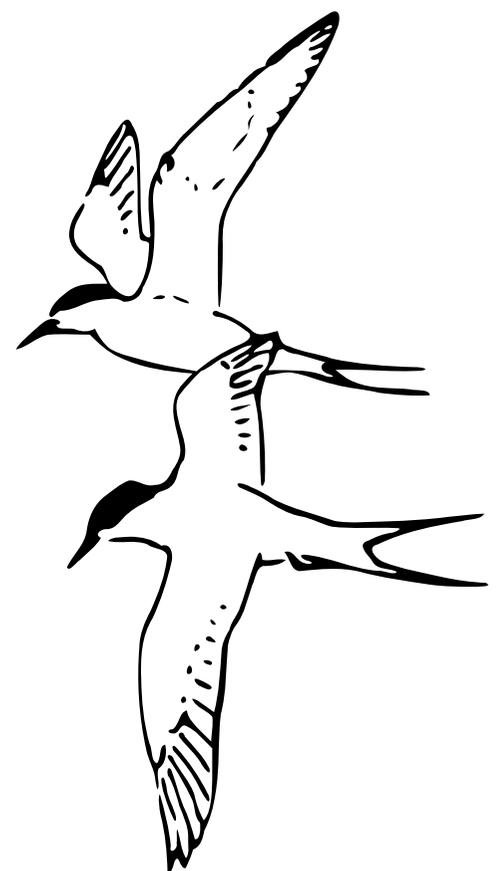


We have been trained to think of time as linear. Past, present and future on an imaginary line. Time is actually all around us in each and every moment. Rarely do many of us measure time in moments. Moments are often seen as transitional and somehow fleeting. My challenge to myself, with the seasonal slow stitching challenge, is to truly immerse myself in each and every creative moment that this project offers. That was easier to write than it is to do...x

Look back to your stream of consciousness writing about your relationship with time. What beliefs about time underpin your writing?

Moving forward, write some intentions to do with the relationship with time and this project or even all your creative work if that is more helpful.

Moving forward I intend to.....



Unlike days and weeks seasons represent the natural rhythms of life - the travelling of the Earth as it moves around the sun. In the western world the norm is four seasons. Think about your favourite season. Is it the season of your birth? How do your energies shift through the seasons? In which season do you have the most energy?

Create a sketch below that illustrates your favourite season. There may be elements of this sketch that you can feature on your snippet roll in time.



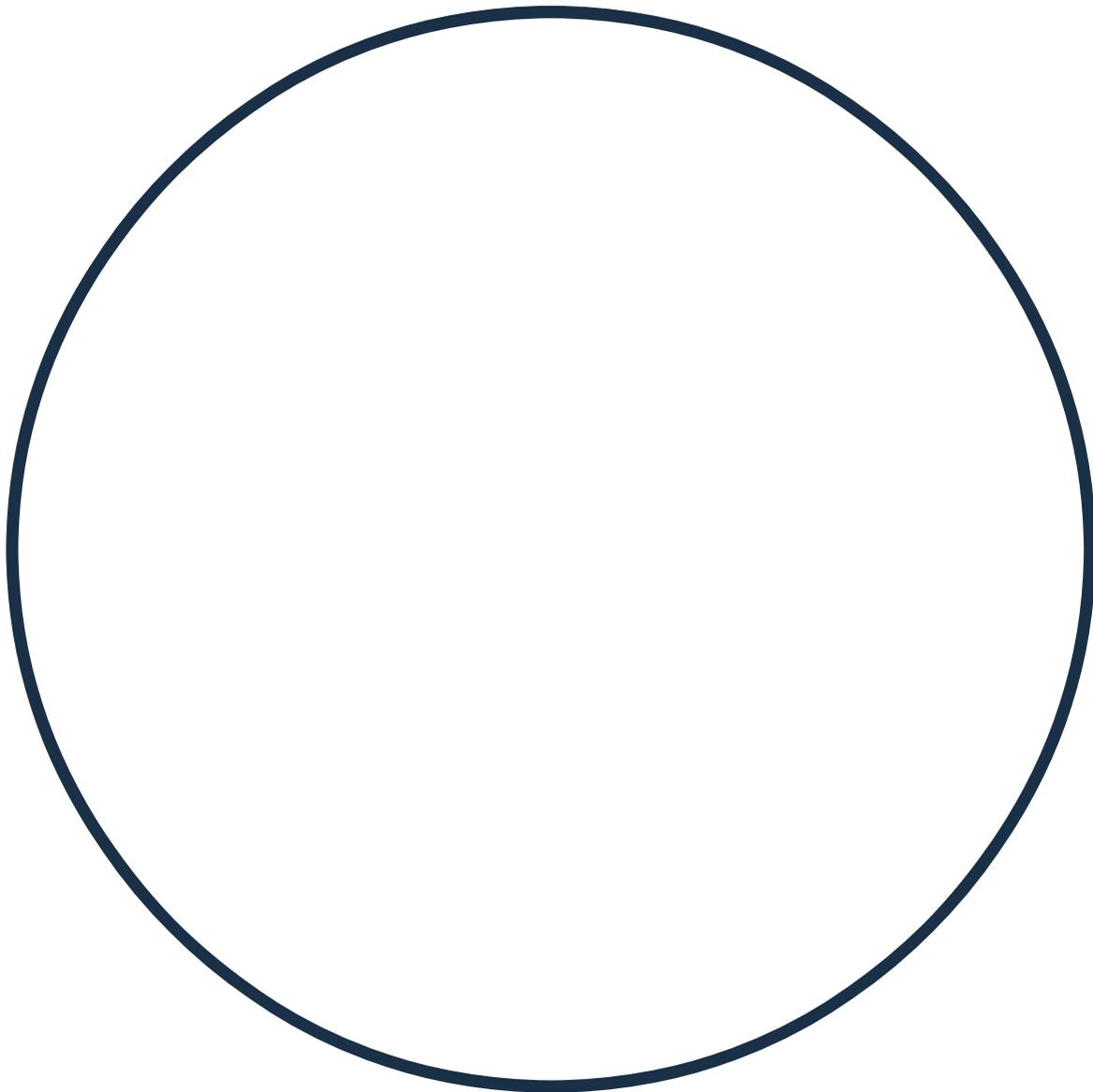
Look at your snippet roll. Record below where some of your 'snippets' came from. Do any pieces hold special memories. Write them down so as not to forget.....

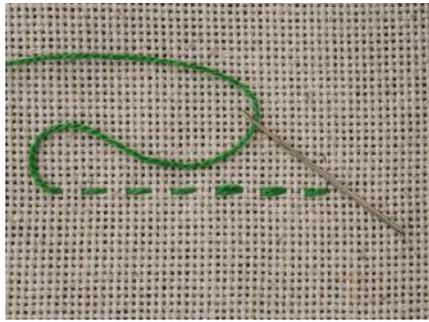


What is your favourite thing about the season you are inhabiting at the moment? Can you list five things you love about the current season?



If you had to design a motif or logo for your current season what would it look like?





What stitches have you used so far in your first snippet roll? Draw them below as a place to record your stitch library for this project. You can add to this page as the project develops.



Motifs to trace and stitch - A study in trees

