

# Sun God Art Quilt

## Supply list (2 pages)

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Since ancient times, stories have been told to explain the world around us. Joseph Campbell explored these in his book *The Power of the Myth*. Mythology has crossed the ages and all culture; Mankind has a driving need to understand nature and life and has developed stories that get passed down from one generation to another to explain natural phenomena; animals become spirits, volcanoes become Gods, and rainbows become mystic bridges. Some get relegated to superstition, and some evolve into the fairy and folk tales from our childhood. Encouraged by my parents and grandparents, I have had a fascination with myths, folk tales, and legends since I was young, and some of that interest has crossed over into my art quilts.

This project is my interpretation of a sun myth, in the class you will create your own Sun God (or Goddess if you prefer) and embellish it with dimensional stitchery and artifacts as you please. You will start with a basic design pattern I provide and then add your own personal touches and ideas to make it unique. This is a fun and rewarding process for those of you who like to explore texture and embellishment.

**Please be courteous to others by arriving for class with the correct supplies. Contact me at 503-888-9784 or [helene.m.knott@gmail.com](mailto:helene.m.knott@gmail.com) if you have any questions.**



**A Note to Students:** Many students do not realize that once the teacher is paid, the shop offering a class makes little if any income on the class itself. The shop is relying on product sales to continue offering quality classes to you. Therefore, I urge you to patronize this shop when buying your supplies for this class as much as possible and remind you that big chain stores do not offer the variety of classes that the smaller shops do. Keep quilt classes alive by supporting this shop. Thank you, Helene

## TOOLS/MATERIALS:

- **Fabrics:** You will need
  - Base panel – ½ yard of fabric for the, this can be a quilter's cotton if you wish but can also be something more stable such as denim, canvas, an Ikat, or home decorator fabric. This is the black panel in my sample. Note: you may add a second smaller panel over this if you wish.
  - Sun face and rays – fat quarters in 8-10 colors/prints of your choice. For some of the details you might have scraps left from other quilting projects that would work.
  - Novelty prints – Prints featuring tribal or folk art motif that can be fussy-cut are particularly good
  - Backing – ½ yard of cotton fabric
- **Fusible web:** This will be used primarily for the applique details, 1 yard should be enough.
- **Interfacing:** 1 yard of medium to heavy-weight non woven fusible interfacing
- **Freezer paper:** Bring a roll of Reynolds brand.
- **Pencil and good eraser.**
- **Utility scissors:** To cut freezer paper templates
- **Rotary cutter, mat, and ruler:** An 11" x 17" mat should be adequate and a 6" x 24" ruler will probably be the most versatile, but a smaller cutting ruler like a 6"– 8" square may be helpful.
- **Thread:** Cotton or polyester is fine in colors that coordinate with your fabrics.
- **Thread snips.**
- **Sewing Pins.**
- **Seam ripper.**

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- **Sewing machine:** capable of straight and zig zag stitching with the appropriate presser feet and a ¼” piecing foot. Machines with decorative embroidery stitch patterns are a plus as you may want to use some of these to embellish your panel.
- **Embellishments and artifacts:** Here is where you can let your imagination soar. Embellishments might include:
  - **Beads and beading supplies.**
  - **Beading thread** – something strong like Nymo, Silamide, or Kevlar; if you want to make tassels, fringe, or make sure artifacts sewn on will be durable.
  - **Needles** – make sure your needles will fit through holes in the beads. For small seed beads, I find Milliners’ needles in size 10 or 11 will slide through most beads but they are hard to thread, especially with the multi-filament Nymo.
  - **Sequins:** check out <https://www.ccartwright.com/sunshop/> for some of the largest and most unusual selections.
  - **Buttons** – buttons made from wood, bone, or Mother of Pearl, will look more primitive if you are going for a tribal look.
  - **Decorative braids and trims.**
  - **Craft Feathers.**
  - **Sea shells:** You can find drilled ones at a craft store or drill your own with a Dremel tool. Souvenir shell necklaces from the tropics, you can sometimes find at thrift stores, are already drilled.
  - **Drilled coins.**
  - **Charms and/or bits of jewelry.**
  - **Thrift store finds** – You never know what kind of treasures you will find at a thrift store.
  - **Hardware store finds** – Ditto for hardware stores; you can find nuts and washers, sometimes they are made from brass. Heavy brass wire can be bent into interesting shapes with pliers.
- **Chain (optional):** If you are interested in making ‘tears’ for your sun you can buy decorative chain, if you find it in an appropriate size, or beaded trim. You will need 25-30 feet of decorative chain to recreate what I have on my sample. **Note:** metal chain can be quite expensive. Alternatives could be the plastic beaded chains molded onto string and sold as tree trimming garlands or in wedding supply departments of a craft store, or Acrylic beaded doorway curtains from a craft or import store. Alternatively you can buy beaded trim from a home-decorator department of a fabric store; or make your own beaded ‘fringe’ with beads and durable thread.
- **Other tools:** Depending on the embellishments you find and want to use, you may need wire cutters and needle-nose pliers.
- **Clover ‘Ultimate’ Needle Threader (optional):** This little contraption that looks like a medieval war machine goes well beyond those little wire tabs that you still have to get through the eye of the needle (and break readily). It’s particularly helpful in threading small eyed beading needles.