

# Zentangle Style Quilting

## Supply list (2 pages)

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This is a meditative approach to doodling with your sewing machine, inspired by the Zentangles® movement, that starts by taking a basic, simple form or shape and expanding on it to add creative textures and designs. This is not a class for raw beginners; students are expected to already have some basic machine quilting skills. The serendipitous process is easier than it seems; you don't need to have precise drawing skills, just have fun with a pencil and thread. There are several approaches to creating a Zentangle-style design; you will have your choice from a range of these for your stitched project. Experience or familiarity with Zentangles® is helpful, but not necessary.

**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:

- **Layered Quilt 'sandwiches':** A top fabric layered with batting and backing, pinned and ready to stitch on. You will need one sandwich made of good fabrics for your finished project and a couple of extra sandwiches made from muslin to practice on. The sandwiches can be any size you wish but I recommend you keep them a reasonable size (14" – 18" square), especially for a first time project. Alternatively, your 'good' sandwich can be in the format of an art scroll somewhere around 12" wide by 30" long. For the best results, the good fabric should be finely textured (a mottled or transitional batik would be fine) but without busy or large scale motifs that could upstage your quilting, that should be the main attraction.
- **Sewing Machine:** A good basic home machine, preferably with feed dogs that can be dropped. Please bring your owner's manual if you have one and are not familiar with all the functions of your machine as well as the utility tools kit (small screwdrivers, brushes, etc) as you may need to perform some minor maintenance on your machine during class. Don't forget your power cord and foot pedal.
- **Sewing Machine Accessories:** You need to bring a free motion quilting foot (this is absolutely necessary).
- **Sewing Machine Needles:** Bring a package each of machine quilting or topstitching needles in size #11 / #12 and #14 suitable for your machine. If you are using batiks for your project, Microtex needles in size #12 will also be helpful, and if you choose a #12 - #28 thread.
- **Regular Straight Pins**
- **Thread:** Machine quilting thread; this can be #40-#50 wt. cotton, polyester embroidery, or rayon thread (Note: rayon thread can be temperamental for free motion quilting). A variety of colors will allow you to pick and choose ones suitable for the designs you want to use. **Tip:** a heavier weight #12 - #35 wt. thread in a color that contrasts with your fabric is nice to define motifs.
- **12" wide roll of 'Golden Threads' Quilting Paper and Freezer Paper:** Golden Threads is usually available at quilt shops, freezer paper at supermarkets. Note: You may or may not use these depending on

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the designs you want to explore but they will be handy for some applications, I will have some extra if you can't find any.

- **Drawing Pencil and eraser**
- **Quilter's marking pen and a chalk fabric marking pencil:** The blue rinse-away type pen and white chalk if it shows up on your fabric as colored chalks can stain the fabric permanently.
- **Utility Scissors:** for cutting paper
- **Scissors or thread snips**
- **Seam Ripper**
- **Paper:** A few sheets of 8½" x 11" paper to do some practice doodling on.
- **Machine Quilting Gloves:** Help you grip the quilt more effectively and give you greater control of your stitching; my favorite are 'Machingers'.
- **Optional Books:** Any of the Zentangle® books can be a helpful resource.
- **Basic Design Ideas:** If you have any of the Zentangle books, take time to peruse them for design ideas. You can simply fill your project with what is called a 'string' (a line that breaks up the area into random areas to fill with stitching) or choose a simple motif as a focal point that you will expand upon and 'embellish' with additional stitching.

