

#087

# POCKET QUILT

A tiny but  
mighty reminder,  
to carry with you

AMY KALLISSA



# YOU'LL NEED...

- Fabric Scraps
- General Sewing Supplies

Includes photographic piecing instructions and  
“Pocket Quilt” verse tags to cut out..

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## POCKET QUILTS

The idea of pocket quilts have been around for some time. You may have seen them called "Pocket Prayer Quilts". As so many people have different beliefs and ideologies today, I find that the main thing that people appreciate and connect with is kindness and support. Just a little bit from each person can go such a long way!

Often we are such a reactive culture, we wait until disaster or sadness hits to take a step back from our daily lives and and pitch in to help. What if kindness wasn't a decision we had to choose, but rather a natural unconscious thought process?

Pocket Quilts may be tiny, but they are mighty! They take nothing more than a few small scraps that are easily sewn together. Something so incredibly simple with the ability to gift the greatest gestures of all. They're easy to post in the mail, to randomly place in hidden places for people to find, to make in bulk and hand out to anyone who may need it.

- Be the reason someone smiles today.

1



Start by sorting through your fabric scraps and finding 8 pieces of fabric that you can cut a 2" x 2" square from.

Cut each of your scraps into 2" squares and arrange them into two lots of 2 x 2 squares as shown.

3



Take both of these pieces and position them, right sides together, with the seams locking together. Pin to keep in place and sew.

Open and press the seam to one side.

2



You'll be making two lots of 2 x 2 squares.

**NOTE: All seams are 1/4" unless otherwise stated.**

To start, take two squares and sew them, right sides together. Open and press the seams to one side. Take the other two squares and sew them right sides together. Open and press the seams in the opposite direction.

4



Take your four remaining squares and repeat steps 2 & 3 to create a second 2 x 2 square.



Take your two 4 x 4 squares and place them right sides together. Pin around the edges so that they stay in place and sew around the edges as shown in the photo, leaving a small gap. Be sure to back stitch at both the start and the beginning to avoid stitches becoming undone in the next step. Snip the corners off as shown.



Turn your Pocket Quilt inside out, gently pushing the corners and seams into place without piercing them.

gently press with an iron, being sure that the seams at the opening stay inside the Pocket Quilt.



Top stitch around the Pocket Quilt, approximately 1/8th of an inch from the edge, being sure to capture the seam allowance where you left it open for turning. If you like, you can quilt it further. I generally quilt from corner to corner. On the second or third edge, I like to sew in the small tag that I've created. I like to print mine on Vellum. The recipient can decide whether to leave it on or not.



You're all done!

Your Pocket Quilt is ready to go out into the world to spread happiness and support!

Don't forget to share a photo of your handiwork and inspire others on social media and tag "#amykallissa" so that I can check it out too!

- POCKET QUILT -

This quilt was made just for you to keep in your pocket or bag. Throughout the day, as your fingers touch it, let it offer you a moment of calm and perspective and remind you that you are loved, just as you are.

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