

Challenge 2021-2022 Journal Threading

With permission from an article by Andrea Bard

Journal Threading is also known as a Stitch Diary. For those who like to embroider or cross stitch, and/or keep written diaries, this is a combination of the two.

The template is a 12 section pie chart. Sections can be divided into months (Hebrew or secular), or seasons, or family members, etc.

You can make tiny sketches or stitch freehand of an event on any day, or your feelings, or where you went -or the room you stayed home in- because we haven't gone anywhere, or the weather (very Canadian!)

There are no rules for making a stitched record of something that the day happened to bring to mind.

The goal is to create a piece that is personal to you.

Each section represents a month.

If you are a planner, you can draw a whole week's worth of doodles in the section you are working on, and stitch them with all different threads.

If you don't stitch every day, and like to wait until you have a week's worth, doodling every day is helpful.

Mark your designs on your fabric with the Micron pen or fabric pencil

Materials:

10-12 inch embroidery hoop

100% cotton/linen fabric or cross stitch Aida cloth

Fabric backing stabilizer (optional – good to use if you are adding beads or buttons)

Embroidery floss or cotton thread

Embroidery needle(s) and any other appropriate needle (eg. beading needle)

Thimble, if you use one

Optional: Micron pen size 005, or erasable fabric pencil/marker if you are a plan-ahead type

Where to get this?

Online ordering: Fabricland, Lens Mill have all of this. Michaels has the floss, hoop, markers, and sometimes, Aida cloth. Joann fabrics in the US.

And then, of course, there's finding it all at home in the "collection."

Resources... videos

Pinterest ... just meander through. Ideas galore!

Journal threading, embroidery, quilting, buttons, beading....pomegranates; pick a topic, any topic!

Youtube... you can learn almost anything on Youtube!

Very basic embroidery stitches...(Michaels)

<https://www.youtube.com/watch?v=go89e8xpVYs>

Embroidery hacks.... <https://www.youtube.com/watch?v=ab5wA1bSaYA>

Very odd stitches..... <https://www.youtube.com/watch?v=sib-U2Np7G8>

More beginners..... florals: <https://www.youtube.com/watch?v=VwPqQdrjJQ0>

Blogs with lots of free tutorials:

<https://www.thesprucecrafts.com/stitches-every-embroiderer-should-know-4122123>

<https://www.instructables.com/Embroidery-Class/>

<https://www.needlenthread.com/2020/07/free-embroidery-stitch-tutorials-tips.html>

