

Connections, A slow stitched journal

a workshop with Janet Scruggs



In the world everything is interconnected and this interdependency provides the means to survive and flourish. When we slow down and connect to our creative process and to our materials instead of focusing on a goal, we can work in a way that is intuitive and in response to each component. We can embrace mistakes and imperfection recognizing that the outcome is secondary to the process.

In this 2 day workshop, we will connect with the process of mixing elements such as paper, fabric and thread in meaningful ways. While we seek to be intuitive and responsive, we will begin with some basics of composition, colour and collage. We will learn to create elements that can be used to tell our slow stitch stories. These will include faux rice paper, waxing papers, and the Japanese process of Momigami. On the fabric side, we will learn to use sandpaper and crayons for colouring in addition to including several different types of textiles on our pages. Stitch and embellishments will connect and integrate our textile and paper elements. We will learn to make fabric cords, paper sequins, to stitch over washers, and include images, buttons, stitched card shapes and twigs.

Join instructor Janet Scruggs for this exploration of slow stitching.

