

## EGA Stitch Along Facebook Group February 2023 Project Guide

It's February, y'all! There is so much to celebrate this month. February 14<sup>th</sup> is Valentine's day...when we celebrate love and kindness. For all of February, we celebrate Black History...when we honor the triumphs and struggles of Black Americans through history. It's also National Embroidery Month...when we all celebrate this wonderful and beautiful hobby that we love so much. For all of these reasons, we're going to fill our hearts with stitching!

When I saw these adorable mini embroidery hoops on Amazon, I knew I had to use them for a project. These are so fun! When you're done with your heart (or hearts) you can use them as pendants or ornaments.



### Recommended Supplies

- Heart shaped mini embroidery hoops (I got mine on Amazon...[here's the link](#))
- Assorted needles of your choice
- Background fabric (I recommend avoiding anything that's super thick or chunky).
- Floss, beads, and charms of your choice
- Craft glue
- Frixion (heat erasable) pen
- Precision screwdriver or eyeglass repair kit screwdriver
- Large jump ring & chain if you're going to make it a pendant

\*\* If you don't want to use the mini hoops, that's okay. Use a Frixion pen to draw a heart on your fabric and fill your heart with stitching...you don't have to make a purchase for this project!

### If you're using the mini hoops:

Each hoop kit comes with a mini hoop and two pieces of wood that are the same shape. One is slightly smaller than the other. The smaller one is the one you'll use first.

Place the smaller piece on your ground fabric and use the Frixion pen to trace an outline around it. This will define your stitching area.

Stitch whatever design you'd like. It's your heart to fill! What's your fancy?

When you're done with your stitching, cut around the heart shape so that you have about ½ inch of fabric left outside the design line.

Using a needle and thread, lace the back until the embroidery is secure. Make sure you adjust the position as you go and keep it centered. Need to see it done? [Here's a great video](#) on the finishing technique I used.

Now carefully insert the embroidery into the hoop, being careful not to stretch the wood ring too much. They can break! They're not real embroidery hoops. 😊

If you're making a pendant, make sure you put a jump ring around the screw as you're inserting it so your pendant hangs correctly.

Use a precision screwdriver or eyeglass repair kit screwdriver to turn the screw. Don't tighten too much! Using craft glue, secure the larger wood shape to the back of the hoop to finish it.

For the ribbon embroidery heart, I used scraps of ribbon I had in my stash from other projects.

For the Black History heart, I used DMC 666, 742, and 909.

Whether you use the mini hoops or just draw your own heart, I hope you have fun filling your hearts with stitching this month. Share your hearts in our EGA SAL Facebook group so we can all see your creativity. I know I'm not done making hearts this month...I have more ideas. Sharing what we've done helps inspire and motivate all of us in this amazing art that we love so much.