



Sew Simply Stitched

QUILTING & SEWING RETREAT

MARCH 25-28, 2026

UINTAH CONFERENCE CENTER VERNAL, UT

www.sewsimplystitched.com

Class:	<i>Journaling & Storytelling in Quilts</i>	
Date/Time:	Friday, March 27, 2026	Noon to 3:00 pm
Instructor:	Jennifer Harrison jennifersharrison@gmail.com	
Class Tuition:	\$40	
Class Kit:	N/A	
Skill Level:	All Skills Welcome	



Class Description:

Come design a quilt block that tells your story! A favorite vacation, meaningful experience, stage in life, difficult challenge, or any other memory or feeling can become a quilt. In this class, you will design a quilt block that expresses your personal experience. Your instructor will lead you through exercises that help you choose color, design, shape, and technique based on your vision, tastes and skill level. You get to decide how far you take it: an entire quilt, a few blocks, or simply an exercise in mindfulness. In class progress will vary by person - watch for emails in weeks before the retreat to get a head start in your brainstorming, or get started in class. **Join us for a thoughtful, no pressure, creative experience and learn simple ways to be a more mindful maker!**

Fabric Requirements:

Will vary by student depending on your design, but your first block(s) can come from scraps and/or stash.

Supplies Needed:

- Pencil and paper for sketching (I prefer a graph paper ruled composition book).
- Colored pencils or markers if you want to really explore color on paper before playing with fabric.
- Bring fabric pieces based on colors/designs you want to explore

****No sewing machine needed for class**