



# Heart Hands

## Sunrise Retreats participant BLANKET

### Objective

To provide handmade fleece blankets for retreat participants that enhance their overall wellbeing and comfort during and after the retreat. Blankets are handmade by past retreat participants to welcome participants into the larger community and foster feelings of support, care, comfort, and community.

### Tasks

- Contact and gather materials from donors/vendors or purchase. (see directions to make below). If there is an in-kind donation for fabric/materials see below.
- Use in-kind donation form as receipt to all those who donate items. (additional form)
- Respond to donors with thank you email/card.
- Return donor correspondence to [info@sunriseretreat.org](mailto:info@sunriseretreat.org) or current form so that donor requests can be completed (some donors have logos and want to be recognized on social or other places).
- Make 24-30 blankets per year (12-15/retreat in May and 12-15/retreat in September)
- Deliver blankets to retreat liaison prior to departure to Fairfield, ID.

### Supplies:

- fabric scissors
- 1.5 or 2 yards of fleece fabric in two colors/patterns (get the same amount for each color for a total of 1.5-2 yards, for example 1 yard yellow, 1 yard flower print. This is for each blanket so you will need a total of (for example) 24 yards if you are making 12 blankets. Coordinating prints/solids in the Sunrise color scheme are preferred. (yellow, gold, turquoise, cream etc.)
- rotary cutter, fabric ruler, and cutting mat (optional but helpful and it also comes in a set!)
- paper or thin cardboard for cutting template (optional)

Written instructions here:

<https://abeautifulmess.com/easy-no-sew-fleece-tie-blanket/#:~:text=While%20the%20size%20of%20your,shared%20or%20for%20an%20adult.>

YouTube instructions here:

<https://www.youtube.com/watch?v=HEcJmcqX3go>



