

PRAYER POCKET – SEWING PROJECT

Supplies

See pattern on next page.

Cotton fabric, 4-1/2” square, cut 2

Cotton fabric pocket in coordinating fabric, 4-1/2” sq, cut 1

Pellon one-sided fusible thin interfacing, 4-1/2” sq, cut 1

(or use thin batting instead of interfacing)



Instructions

1. Cut out all parts.
2. Place fusible interfacing on wrong side of one back with “bumpy” side against fabric and iron together, using thin cloth to cover as you iron.
3. Fold pocket fabric in half, wrong sides together. Iron. Sew along folded edge, about 1/8 to 1/4” in from edge.
4. If desired, add embellishment to pocket (i.e., heart).
5. Layer pieces:
 - Back without batting right side up (this is backside of pocket)
 - Pocket on bottom half, with folded edge in middle (wrong side up)
 - Back with batting face up & right side of fabric face down (this is piece right behind pocket)
6. Pin or clip altogether.
7. Sew around 1/4” seam, leave ~2” opening on bottom, backstitch at start & end.
8. Clip 4 corners.
9. Turn between pocket & fabric without batting, push out corners (chopstick works well).
10. Iron flat.
11. Pin opening closed, if desired.
12. Top stitch 1/8” seam around all sides.

(AdventHealth Orlando includes a prayer & provides to cardiology patients.)

Pocket Square

4-1/2" high x 4-1/2" wide