PRAYER POCKET – SEWING PROJECT

Supplies

Cotton fabric back, 2 pieces, 4-1/2 H x 4-1/4 W. See pattern on next page.

Cotton fabric pocket in coordinating fabric, 1 piece, same size. Pellon fusible featherweight interfacing or low loft batting, 1 piece, same size (i.e., thin batting is Quilters Dream Cotton "Request," available at Sewing Studio).



Instructions

- 1. Cut out all parts.
- 2. Place interfacing on wrong side of one back with "bumpy" side against fabric and iron together, using thin cloth to cover as you iron. Or use batting.
- 3. Fold pocket in half, wrong sides together, top to bottom (4-1/4" 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 <u>right side up</u> (this is back of pocket)
- -Pocket on bottom half, with folded edge in middle (wrong side up if prefer one stitched side over the other).
- -Back with <u>batting facing up</u> & right side of fabric facing down (this is piece behind pocket)
- 6. Pin or clip altogether.
- 7. Sew around 1/4" seam, leave ~ 2 " opening on bottom. Backstitch at both start & end.
- 8. Clip 4 corners.
- 9. Turn between pocket & back, push out corners (chopstick works well).
- 10. Iron flat.
- 11. Pin opening closed, if needed.
- 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