

Circle of Courage Quilt

Created by Nina McVeigh

“...Everything the Power of the World does is done in a circle. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nest in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were...”

Excerpt from **Black Elk Speaks, the Oglala Sioux** by author John G. Neihardt (1932)

Supplies

Machine & Accessories

- BERNINA Sewing Machine
- Open Embroidery Foot #20/20C/20D
- Patchwork Foot #97/97D or #37/37D or #57/57D

To Cut Circles with the CutWork Tool (optional):

- BERNINA Embroidery Module
- BERNINA DesignWorks Software
- BERNINA Jumbo Hoop (or largest available)
- CutWork Tool
- Echo Quilting & CutWork Foot #44
- Straight Stitch/CutWork Stitch Plate

Fabric

- 1 ½ yds Center Background
- ¼ yd each of 6 Prints for Circles
- ⅔ yd First Border and Circles
- ¾ yd Second Border
- ¾ yd Binding
- 3 yds Outer Border
- 4 yds Backing

Notions

- 4 ½ yds Fusible Web
- 2 yds of 90" Batting
- OESD StabilStick Stabilizer
- Threads for Seaming, Appliqué and Quilting
- Universal Needle - Size 80/12
- Quilting Needle - Size 90/14



Finished Size 65" X 75"

Cutting

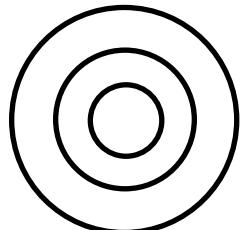
Borders

- First Border 6—2" X WOF
- Second Border 6—3" X WOF
- Outer Border 8—8" X WOF

Circles

These may be stacked and cut inside each other.

- 8 ¾" (215mm)
- 5 ¾" (146mm)
- 3 ½" (93mm)



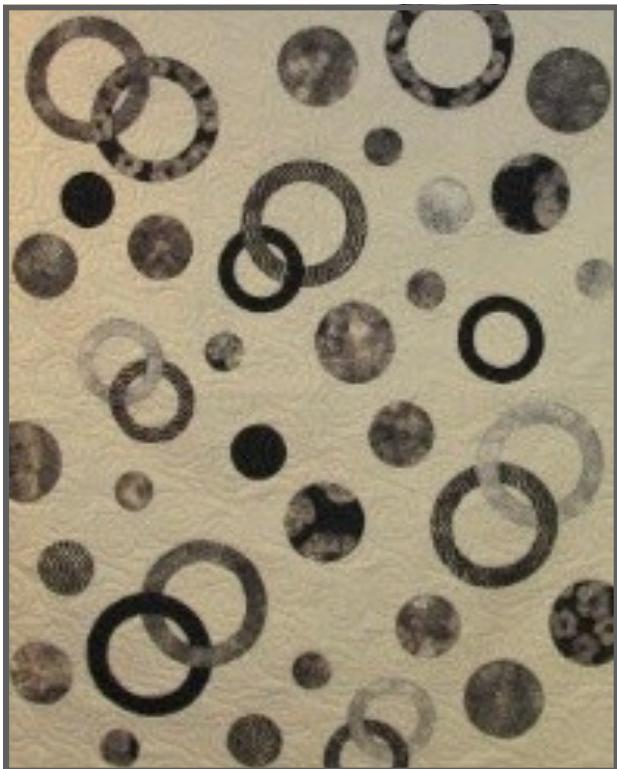
Cut solid circles the following sizes.

- 5 ¼" (135mm)
- 4 ½" (110mm)
- 2 ½" (66mm)

BERNINA CutWork Tool may be used.

Cutting the Circles

- Use the six prints plus fabric from the first border to cut the circles.
- **If scissor-cutting the circles**, draw the various size circles on the fusible web and fuse to the back of the desired fabric prints. The first three circle sizes may be drawn one inside the other as the two outer circles will be rings rather than filled-in circles. Cut out.
- **If using the CutWork Tool**, create the CutWork files in the BERNINA DesignWorks Software as directed in the box on the right. *Note: This set up is for a B 830 or B 880 using a Jumbo Hoop. If using a B 750, B 780 or other model, the circle sizes will need to be adjusted to fit within the embroidery field of the machine.*
- To prepare the fabrics for cutting with the CutWork Tool, cut pieces of the circle fabrics 10" X 12" and back with fusible web. Hoop a piece of Stabil-Stick Stabilizer in the Jumbo Hoop. Next, layer eight pieces of the backed circle fabrics and place another piece of StabilStick Stabilizer on top.
- Open the first CutWork file of the Nested Rings in the embroidery mode of the machine. Use the Hoop Basting function to baste all the layers together. Continue with the stitching and cutting. This will give you the large and small rings as well as eight circles.
- Prepare another group of eight fabrics and hoop with the StabilStick Stabilizer as you did with the first group. Cut the second file of three circles.
- You will now have plenty of circles to layout on the background fabric.
- Prepare the background fabric by pressing it to remove the center fold.



Creating CutWork Tool Files

Open BERNINA DesignWorks Software.

Using the Ellipse Tool, create three circles:

215mm

In Object Properties, select CutWork>Running Before>Offset 1.0.

146mm

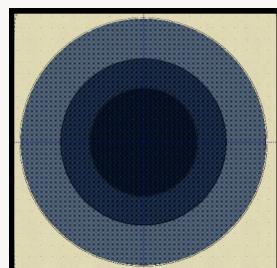
In Object Properties, select CutWork>Running Before>Offset 0.7.

93mm

In Object Properties, select CutWork>Running Before>Offset 1.0.

Layer the circles, centering on top of each other. With all three circles selected, center horizontally and vertically.

Select all three circles>right click >combine.



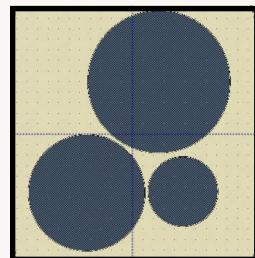
**When nesting the circles for CutWork, the basting stitches need to be removed after cutting in order for all circles to be used.*

Prepare a second file, creating three individual circles:

135mm—110mm—66mm.

In Object Properties select Cutwork>Running Before>Offset 1.0.

Select all three circles >right click>combine.



- Arrange the circles on the background fabric as shown in the photo on page 2. Cut open one circle ring to interlock with another ring. Remove the paper backing and press in place.
- It will add interest to let a few of the circles fall off the edges of the background fabric.

Appliquéd

- Set-up the sewing machine for appliquéd by attaching the Open Embroidery Foot #20/#20C/#20D. *Consider using the 5.5mm foot when using an appliquéd stitch narrower than 5.5mm.
- Select the Blanket Stitch #1329. Set the length at 3.0 and the width at 3.0. Move the needle to the far right. The Blanket Stitch will be formed just inside the right toe of the foot.
- To create a more visible appliquéd stitch, a heavier thread such as Mettler Cordonnet could be used. When using a heavier thread, use a Topstitch Needle - Size 100/16 . You may also want to adjust the width and length of the stitch, widening and lengthening it to make it more appropriate for the heavier thread.
- Another option would be to use the Double Blanket Stitch #1330 with regular thread.
- Guide the edge of the appliquéd piece just inside the right toe of the foot so the needle drops just off the edge of the appliquéd and the Blanket Stitch is formed on the fabric edge of the appliquéd.
- When all circles have been appliquéd, press and square up the background fabric to 52 ½" X 42 ½". Mark the center of each side.

Borders

- Using the Border strips cut from each of the border fabrics, seam end to end with mitered seams to create border strips in the following lengths:

First Border

2 strips 50"
2 strips 60"

Second Border

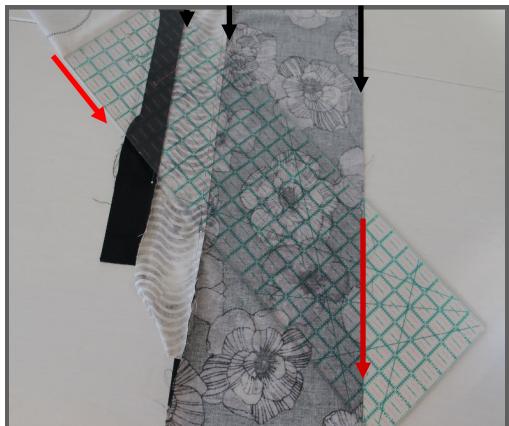
2 strips 54"
2 strips 64"

Outer Border

2 strips 67"
2 strips 77"



- Fold the border strips in half lengthwise marking the center of each border strip.
- Beginning with the first border, seam the first, second and outer border strips together matching the centers. You will have four border strip sets when finished.
- Attach the border strip sets to the quilt, beginning with the top and bottom borders. Center the border sets on the top and bottom edges of the quilt center. Start the seam $\frac{1}{4}$ " in from the edge of the quilt center. End the seam $\frac{1}{4}$ " in from the edge of the quilt center.
- Add the side borders, centering them on each side of the quilt. Begin stitching a $\frac{1}{4}$ " in from the edge. Ideally the seam will start and end where the seam for the previous border started or ended.
- Fold the quilt at a 45° angle making sure the edges of two adjacent borders are even. Check and make sure the seams of the borders also match.
- Lay a ruler along the fold, using the 45° line on the edge of the borders. Draw a line on the borders. This line should be a continuation of the fold.
- Stitch on this line. Trim seam to $\frac{1}{4}$ " and press open. This will give you a perfect miter!



Quilting

- Layer the quilt backing, batting and top. Quilt as desired.
- This quilt was quilted on the BERNINA Quilt Frame with the BERNINA 820 and Quilt Motion Touch.



- Bind the quilt as desired.



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