

Quilting Project

Phoenix Rising

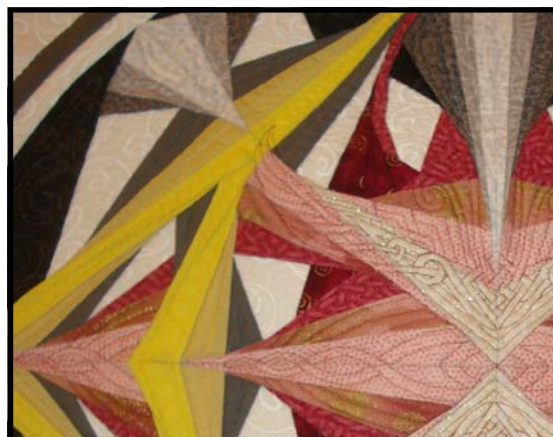
Created by ReNae Merrill
Based on her book
Magnificent Spiral
Mandala Quilts



It's hard to believe, but there are no curved seams in this quilt. Every spiral is created with twisted log cabin blocks and sewn in straight lines.

For a complete supply list and instructions for creating the Phoenix Rising mandala, see Through the Needle ONLINE, Issue #17.

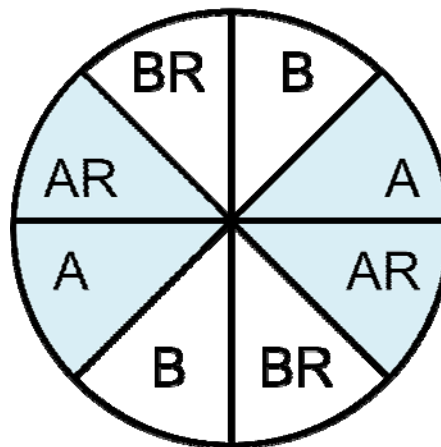
*Finished quilt: 30" diameter
(Mandala: 20" diameter)*



Color	Cutting Instructions (44" Width of Fabric/WOF)
White	<ul style="list-style-type: none"> 1 square, 27" x 27" (Background) 5 strips, 1" x 27", join and cut into 4 equal strips (Border 2)
Solid Black	<ul style="list-style-type: none"> 4 strips, 1¾" x WOF (Border 3) 4 strips, 2¼" x WOF; join with bias seams into one continuous strip (Binding) 1 square, 22" x 22" (for facing for finished mandala)
Solid Dark Gray (Gray #5)	<ul style="list-style-type: none"> 4 strips, 1" x WOF (Border 1) Bias strips, 1⅝" wide; cut enough to join with bias seams into one continuous strip measuring 70" long (Circle around Mandala)
Backing	<ul style="list-style-type: none"> 1 square, 36" x 36" Use remainder for hanging sleeve

Assemble the Mandala

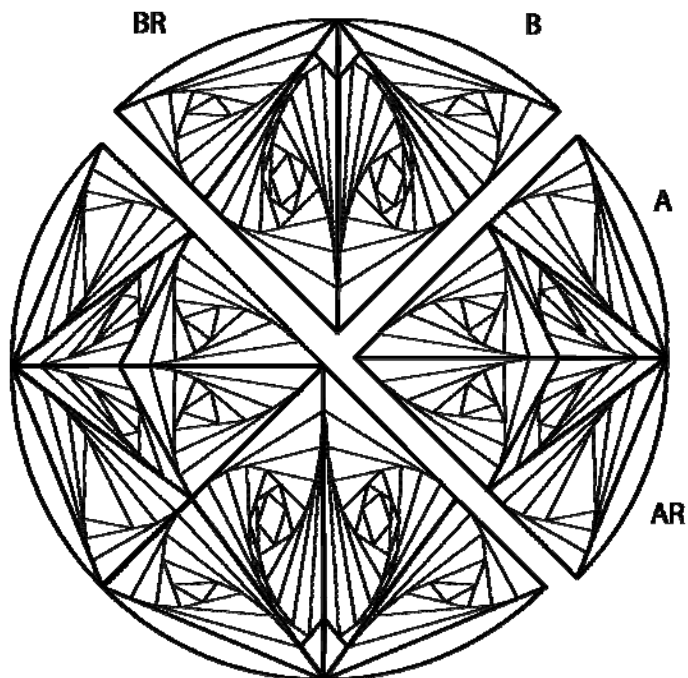
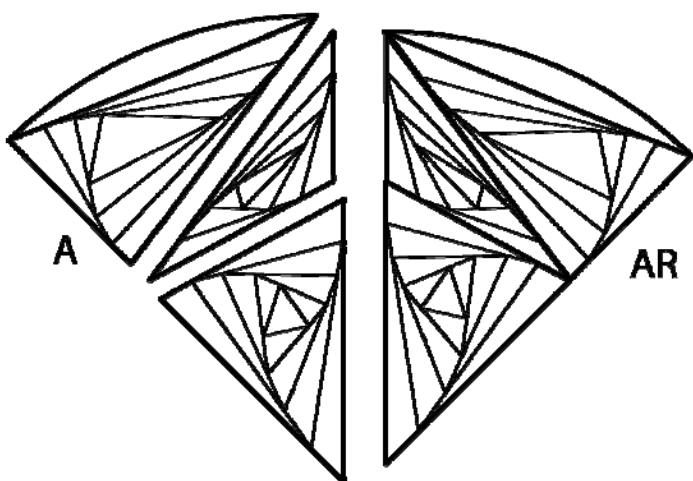
- Before sewing the spirals together, arrange spirals and background pieces in their final positions. Look at the photo above and the diagram below for correct positioning.



- Join the spirals in to eight wedges:

- ◊ Two A wedges
- ◊ Two AR wedges
- ◊ Two B wedges
- ◊ Two BR wedges

Note: Even though you will leave in the foundation, remove it at the corners where the seams intersect, to reduce bulk. Sew the first seam with the foundation in, then remove the corner of the foundation before sewing the second seam.



Mount the Mandala

- Press the mandala well. Allow the bulk of the seams to fall in the natural direction, but smooth out twisted seams on the front of the quilt.
- Lay the facing (22" black square) face up on a flat surface. Pull it taut—but not tight—and tape it on all sides.
- Lay the assembled mandala face down on the facing fabric. Pin generously around the edge.
- Before stitching around the mandala, remove the foundation paper from the seam intersections.
- Stitch along the seam lines at the edge of the foundation all the way around the mandala. Double-stitch over points or curves where you'll need to trim or clip the seam to turn the mandala right side out.
- Cut away the center of the facing fabric, leaving 2"-3" inside the outer edge of the mandala. Clip V's in the seam allowances where necessary to turn the seam smoothly, but don't clip unless it is necessary. Trim away excess seam allowances and grade the seams at bulky intersections.
- Remove the foundation around the outer edge seam of the mandala, even though you will leave the rest of the foundation in place.

- Turn the mandala right side out with the facing to the back. If the facing is a bit loose, stitching a running stitch around the edge and use it like a drawstring to tighten the facing just enough to pull the seam under the edge.
- Press the seam around the edge of the mandala so the facing doesn't show from the front. Bulky seams may not turn under enough to completely hide the edge of the facing; this is why we used a matching fabric.
- Prepare the 27" white background square. Fold it in half from top to bottom and press a line across the center, then fold it in half side to side and press a line in the other direction.
- Baste the mandala into position on the background, aligning the seams between wedges with the pressed lines, top to bottom and side to side.

- Applique the mandala to the background by hand or by machine with a narrow zigzag stitch that just catches the edge of the mandala.
- Square up the background if necessary.

Stitch the Borders

- Sew together a Border 1 strip, a Border 2 strip, and a Border 3 strip to make one border set. Repeat to make a total of four border sets.
- Sew a border set to each side of the background fabric. Miter the corners, matching the seams of the border sets.

For more quilting projects visit

<http://www.bernina.com/en-US/Experience/Overview#/Sewing - Embroidery/Quilting>



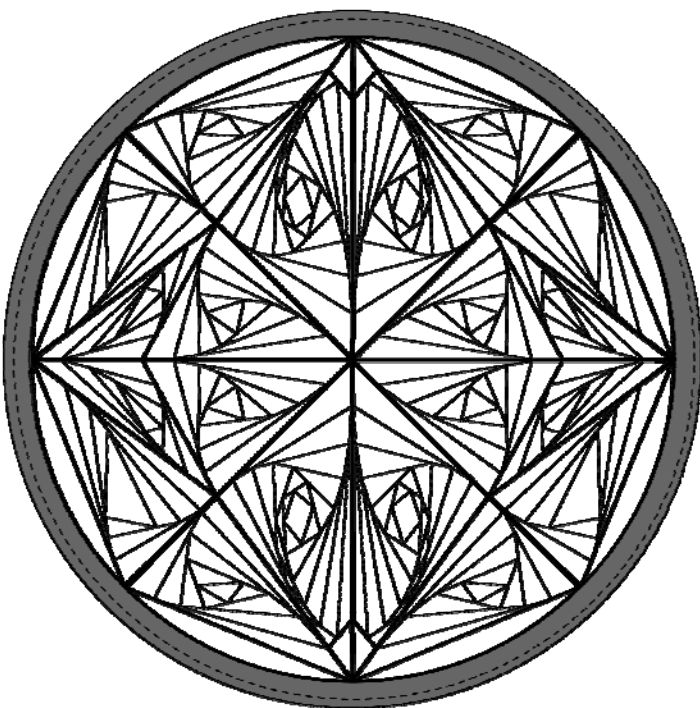
Quilt the Mandala

- If desired, reduce bulk by cutting away the back-ground fabric behind the mandala, as well as trimming away the excess fabric.
- Sandwich the batting between the top and the backing fabric.
- Quilt the mandala.

Quilt the white background, leaving $\frac{3}{4}$ " unquilted around the mandala.

Add the Mandala Border

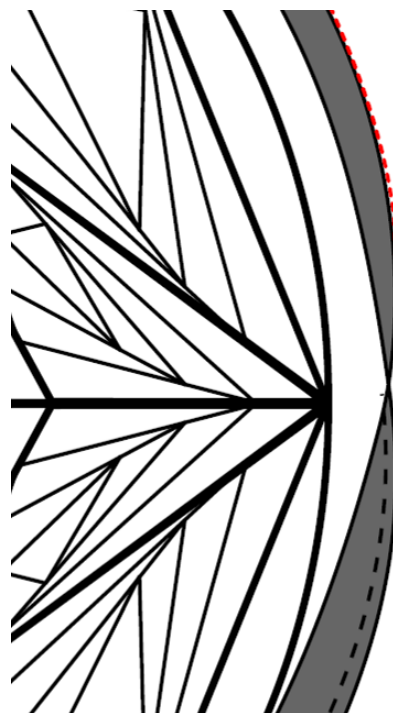
- Join the $1\frac{5}{8}$ "-wide bias strips, using diagonal seams, to make one continuous strip 80" long. Press this strip in half lengthwise.
- Pin the bias strip around the mandala with the folded edge against the edge of the mandala. *Do not stretch the raw edge!* Not stretching the raw edge ensures that the folded edge will have some slack to it.
- Sew the bias strip $\frac{1}{4}$ " from the raw edge ($\frac{1}{2}$ " from the folded edge).



- Press the strip outward, with the folded edge covering the raw edges. (The slack in the folded

edge will stretch out now.)

- Tuck the ends of the bias strips under each other to finish the circle neatly.
- Stitch the folded edge to the quilt, either by hand through a single layer of fabric, or using a narrow



machine zigzag through all layers.

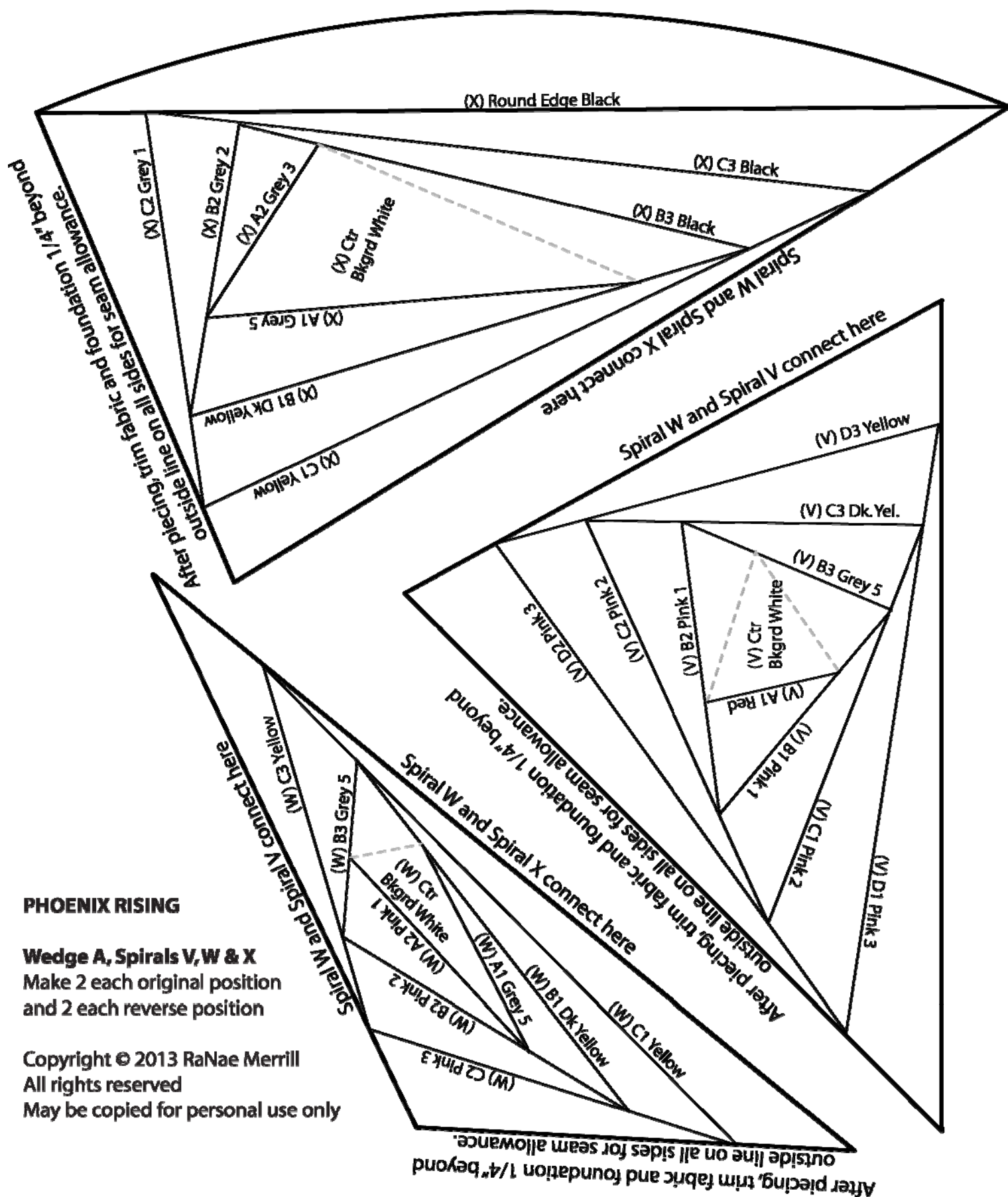
Finish the Quilt

- Bind the quilt with a standard double-fold binding finishing at $\frac{1}{2}$ " wide.
 - ◊ Join the binding strips with diagonal seams at the ends
 - ◊ Press the strips in half lengthwise.
 - ◊ Align the raw edges of the binding with the right side of the trimmed edge of the quilt.
 - ◊ Stitch $\frac{1}{4}$ " from the raw edges.
 - ◊ Turn the folded edge to the back of the quilt and hand-stitch it in place.

Complete illustrated instructions for a standard $\frac{1}{2}$ "-wide double-fold binding can be found on the Spiromaniacs Blog at <http://spiromaniacs.wordpress.com/virtual-classroom/basic-quilting-techniques/> under Binding a Quilt.

For more free sewing projects visit

[http://www.bernina.com/en-US/Experience/Overview#/Sewing - Embroidery](http://www.bernina.com/en-US/Experience/Overview#/Sewing-Embroidery)

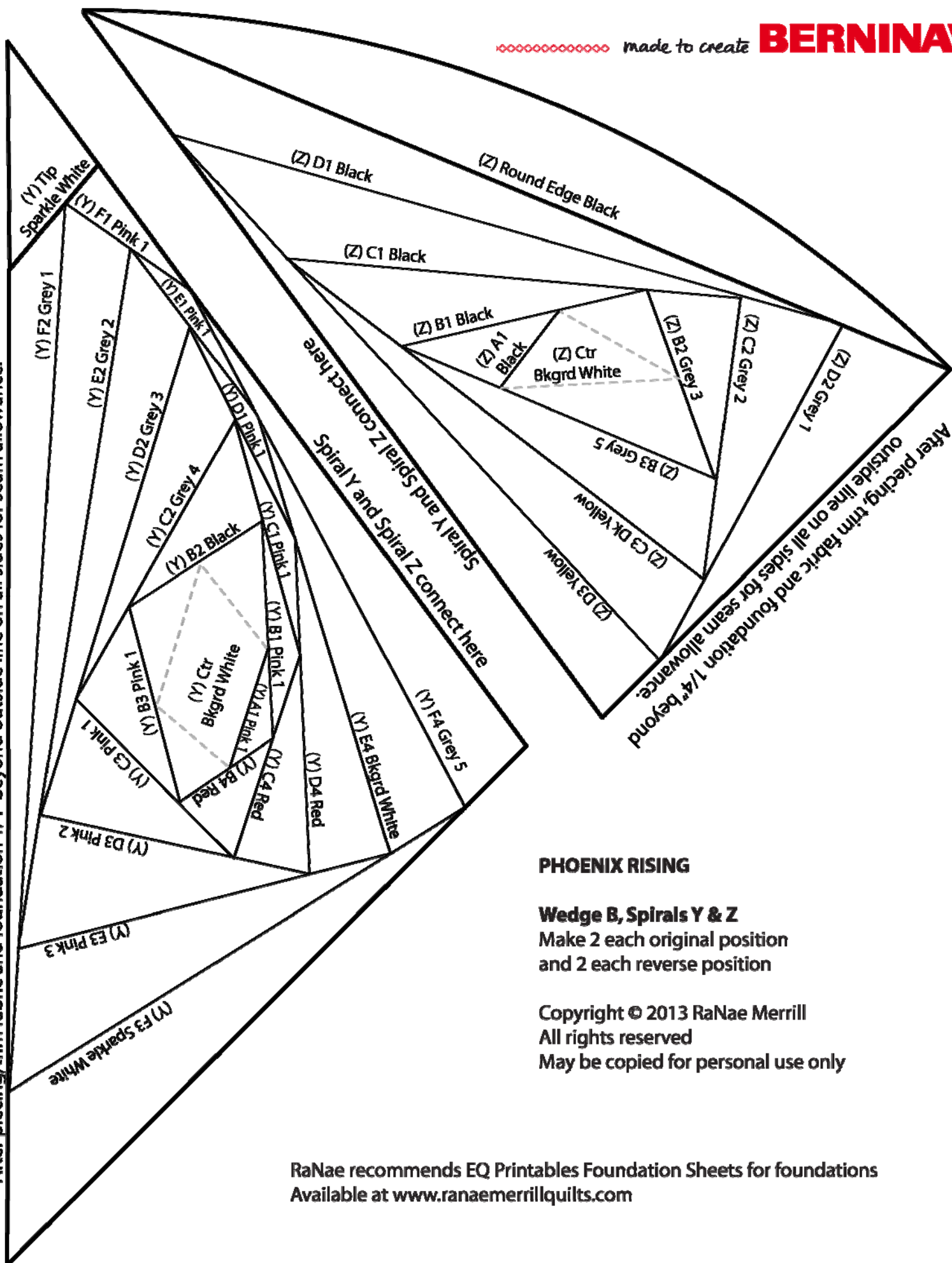


PHOENIX RISING

Wedge A, Spirals V, W & X
Make 2 each original position
and 2 each reverse position

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After piecing, trim fabric and foundation 1/4" beyond outside line on all sides for seam allowance.



PHOENIX RISING

Wedge B, Spirals Y & Z

Make 2 each original position
and 2 each reverse position

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RaNae recommends EQ Printables Foundation Sheets for foundations
Available at www.ranaemerrillquilts.com