

# Quilting & Scrapbooking Retreat September 27 - 29, 2019

Shekinah Retreat Centre  
Waldheim, SK  
306.945.4929



## Retreat Schedule

### Friday, September 27

9:00am Arrival of Option 1 Participants  
12:00pm Lunch  
4:00pm Arrival of Option 2 Participants  
4:30pm Quilting & Scrapbooking Instruction  
6:00pm Supper  
7:00pm Garage Sale (optional)  
9:00pm Session Speaker

### Saturday, September 28

8:30am Breakfast  
10:00am Quilting & Scrapbooking Instruction  
12:00pm Lunch  
2:00pm Quilting & Scrapbooking Instruction  
6:00pm Supper  
7:30pm Show & Tell  
9:00pm Session Speaker

### Sunday, September 29

8:30am Breakfast  
11:30am Session Speaker  
12:00pm Lunch  
3:30pm Departure

## Resources

### Quilting Instructors and Vendors

**Patti Erikson-Reynolds and Sandy Cook**  
from **Periwinkle Quilting & Beyond**

*Friday afternoon - Ruler Quilting*

*Saturday morning - Jelly Roll Rug*

*Saturday afternoon - Sashers & Binding Making*

### Scrapbooking Instructor and Vendor

**Laurie Jefferies**

*Friday afternoon - Using Colour in Papercrafting*

*Saturday morning - Making Shaker Cards*

*Saturday afternoon - Using Stencils in Papercrafting*

### Session Speaker

**Pauline Steinman**

*Weekend Theme: Self-Care*

*Meet in the Chapel for each session*

### Registered Massage Therapists

**Rachelle Friesen and Maureen Karpen**

### Esthetician (Manicures & Pedicures)

**Tiffany Balla**

*Crafters with other creative pastimes are welcome to join the retreat.*

## REGISTRATION FORM

Quilting       Scrapbooking       Other (i.e. painting, crocheting, embroidery, etc.)

Name \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Ph # \_\_\_\_\_

Dietary Particulars \_\_\_\_\_

**Option 1** - Arrive Friday at 9:00am, depart Sunday at 3:30pm (7 meals and 2 nights)

**\$310** (taxes included)

**Option 2** - Arrive Friday at 4:00pm, depart Sunday at 3:30pm (6 meals and 2 nights)

**\$275** (taxes included)

Register and make your payment online at [www.shekinahretreatcentre.org](http://www.shekinahretreatcentre.org). If you would like to pay by cheque, please mail your registration form and payment to:

**Shekinah Retreat Centre**, Box 490, Waldheim, SK S0K 4R0

## Additional Information

### What to Bring

- Sleeping bag or linens, pillow, towel, personal items
- Materials you will need to work on your projects, lamp, extension cord, power bar, iron
- Snacks

### Garage Sale Buy & Sell - Friday night

Do you have new or gently used quilting, scrapbooking or craft supplies that you'd like to sell? Bring your items pre-marked with garage sale price tags. This would be a great time to stock up on new-to-you items. Bring cash or cheques to pay the seller.

### Show & Tell - Saturday night

Be prepared to tell your friends a little bit about the project you've be working on during the weekend.

### Facebook Group

Shekinah Retreat Centre has a Facebook page - **Not Just Quilters and Scrapbookers**. Ask to join so you can stay in touch with the friends you make at the retreat, keep up to date on plans for future retreats, and share your finished projects.

### Registration deadline: September 20, 2019

If you cancel after the September 20th deadline, Shekinah will refund your registration costs, minus a \$65 administration fee.



# Quilting Instruction

**Patti Erikson-Reynolds and Sandy Stansbury**

## **Ruler Quilting**

This is an introduction to the fun of quilting with rulers. It's a great technique to add to your quilting arsenal. To be successful with ruler quilting you must be comfortable (but not necessarily good) with free motion quilting. You will need: *Sewing machine table - a flat surface is required to support the rulers Teflon mat aka Supreme Slider Machine quilting gloves if your hands are dry. Ruler foot specific to your machine, quilting rulers, a few quilt sandwiches approximately 12" x 12", contrasting thread, thread snips, marking pen or pencil.*

## **Jelly Roll Rug**

Using a fabric jelly roll and batting you can sew up a fabulous rug for your home. This relatively simple technique is fun and relaxing. For this class you will need: *1 Jelly Roll, 1.25m x 96" batting or 1 Roll of 50yd precut batting, Microtex 90/14 needle, thread to coordinate (about 1200 yds), 3-4 bobbins filled with above thread, Best Press, Flatter or Easy Press Solution to help flatten rug during assembly, 6" ruler and thread snips.*

## **Sashers for Pauline Roger's Quilt As You Go and bias strips and bindings**

These handy tools will make doing dashing, bias strips and bindings a breeze. You will need: *One FQ to practice on, small travel iron, ironing surface, regular or fork pins, sashers, Pauline Roger's book Quilt As You Go ( optional).*

## **Please note that the following will be available for purchase during the retreat:**

Teflon mats, Machine Quilting Gloves, Introductory ruler kit (includes foot and 1 ruler Sampler pack of " next step" rulers), Ruler Quilting Book for sampler rulers, Jelly Roll Rug, Jelly Rolls, Batting, Thread, Needles, starch alternative, Sashers, Pauline Roger's Quilt As You Go Sashers, pins, travel iron, pressing mat.



# Scrapbooking Instruction

**Laurie Jefferies**

All scrapbooking supplies will be provided for the classes - no pre-registration necessary. Products will be available for purchase. Tools, stamps and inks will be available to use as well.



## Registered Massage Therapists

Rachelle Friesen and Maureen Karpen

Rachelle and Maureen will be offering half hour and one hour massages throughout the weekend. You may sign up when you arrive at the retreat, or if you'd like to be assured a spot you may book ahead by contacting the Shekinah office: [director@shekinahretreatcentre.org](mailto:director@shekinahretreatcentre.org)

### Massage Requested (treatment fee payable to the therapist - receipts issued upon request)

- 1/2 hour massage - \$40
- 1 hour massage - \$65



## Licensed Esthetician

Tiffany Balla

Tiffany will be available to pamper you throughout the weekend. You may sign up when you arrive at the retreat, or if you'd like to be assured a spot, you may book ahead by contacting the Shekinah office: [director@shekinahretreatcentre.org](mailto:director@shekinahretreatcentre.org)

### Esthetics (fees payable to the Esthetician)

- Mani-Pedi - \$70  
1.5 hours
- Pedicure (gel polish) - \$55  
1 hour
- Pedicure (regular polish) - \$45  
1 hour
- Manicure (gel polish) - \$35  
30 minutes
- Manicure (regular polish) - \$30  
20 minutes
- Manicure (no polish) - \$25  
20 minutes