

Lutheran Island Camp and Retreat Center

Island Camp, 45011 230th St., Henning, MN 56551

January 22-24, 2010

Mentored Quilting Retreat

This new retreat is being held on the Island at the Retreat House, located east of the Retreat Center. This retreat is designed for the new quilter or a quilter wanting to update their quilting skills. In-house mentor, Linda Menze, will be there during daytime hours (or longer) to assist and share her passion for quilting.

The Retreat House is an opportunity for friends, mothers and daughters, grandmothers and granddaughters, and aunts and nieces, to treat themselves to a few days of uninterrupted quilting, without the cooking and cleaning.

The Retreat House will accommodate 10 – 12 quilters that desire a more intimate atmosphere to work on their own quilting project with the aid of a mentor to boost their confidence in the skills of quilt making. Quilting hours are not regulated so quilting in the comfort of your PJ's is permitted.

Lodging will be in the Retreat House which has two floors (each floor has two bedrooms and a bathroom with shower). The quilters at the Retreat House will join the quilters at the Retreat Center for all meals, devotions, and Show & Tell.

If you are a first timer to a quilt retreat you may be wondering what to bring. The basic supplies are a portable sewing machine in good working order that you are familiar with. Don't forget your cord and foot pedal to operate that sewing machine! Also a multi strip and extension cord to reach the outlets. A self-healing cutting mat, 24" x 18" is recommended. For cutting you will need a long ruler (approx. 4" x 24" recommended) and at least one 6" or 8" square ruler to go with the recommended 45mm rotary cutter (with spare blade). Since pressing is key to accurate quilting an iron and mini ironing board is important. Notions include a seam ripper, scissors, pins, and thread to match projects, or beige or grey is always appropriate.

What projects to bring to retreat? If you already have a specific quilt pattern and fabric, that is a good thing. However, if you are uncertain of what your quilting project/projects should be, go to your local quilt shop or fabric department and ask for assistance. Tell them you are going to a retreat and need a beginner project (if you are truly a beginner). Another option is to purchase twenty or more color coordinated fat quarters or other pre-cut fabric packages and two or three yards of neutral fabric to use as back ground fabric and you will have a good start on learning the basics of one block quilts, sampler quilts, or smaller items such as table runners, baby, and lap quilts. Remember this is a "Retreat". You may not go home with a finished quilt, but you will go home with memories, increased knowledge of quilting, and a peace that comes from being at Lutheran Island Camp.