

# Simply Amazing Nesting Spirals

A Spiral Quilt workshop with RaNae Merrill

In this workshop, you will learn how to draw, color and sew a Nesting spiral block, based on the techniques in RaNae's book *Simply Amazing Spiral Quilts*. We will begin sewing one block in class and you will receive a pattern to finish blocks into hot pads.

**Tools:** (Items marked with an asterisk\* are available on RaNae's website, but if you registered for this class through a local quilt shop, please purchase items through them if you can.)

- \_\_\_\_\_ \*Simply Amazing Spiral Quilts 2nd edition (recommended, but not required) If you have the 1st edition (it has a CD in back) an update is available on the class web page.
- \_\_\_\_\_ Sewing machine (Set-up instructions below)
- \_\_\_\_\_ Basic sewing tools: pins, scissors, etc.
- \_\_\_\_\_ Scissors for paper
- \_\_\_\_\_ Light or neutral colored thread for sewing
- \_\_\_\_\_ 45mm rotary cutter with ruler and mat
- \_\_\_\_\_ Fine-point permanent black pen
- \_\_\_\_\_ Pencil and a *fresh* eraser
- \_\_\_\_\_ Several sheets of white paper 8-1/2" x 11"
- \_\_\_\_\_ Two highlighter pens in different colors (orange, pink or yellow)
- \_\_\_\_\_ 4 plastic page protectors
- \_\_\_\_\_ Scotch tape
- \_\_\_\_\_ Dry-erase markers or erasable crayons in several colors
- \_\_\_\_\_ A full, new roll of double-sided scotch tape (permanent, *not* removable. Scotch brand in the yellow/red box is best. Buy a fresh roll at an office supply store; old tape breaks.)
- \_\_\_\_\_ Masking or painter's tape
- \_\_\_\_\_ \*Add-a-Quarter tool with a card (available for purchase in class)
- \_\_\_\_\_ \*Seam roller (optional, but really helpful)
- \_\_\_\_\_ A gallon-size ziploc bag
- \_\_\_\_\_ Center-line sewing machine foot (see below)
- \_\_\_\_\_ \*1-2 Translucent Foundation Sheets (see below)

## Preparing Class Materials:

Go to the Student-Only Class Materials page at [www.liveonlinequiltclass.com](http://www.liveonlinequiltclass.com) (a link and a password were emailed to you when you registered for the class). Print the In-Class Materials and the Nesting Spirals Web Page on plain white paper. There are additional PDF files on the web page that you may want to print out for reference. Also print 1 copy of the "Create Your Own Nesting Spiral" template (Page 4 of the In-Class Materials) on a sheet of translucent foundation material. Print a couple of extra copies of this template on plain paper.

## Sewing Machine Set-up:

This class focuses primarily on designing spirals, so there will be limited sewing time. You will not finish a block in class, but you can sew along during the sewing demonstration. Thread your machine with light-colored thread. Use a foot that allows you to clearly see lines on the foundation, such as an open-toe foot, or a clear foot with a center-line mark.

**Work Space:** You'll need table space for drawing and designing your spiral.

## Online Class Set Up:

In order to participate in the live online class, you'll need an internet connection and a cell phone or computer with a camera where you can show your work. If you want to use a cell phone, go to Google Play or the App Store to download and install the Zoom Cloud Meetings app onto your phone. You will receive login instructions the day before the class which will include the Meeting ID and password to log into the class.

## About Translucent Foundation Sheets:

Spirals are sewn using paper piecing, so they require a foundation material to which you sew the fabric. For this class we will use non-woven fabric sheets (Fun-Dation by HTC or EQ Printables Foundation Sheets). The sheets are *translucent*, so you can see through them. Since you can see through it, you put fabric on the *front* and sew from the *back*. This means that you don't have to think in mirror-image like you have to do on an opaque foundation. (Traditional paper-piecers take note!) Also, they don't have to be torn out (although they do tear when you want them to) which saves a lot of time in the end.

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Based on RaNae's book *Simply Amazing Spiral Quilts*



**Fabric for 2 Nesting spiral blocks made into pot holders:** (*Yardages are generous*)

Foundation templates drawn, printed or copied on translucent material ( <i>Read explanation on page 1.</i> )	2 sheets 8-1/2" x 11"
<i>Use two solids, or one solid and one print fabric (small to medium pattern). Solids are textures, tone-on-tones or small monochrome prints. For fussy-cut centers, choose a large-scale print in colors that coordinate with the other colors. It is ideal if the backing fabric the same as one of the front fabrics.</i>	
Light color for spiral blocks	1/4 yd
Dark color for spiral blocks	1/4 yd (see "Back of hot pads" below)
Fabric for fussy-cut center (optional)	2 squares 4-1/2" x 4-1/2" with fussy-cut design in center. The design should be no more than 2-1/2" across.
Back of hot pads and binding (can be one of colors in spiral. If so, 1/4 yard listed above is not needed in addition to this.)	5/8 yd (allows 40" binding strip to be cut diagonally without piecing.)
Batting (cotton or wool, not polyester)	2 squares 8-1/2" x 8-1/2" ( <i>Not used in class</i> )
Insulbrite batting (heat resistant, used for hotpads)	2 squares 8-1/2" x 8-1/2" ( <i>Not used in class</i> )

To order *Simply Amazing Spiral Quilts, Magnificent Spiral Mandala Quilts* and other supplies,

go to [www.ranaemerrillquilts.com](http://www.ranaemerrillquilts.com) -- click on "STORE"

Join RaNae on Facebook -- become a friend!

Visit the Spiromaniacs blog (more on *SASQ*) at <http://spiromaniacs.wordpress.com>

Visit the Spiromandalas blog (more on *MSMQ*) at <http://spiromandalas.wordpress.com>

Sign up to receive the Spiromaniacs newsletter and a free pattern at [www.ranaemerrillquilts.com/join](http://www.ranaemerrillquilts.com/join)

For more information about Spiral Quilt workshops and lectures, go to [www.ranaemerrillquilts.com/teaching](http://www.ranaemerrillquilts.com/teaching),

or contact RaNae at [ranae@ranaemerrillquilts.com](mailto:ranae@ranaemerrillquilts.com) or 212-316-2063

Corrections, suggestions, questions? [ranae@ranaemerrillquilts.com/contact](mailto:ranae@ranaemerrillquilts.com)

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