

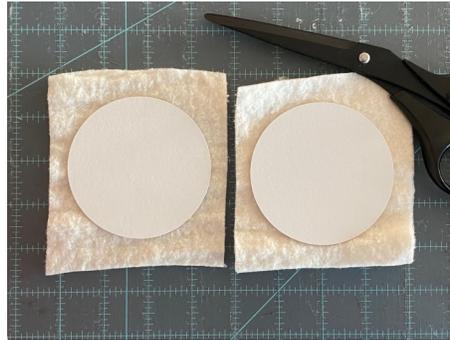


# Make Today Count

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1. Gather the supplies provided in your retreat kit as well as scissors, iron & any other useful stitching tools.



2. Peel backing off the double sided tape on each disc. Place tape side down onto batting: 1 piece for the cotton side & 2 for the linen side. Trim.



3. Trim the cotton 1" from the edge of the disc. Needle up with lacing thread, tie a knot to secure. Run a basting thread all the way around circle.



4. Lace back & forth, working your way around the disc. You will end up with a spider web! Repeat for stitching.



5. Press the rick rack. Fold the end of the rick rack 90 degrees in the valley—see next photo.



6. Needle up with 1 strand of lacing thread & anchor on the back of the disc. Tack the end of the rick rack into place.



7. Sandwich the rick rack between the front & back with the points showing. Attach with a modified ladder stitch.



8. Take a stitch through the cotton & angle it through the rick rack. (not through the linen)



9. Take a stitch through the linen. Enter the linen right where the needle came out of the rick rack. Stitch through the linen & angle the needle back through the rick rack to the cotton side. Repeat all the way around



10. Trim the rick rack to fit as you get close to the end of the circle. I folded mine for a clean edge & used a needle nose pliers to help tuck it between the layers.



11. Make a knot through the cotton edge of the circle. Run the needle through the fabric away from the knot & trim.