

Thank you for being "My Brothers' Keeper"

My Brothers' Keeper Quilt Group is not a club. We are individuals and groups desiring to help the homeless by making simple sleeping bags, referred to as "Ugly Quilts," from recycled fabrics and distributing them FREE to people who are cold on the street.

OUR ONLY PURPOSE IS TO HELP THE HOMELESS BE WARM UNTIL THEY CAN BE HELPED OR HEALED BY OTHERS IN OUR SOCIETY. CAN YOU HELP?

Original sleeping bag pattern copyright Flo Wheatley

The outer shell of the sleeping bag is made by cutting scrap material, bedspreads, drapes or rummage into the largest square or rectangle that the piece will allow.

1. Sew enough pieces together to form a seven foot by seven foot (7' x 7') square.

2. Sew two, 7' x 7' squares together to form the sleeping bag cover. 7' by 14' finished length.

3. Stitch two sets of three foot straps to a 7' edge, approximately 15 and 30 inches in. Straps are made of neckties, dress belts, etc.

4. On three eight feet (8') church tables, fill one half of this 14' x 7' piece with clean, old blankets, mattress pads, fiber-fill or rummage. Leave a three inch (3") seam allowance on the three open edges.

5. Cover with remaining 7' length.

6. Tie through all layers with a

double crochet cotton, every eight inches (8").

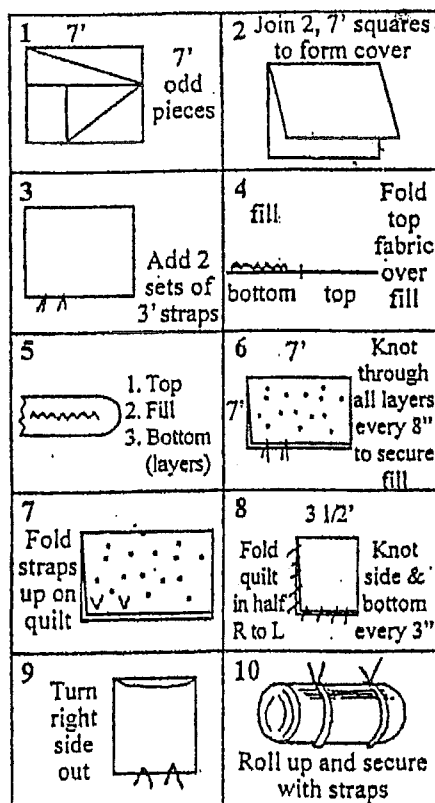
7. Lay 3' straps up onto tied quilt.

8. Fold 7' x 7' square quilt in half, R to L to form the 7' x 3 1/2' sleeping bag.

a. The top edge and one side are automatically finished when folded.

b. Triple knot with the crochet cotton the remaining side and bottom edge every 3 inches catching only the four cover layers. Leave the raw edges to insulate the seam when turned.

9. Turn right side out.



10. Roll up and tie straps tightly to secure. Feel free to adapt your ideas to this pattern.

11. OPTIONAL:

a. Ask a blessing for those who suffer from the cold.

b. Used hats, gloves, scarves, socks, underwear, soap, etc. Mens' size large only. *homeless women will be warmer

c. With Magic Marker, sign and date Sleeping Bag with: My Brothers' Keeper Quilt Group, and your zip.

d. Add a written message of Hope. Non-judgmental, e.g. - a page from an old hymnal - daily prayer - Guidepost.

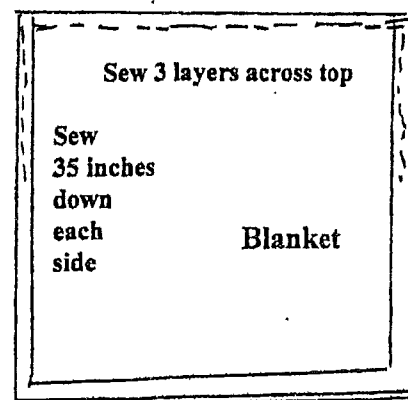
e. A donation towards printing, postage or gas.

Always plan in a cost-free way and you will serve many people.

Ask for donations of sewing supplies such as yarns, thread, material, blankets, neckties and give it away to people who want to help. Teach another group.

Pattern Changes I Have Made:

Lay two seven foot squares right sides together. Lay a blanket on top to within three inches from each side and bottom. Sew all three layers across the top. Sew down 35 inches on each side. (Do not include the blanket in the side seams) Turn quilt right side out. Add two sets of tails. Continue step 6. For step 8, sew or tie four layers from the 35 inch opening down the side and across the bottom. Continue step 9 and 10.



Children's quilts are made from five foot squares. Secure with unattached ties.

May God Bless You -

Marlene Nelson

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