



The Woven Heart

The Woven Heart block honours the memory of Lezley Zwaal, whose vision wove quilters, veterans, and communities into a legacy of love, compassion and gratitude. With every stitch, we carry her spirit forward in service to those who have served Canada.



Cut from cream fabric:

Four 2" x 2" squares

One 3 ¾" x 3 ¾" square

One 2" x 17" rectangle

Cut from red fabric

Two 3 ¾" x 6 ¼" rectangles

One 2" x 17" rectangle

Sew your 2" x 17" pieces together pressing to the dark side and cut in half (8 ½")

Sew the two rectangles together to create a striped piece then cut into 2" pieces to create a 16 patch checkerboard effect. You can press your seams open to reduce bulk

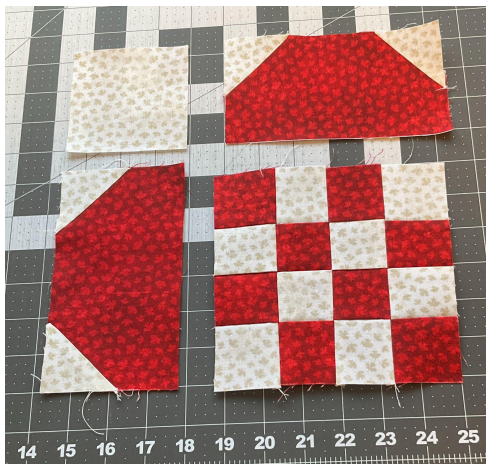


Place 2" cream pieces on the upper left and right sides of the red $3\frac{3}{4}" \times 6\frac{1}{4}"$ rectangles
draw a line on the back side of the 2" squares and sew, flip and trim to snow ball the corners

Add the $3\frac{3}{4}"$ square to the red rectangle press and



Sew the $3\frac{3}{4}"$ square to the red rectangle (see below)



Sew the two pieces together to create the heart.