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**Block of the
Month Club**



***Heartbeat* by Becky Glasby**

Guest Designer



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Instagram:
[@bumblybzs](https://www.instagram.com/bumblybzs)

Becky Glasby is a self-taught quilter who turned her love of quilting from a personal hobby into a professional career at the National Quilt Museum.

At NQM Becky works to inspire the next generation of quilters and promote the art of quilting through: youth & adult tours, hands-on programs, community collaborations, Summer Quilt Camps for kids, the Block of the Month Club program, and coordinating the annual School Block Challenge.

Becky recently had a solo exhibition of her quilts at The National Quilt Museum, and has exhibited several quilts in shows across the country.

Heartbeat by Becky Glasby



Echoes

In thinking about this block I wondered what other shapes could be used to visually represent an echo. I started thinking about hearts, and realized that we see and hear echoes of the heart in several ways. In the medical field, we use ultrasounds to gain pictures of our internal organs. An ultrasound of the heart, an echocardiogram, uses sound waves to see the heart and monitor its function.

The other, less visible way is in the love and compassion we give that spreads into the world like an echo of ourselves. With family and friends, the echo or return of that love may be experienced in the love that returns to us in tangible ways. Other times we are giving out love to others through a smile in passing, a kind word, or lending a helping hand, and we may not see the echo of that love at all. We hope that it echoes outwards, spreading beyond what we can see or imagine, sending echoes of ourselves into the world.

Materials

- Supplies for piecing
- Marking pen/pencil
- 1/4" foot and a regular foot for straight stitching
- Sharp scissors
- Thread to match Fabric D and needle for hand appliqué
- Print (or trace onto paper) & cut out the heart template on the line

FABRIC

- Four fabrics in a general gradation of dark/bold to light/quiet
- You'll need about a Fat Quarter each of Fabrics A, B, C
Fabric D is a 5" square

TIPS:

Press all seams open in the block, this helps the block to lay flat.

I like to lay out my pieces before sewing them to make sure nothing ends up backwards.

The center of the block is built in two halves to start, so keep in mind which way the lines are angled as you go through the steps.

Cutting

Fabric A - heart (teal)

2 - 4.5" x 8.5"

Fabric B - echo (pink)

2 - 4.5" squares

2 - 2.5" x 4.5"

4 - 2.5" x 6.5"

4 - 2.5" squares

Fabric C - background (white)

2 - 2" squares

2 - 2.5" x 4.5"

2 - 2.5" x 6.5"

4 - 2.5" squares

Outer border strips

2 - 3" x 13.5"

2 - 3" x 17"



Fabric D - Appliquéd heart (purple)

(not shown in image)

1 - 5" square

Directions

1. Draw a diagonal line on the back of all of the squares. This will be the line to stitch on for stitch & flip corners.



2. Lay both Fabric A pieces side by side, right sides facing up, on your table. Place the 1.5" squares of Fabric B on the top corners of the Fabric A pieces, with the lines as shown. Then place the 4.5" squares of Fabric B on the bottoms of the Fabric A pieces, with the lines as shown. Pinning each square in place will help keep the lines in the correct direction.



Directions

3. Stitch on the lines of each square to create stitch & flip corners. Then trim a 1/4" away from the stitches and press the seams open.



4. Place the 2.5" squares of Fabric C in the bottom, outer corners, with the lines as shown in the left image. Then stitch on the line, trim away the extra and press to look like the image on the right.



Directions

5. Set a 2.5" x 4.5" piece of Fabric B on the outer sides of the heart so far. Place the 2.5" x 4.5" piece of Fabric C below those of Fabric B, all with right sides facing up. Then, place a 2.5" square of Fabric B at the top end of the Fabric C piece, with the lines as shown.



6. Stitch on the lines, trim the extra and press the seams open. Place the pieces back into the layout to make sure the angles are correct.



Directions

7. Using a 1/4" stitch, sew the Fabric B & Fabric C pieces together and then attach them to the outer sides of the heart.



8. Arrange the 2.5" x 6.5" Fabric B pieces at the top of the heart, right sides up. Then place the 2" Fabric C squares on the inner corners, with the lines as shown. The 2.5" Fabric C squares are placed on the outside corners as shown.



Directions

9. Stitch on the lines, trimming away the extra and press seams open.



10. Lay the 2.5" x 6.5" Fabric C pieces at the bottom of the heart. Place the 2.5" Fabric B squares on the inner corners, with the lines angled as shown. Stitch on the lines, trim the extra, and press the seams open.



Directions

11. With a 1/4" seam, stitch the top and bottom pieces to each half of the heart. Press the seams open.



12. Sew the two halves of the heart together and press the seams open.



Directions

13. The outer border Fabric C strips are cut wider than needed, to allow for exact trimming once they are attached. Stitch the 3" x 12.5" strips to the top and bottom of the heart and press.



14. Sew the 3" x 17" strips to the left and right sides of the block and press. Trim the block to measure 16.5" x 16.5" in size.



Adding the Center Heart

I hand appliquéd this heart to the center of my block and the instructions are for this method. Feel free to use whatever method of appliqué you prefer here.

15. Take the 5" square of Fabric D and on the back side, pin the cut out heart template to the fabric. You can trace an outline about a 1/4" away from the template as a rough guide before cutting if desired.



16. Cut out the heart so there's about 1/4" of fabric around the template.



Directions

17. Gently press the heart in half lengthwise. This will allow you to align the heart in the center of the pieced block, placing the ironed crease on top of the center seam. Pin in place.



18. Using your fingers, or the needle, turn a little of the edge of the heart under about 1/4", somewhere along the straightest edge. Pin one end to help hold it in place. Then hand stitch the edges down.



Directions

Every few stitches, check to make sure you are turning the edge under evenly, use the needle to help smooth the edge as you go. Your stitch should grab a little background fabric and the folded edge of the heart. Especially on the curve of the heart, stop, turn, and smooth frequently.

19. Before you reach the top center point of the heart, clip the point about 1/4" straight in. This allows you to turn the edge smoothly into the heart shape. Take an extra stitch in the very middle to secure it before continuing onto the rest of the heart.



20. As you reach the bottom point of the heart, use the needle to help turn your fabric under so that it makes a crisp point. Take an extra stitch right at the point to help secure it in place. Once you've gone all the way around the heart, bring the thread to the back, and tie it off with a knot.

Directions

21. Once the center heart is added using your preferred method, your block is finished!



Heart Template

Cut out the heart on the line.

Heart should measure 4" from top to bottom & side to side.

