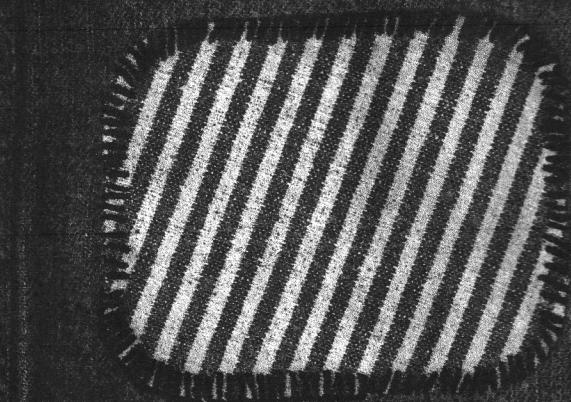
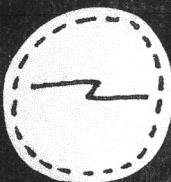


ON REPAIR



ON REPAIR

MEND: to return to health, heal, to restore
REPAIR: from the Latin word 'parare': make ready

Objects don't stay as they were when they first came into our lives. After use, a change has occurred, and material wears away.

The maker Ann Hamilton has said that "textiles are the first house of the body." These houses show the marks of how our bodies touch the world.

Likewise with our experience as human beings, our spirits can be worn, torn and stained from repeated motion through life.

Dear fellow wanderer, to repair is to accept and heal. To build skills of repair is to build skills of mending what has become threadbare in our lives. To mend is to practice that a tear does not mean the end of life.

Here are some suggestions for the practice of repair.

jpurnal.alabamachanin.com/2011/09/mending/
stitching by: Kristin M. Roach
Mend It Better: Creative Patching, Darning and Repairing Your Own Clothes by: Nan L. Ides
Hand Mending Made Easy: Save Time and Money
http://bit.ly/1QmQdXU
http://bit.ly/1YLOI4g
bandannas-almanac.com/2014/04/26/recent-repairs/
www.fixerscollective.org/about/
www.fixit.com/patagonia
repairsthings.worldpress.com
www.textileartscenter.com/blog/tag/mending
www.tomorrowsland.com
www.darandassted.com
www.makethriftmend.com
FURTHER RESEARCH

This is an act of evolving with the nature of our lives.

Begin in an environment that is conducive to slowness and focus.

Spend time observing the object to be repaired or mended: look at the tear, the hole, the worn area. Listen to it, feel it, be curious about it.

Go through the process of repair in your mind and keep your mind ready for an inspired thought or idea.

Gather your materials and tools.

Begin the repair.

Be slow, be attentive.

Take pauses,

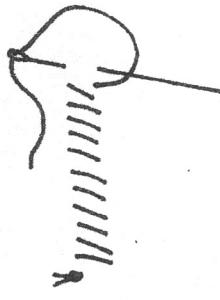
Be attentive and focused about the motions you are making, feel the substance of the materials, be deliberate about your movements.

When your attention goes away, be tender and place it back on your work, on your body, on your materials and hands.

Be generous with your expectations about time. Repair requires time. When the work becomes tiring or overwhelming, stop and come back to it another day.

This practice is about slowness, time, love and care - a thorough mend may take a week, month, it may never be finished. The focused act of mending is what will resonate in your life, not necessarily the finished, mended object.

TWO BASIC MENDING STITCHES



OVERCAST STITCH

This stitch is useful for sewing on patches and preventing the edges of cloth from unraveling. The more dense, or closer, you make the stitches, the more durable your overcast stitch will be.



RUNNING STITCH

This most basic of sewing stitches is almost universally useful. A threadbare area can be reinforced with rows of running stitch.

HOW TO DARN A HOLE

1 Sew rows of small running stitches beginning 1-2" away from the hole.

2 When stitching comes to the hole, leave thread suspended across the hole and pick up again on the other side.

3 Repeat rows of stitching in the other direction, but this time when you get to the hole, weave over and under the suspended threads. This weaving will create a "patch" over your hole.

HOW TO SEW A PATCH

1 Cut a piece of cloth large enough to cover the hole, any weak areas in the cloth around the hole and 1-2" beyond that.

2 Pin the patch in place and with overcast stitch, stitch around the edge of the patch.

3 Again using the overcast stitch, sew the edges of the hole onto the patch.

4 Using the running stitch, stitch in rows across the entire patch.

INSTRUCTIONS FOR MAKING THE "ON REPAIR" PAMPHLET:

1. Print desired number of copies.
2. Fold each copy into fourths, this is the inside of the pamphlet.
3. Distribute, using WS methods.