

Every Problem Has A Solution

VIRTUAL QUILT PROJECT



We have done this project over the past 2 years creating 2 quilts. We are excited to create our 3rd quilt but with the pandemic we are unable to do this in person.

With "Every Problem Has A Solution" in mind Barbara, Maria, and Cameron came up with a solution to use our SPICES and Quaker queries to process our own individual problems, find solutions, and interpret that process by creating a beautiful virtual quilt.

This project is for everyone. We are very excited to see how the spirit will guide this project and see the beauty of our community coming together during these hard times to makes something beautiful. **Contact Barbara Lake** for more info: barblake09@yahoo.com

The project has three major phases. We'll be on hand to guide you through each step via online meetings every 1st and 3rd Friday from 4:00 to 6:00 PM starting May 22.

BRAINSTORMING

The first step is figuring out the problem that you would like to solve. It can be personal, family, school, local or global.

The queries related to the SPICES (the core testimonies of Quaker faith and practice - simplicity, peace, integrity, community, equality, and stewardship) are highly recommended for arriving at a solution - and even the problem itself. However, there are a variety of paths to figure all this out.

VISUALIZING

Next, an equal challenge awaits - how to translate your solution into a picture.

Conversations, questions and answers, journaling, and sketching all play a role in this creative process.

The one parameter, the artwork needs to fit within a 10 inch x 10-inch square. Other than that, let your imagination guide you.

MAKING

With your design in hand, it's time to choose the materials to create your square.

Any materials you have in your home will work. For example, an old table cloth, clothes, buttons, yarn, sequins, ribbon, embroidery, lace; whatever you have. No need to purchase materials.

And then! Once your square is finished, take a picture of it, send it to us, and we'll piece everyone's square into the Virtual Quilt.

On the next page, see examples of how the first steps of the project have taken shape 

Examples of how the first steps of the project have taken shape:

EXAMPLE NO. 1

PROBLEM

Stress affecting our lives in a negative way. Sometimes stress is good and motivating; but other times it creates physical and emotional issues.

QUESTION

How can I create a calmer life?

QUERY IS SIMPLICITY

What am I ready to release so that I can give my attention to what matters most?

LIST OF THINGS TO CONSIDER

Slow down
Less commitments
Ability to say no or maybe later
Less possessions equals less clutter decrease visual noise
Letting go of material things
Boundaries
Time for self
Exercise
Time for family
Time for pray
Time for thankfulness
Time for creative thinking
Routines
Rituals
Building lasting memories

THESE ARE THINGS AND WAYS TO ACHIEVE A LESS STRESSFUL LIFE

I don't know what my square will look like yet.

– Barbara

EXAMPLE NO. 2

PROBLEM

Organization. How can I get everything done?

SOLVING WITH SPICES

Simplicity: don't over complicate things

Peace: find time for myself and find peace

Integrity: keeping up with task that need to be done

Community: keeping up with my friends and volunteer work

Equality: dividing time to be able to give everything the focus it needs

Stewardship: continue my volunteer work

VISUALIZING

I will leave one mini square blank for peace and personal space, I will have one little square for friends, one for Meeting, one for my Fire and Rescue Volunteer work, one for my family, one for house chores and one for school for the kids. I will use different material and fabric that I think best represents these.

– Cameron

EXAMPLE NO. 3

PROBLEM

How do we recognise truth?

This is one of the queries from the testimony of integrity.

TO ARRIVE AT A SOLUTION, MORE QUESTIONS ENSUE

Q: Why do you perceive this question as a problem to solve? A: Right now, amid all the unknowns surrounding the coronavirus, it is unsettling not to trust that what is being said is the truth.

Q: What does truth mean to you? A: Something that is not false, not speculation; something based on data and experience.

Q: Can you provide an example? A: In this life, so far, the sun comes up in the morning and sets in the evening.

Q: That's a pretty simple answer? A: Yes.

Q: Could you consider the testimony of simplicity when seeking truth? For example, what is the best thing to do when you hear news about the coronavirus?

A: Yes, maybe it's better to only give attention to things like the number of cases in an area; the number of deaths per day, etc.

Q: What is one valuable quality that you can practice that stems from awaiting data and experiential information? A: Patience.

Q: What can patience give you in the service of truth? A: Practical wisdom; common sense.

Q: How can you discern truth? A: Wait, practice patience, welcome truth, ignore what's not, and focus on the task at hand.

There is your solution. How will you translate this into a picture? Not sure yet.

– Maria