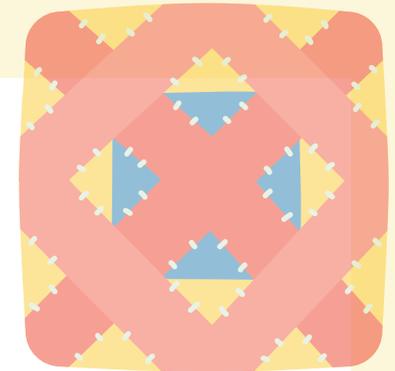
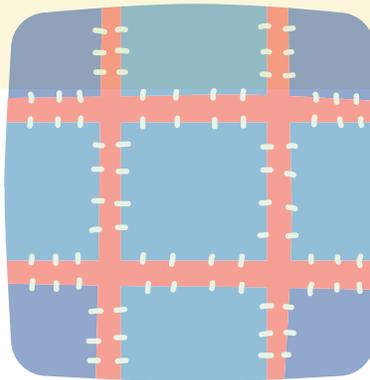
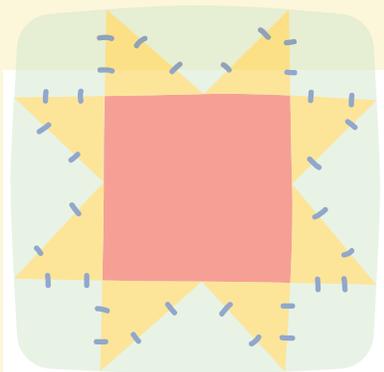
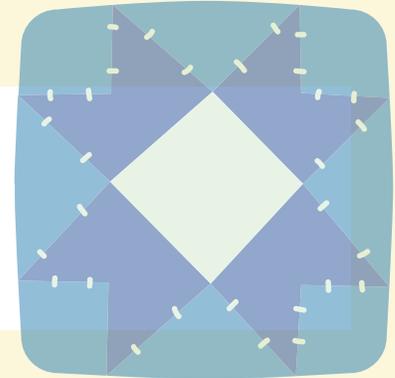
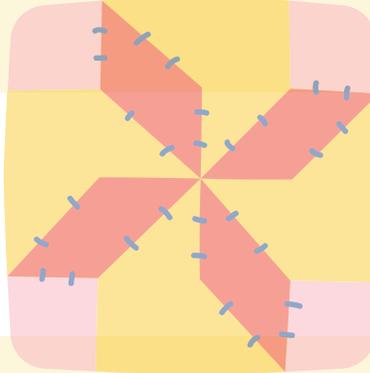
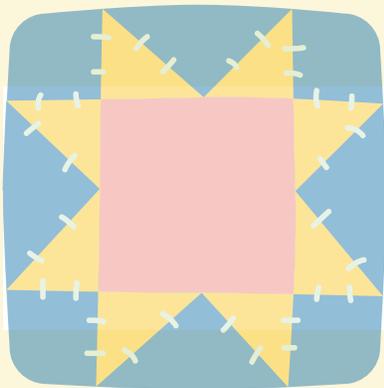


The Mending Map

EVERY QUILT BEGINS WITH ONE SQUARE.



A SOUND THAT SOOTHES ME

A PLACE THAT FEELS LIKE HOME

A CREATURE THAT COMFORTS ME

A PERSON WHO HELPS STITCH ME BACK TOGETHER

A MEMORY I WRAP AROUND MYSELF

SOMETHING IN NATURE THAT STEADIES ME

A SIMPLE RITUAL I RETURN TO

A SMALL JOY I ALMOST OVERLOOK

A WORD THAT ANCHORS ME

A SCENT THAT REMINDS ME I'M SAFE

A PRAYER OR HOPE

SOMETHING I AM STILL LEARNING TO MEND

Every quilt begins with one square.