

## *Fruit of the Spirit Block of the Month*

*- Words to live by -*

### *Block 7 - Kindness*



#### **What you need:**

Quilter's muslin

Embroidery threads of your choice.

Trace the pattern on page 2 onto a piece of quilter's muslin, using a pencil or fabric marking pen.

Use French knots for the insides of the flowers, and backstitch for everything else.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.

