



PARTICIPANT WORKBOOK

JANUARY/FEBRUARY 2022

Three Monday evenings, Jan. 31, Feb. 7, Feb. 14 from 7PM – 8PM.

Sponsored by Northlea United Church and Shining Waters Regional Council

Leadership: Susie Henderson

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Join Zoom Meeting

<https://united-church.zoom.us/j/97549561000>

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Introducing Crafting Memory

Crafting Memory is my own personal art-based practice that I have created to curate my own journey with grief and loss. It's my way to intentionally make room for grief in my life and to explore some of the corners of my grieving through where the art takes me. It's a spiritual practice, a soul project, a journey of the heart, and for me, a testimony that the lives of those who have gone before us continue to intertwine with our own.

Session Outline

We may adapt and change after the first session in response to participants.

	January 31	Feb. 7	Feb. 14
6:45	Open room, informal start	Open room, informal start	Open room, informal start
7:00	Introductions	Anything to share?	Anything to share?
7:05	Opening words Susie Creativity and Bereavement	Opening words Susie Remembering	Opening words Susie Grief Lifelong journey
7:10	Create!	Create!	Create!
	Techniques: words, layers, tags	Techniques: pockets and hiding places	Techniques: adding dimension
7:20	Starter Card with phrase	Tribute Card	Journey Card
	Techniques to share (while people are working)	Technique to share (while people are working)	Technique to share (while people are working)
	Pinterest Board	Watercolour backgrounds	Mixed Media Tags
7:45	Starter Card with fold out	Signature Card	Legacy Card
8:15	For next time: <ul style="list-style-type: none"> • Photo for Tribute card • Artifact for signature 	For next time: <input type="checkbox"/> Journey and Legacy prompts	Share stories and cards
	Blessing the Fragments	Lost Blessings	Blessing in the Turning
8:30	Formal close	Formal close	Formal close
9:00	Close the meeting	Close the meeting	Close the meeting

Materials and Preparation

Everyone may work with different materials and techniques, but here are some suggestions. If you are a crafty type you may have what you need around the house. A starter kit can be purchased for \$20, available for pick up at Northlea before the session. Contact Tricia to arrange a time to pick up.

Tricia@northleaunited.ca

Need to Have

Materials	Starter Kit Includes	Notes
Your Loss List		Start a list, it doesn't have to be comprehensive, of the people in your life that have died. You can start your card collection with someone 'further out', a friend or a more distant relative, if you prefer. Or you could create a whole set of cards that is dedicated to the memory of one person. Up to you.
Notebook	Small wire-bound	For your loss list and journaling your response to prompts
Small paintbrushes	One	Have at least one brush that you are ok using for glue
Small scissors		Good for detail cutting
Base cards 2.5" x 3.5"	An assortment of prepared and blank cards. Enough to start without bring extra.	These will form the base of our compositions. We will demonstrate a variety of cards in the workshop, you can choose how many cards you want to prepare and which mediums you prefer. You can recycle an old set of playing cards or cereal boxes with gesso. Or use cardstock, watercolour or mixed media paper.
Collage paper	An assortment of papers and sizes. More than enough to start.	Gather anything you would like to use – decorative paper, scraps, tissue paper, old book pages, music, maps, napkins, news clippings, patterns, magazine images, old art projects, children's drawings, doilies, colouring book, crossword puzzles – you get the idea. Choose patterns and colours that you like. Don't use anything too precious – photocopy if you don't want to risk the original.
At least one, photocopy of a photograph trimmed to 2.5 x 3.5 or smaller		Could be your person, or a place, or anything significant (for example, a favourite restaurant sign)
Mementos from your person		For example: recipes, handwriting, obituary, buttons, favorite labels, bits of fabric or photocopy of fabric/handwork, gift tags, greeting cards, sports team logos, junk or broken jewellery, ticket stubs. We will use these in week two. If you don't have any, that's no problem.
Adhesives	Small glue stick 2 oz of gloss Modge Podge Photo squares	You may want additional glue stick, or photo corners, glue dots, but there is enough to start in the kit.

Pens and Markers <input type="checkbox"/> Waterproof markers are useful in various thicknesses; <input type="checkbox"/> Coloured pencils, one or two is fine <input type="checkbox"/> Pencil/eraser <input type="checkbox"/> Nice but not necessary are watercolor crayons/markers and or coloured pens, like Sakura Gelly roll	Micron black pen	You can get by with one black fine waterproof marker, but some capacity to add colour is also nice.
Decorative bits	Small assortment of buttons and charms, stamped images; paper ribbon; mini brads, washi tape	Bits of ribbon, broken jewelry, old buttons make the cards interesting and special.
Ribbon/string/thread	Paper ribbon, small wrap of wire	Something to tie things on adds interest to your card – heavy thread, light ribbon, embroidery thread, wool.

Nice to Have

Wax paper	One piece	Wax paper or silicon baking mats are a good surface protector for your work area.
Stamp pad	Small one	For inking the edge/borders (can use a felt tip marker as a substitute)
Stamps	One to choose	Stamps are a nice way to add interest to your background, but unless you will use them otherwise, don't worry about them. Nice, but not necessary.
Low tack tape or masking tape		Can be used to place things temporarily before gluing. Nice, but not necessary.
Paper cutter		Nice, but not necessary.
Heat gun/ hair dryer		Nice, but not necessary.
Hole punch		A darning needle or stitch ripper can also serve – something to make a hole in your card.
Gesso		If you want to recycle material, a coat of gesso (primer) is a good idea. An old credit card or palette knife makes it easy to apply. (Not necessary if you use the starter kit.)
Disposable wipes		Good for removing extra glue/colour. A damp cloth will also work and is eco-friendlier.
Watercolor/Acrylic paints/Alcohol Ink		Watercolor, acrylic paints, and alcohol inks are up to you. There are a few blank cards in the starter kit that can either be doodled on, painted or collaged with paper. But you can get by without these supplies.

More Resources and Ideas

Susie's Content

- Crafting Memory: A mourner's spiritual practice video, [watch on YouTube](#)
- "Seeing the World as an Artist", by Susie Henderson. Crafting Memory Cards. A piece for Cloth, Paper, Scissors Magazine July/August 2016
<https://drive.google.com/file/d/1OAeEdzQyISQ2DuMnmgolMsQyZWikulev/view?usp=sharing>
- Crafting Memory Pinterest Board https://www.pinterest.ca/mournandorganize/_saved/ includes sections on Artist Trading Cards, Mixed Media, Watercolor, Text and Doodling, and quotations.

General Content

- Artist Trading Cards https://en.wikipedia.org/wiki/Artist_trading_cards
- Mixed Media v.s. Watercolor paper <https://www.strathmoreartist.com/blog-reader/mixed-media-vs-watercolor-paper.html>
- What is gel medium? <https://thegraphicsfairy.com/what-is-gel-medium/>
- What is gesso? <https://www.art-is-fun.com/what-is-gesso>