Gems 2025 *Healing Hands*

2025 Program will consist of 12 interchangeable elements. Members can make any of the 12 elements during any time of the membership year.

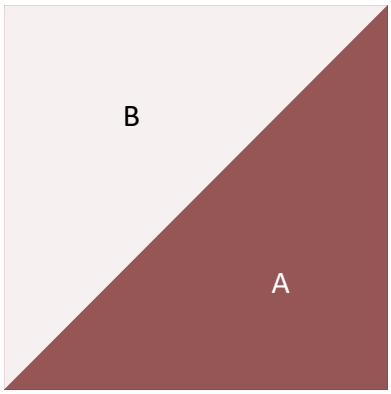
- ⇒ Blocks will all measure 9 1/2” unfinished. Please return all blocks unfinished size so the Quilt Angels, Quilts of Valor, Little Gems, or NICU can put together into tops.
- ⇒ **Please use all 100% cotton materials (fabric, batting and thread)** so blocks could be used in NICU quilts if chosen for that purpose.
- ⇒ All seams are 1/4” unless otherwise noted.
- ⇒ All fabrics should be placed right sides together unless otherwise noted.

2025 Elements/Blocks

- ✂ Half Square Triangles (HST)
- ✂ Quarter Square Triangles (QST)
- ✂ HST Geese
- ✂ HST Pinwheel
- ✂ Rail fence
- ✂ Lattice
- ✂ Ohio Star
- ✂ Friendship Star
- ✂ Four Patch
- ✂ Nine Patch
- ✂ Bow Tie
- ✂ Economy Block

Healing Hands

Half Square Triangles



Requirements

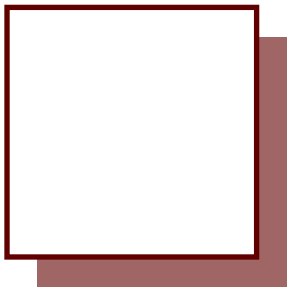
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 9 7/8” - 1

B. 9 7/8” - 1

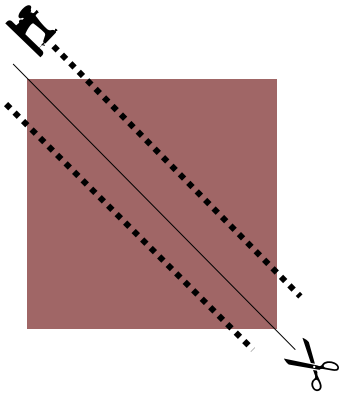
Instructions



A. Draw a line down the center back of either A or B. Place A and B RST and stitch 1/4” on both sides of the line. Cut apart on the line. Press.

B. Square HST to 9 1/2”.

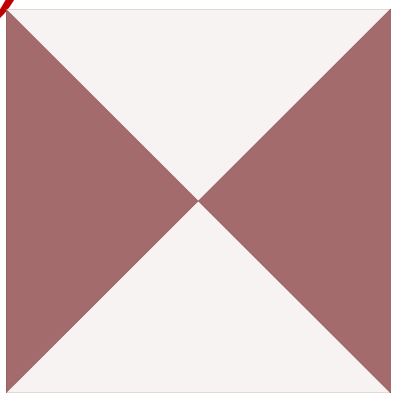
C. Makes 2 HST.



Cindy and Lisa tip: Layer cakes work great for this using coordinating or contrasting fabrics for A & B. Make using the 4 at a time (cut at 13 1/4”) or 8 at a time (cut at 19 3/4) methods for mass production! See page 14 for additional instructions.

Healing Hands

Quarter Square Triangles



Requirements

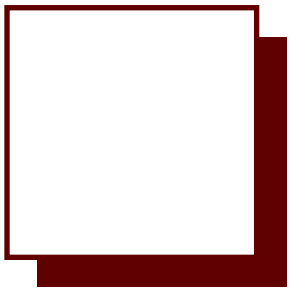
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 10 1/4” - 1

B. 10 1/4” - 1

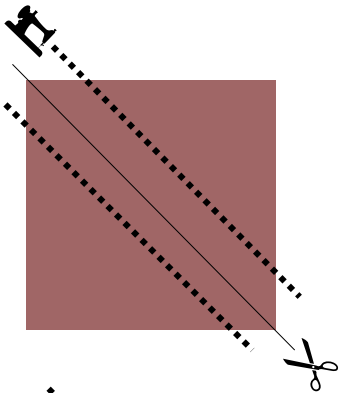
C. This block can be made with 2 colors, 3 colors, or 4 colors depending on how scrapy you would like to make it.

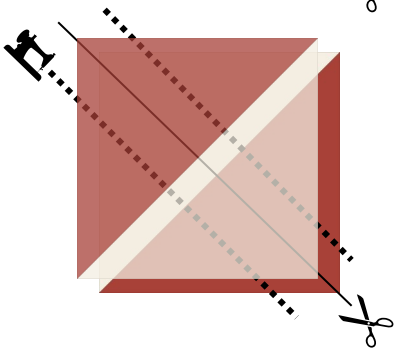


Instructions

A. Draw a line down the center back of either A or B. Stitch 1/4” on both sides of the line. Cut apart on the line. Press. Makes 2 HSTs.

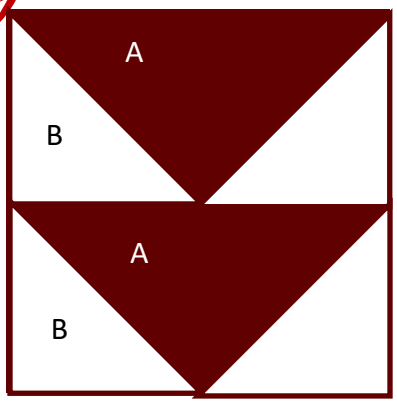
B. Take two completed HST and draw a diagonal line on the back of one. Lay it RST the other completed HST. Stitch 1/4” on both sides of the line. Cut apart on the line. Press. Makes 2 QSTs.





Healing Hands

Flying Geese (two ways)

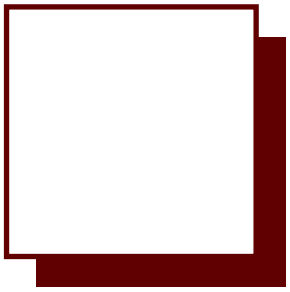


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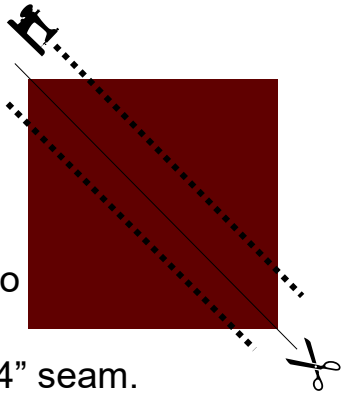
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

Using HST	Traditional Units-4 at a Time
A. 5 3/8" - 2	1 - 11 1/4
B. 5 3/8" - 2	4 - 5 7/8



Instructions

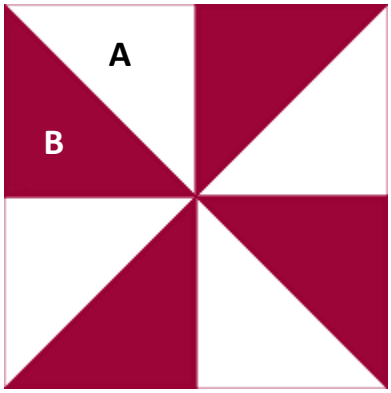


A. Draw a line down the center back of either A or B. Layer A on top of B, RST. Stitch 1/4" on both sides of the line to make two HST. Cut apart on the line. Press. Makes 2 HST.

B. Trim HST to square up and ensure each final HST is 5". Stitch two HST together paying attention to the orientation of each of the HSTs so that you get the look of the flying geese. Stitch using 1/4" seam. Stitch two rows together to make a full 9 1/2" block.

C. Alternatively, use the traditional flying geese method and make 4 at a time with the 4 at a time measurements above.

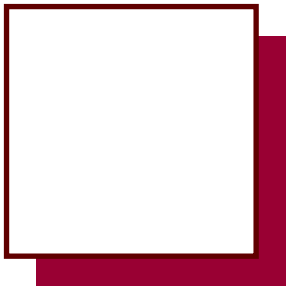
Pinwheel



Requirements

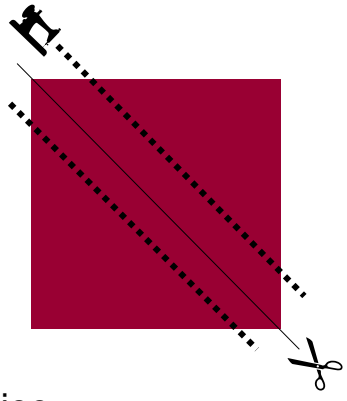
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions



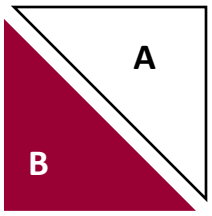
A. 5 3/8” - 2

B. 5 3/8” - 2



Instructions

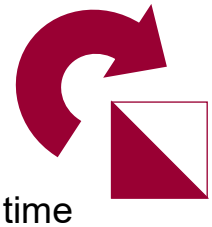
A. Draw a line down the center back of either A or B. Place A and B pieces RST and stitch 1/4” on both sides of the line. Repeat with the other two A/B pieces. Cut apart on the line. Press. Makes 2 HST.

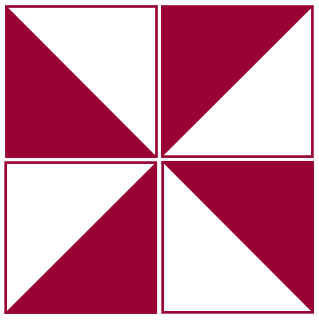


B. Trim and square each of the HST units to 5”.

C. Take the 4 HST units and place in the correct orientation for the pinwheel unit. Stitch the top row together and then the bottom row. Press the seams in the opposite direction to allow for nesting the seams.

D. Finally, take each HST and rotate 1/4 more turn each time to make a pinwheel. Stitch the pinwheel together.

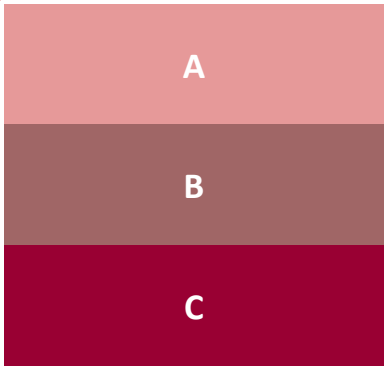


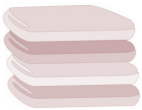


Cindy and Lisa tip: Make using the 4 at a time (cut at 13 1/4”) or 8 at a time (cut at 19 3/4) methods for mass production! See page 14 for additional instructions.

Healing Hands

Rail Fence





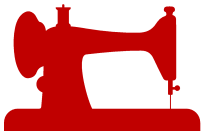
Requirements

Select coordinating or contrasting fabrics in either Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude



Instructions

	Single Block	Strip Piecing
A.	3 ½” x 9 ½”	3 ½” x WOF strips (2)
B.	3 ½” x 9 ½”	3 ½” x WOF strips (2)
C.	3 ½” x 9 ½”	3 ½” x WOF strips (2)



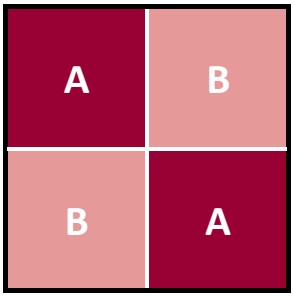
Instructions

A. Select the order you will want your rail fence strips. Sew the strips along the 9 ½” edge or the WOF edge.

B. If using (2) WOF strips of each color, sub cut into 9 ½” blocks, and this will make 8 completed blocks.

Healing Hands

Four Patch



Requirements

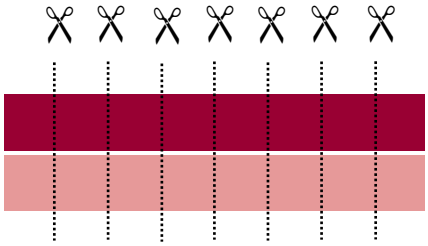
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 5” x WOF - 2 light, solid or blender

B. 5” x WOF - 2 dark, solid or print

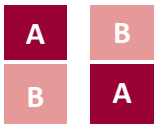
Instructions



A. Sew the WOF strips into strip sets lengthwise.

B. Sub cut into 5” strips. Each WOF strip set will make 8 sub-sets.

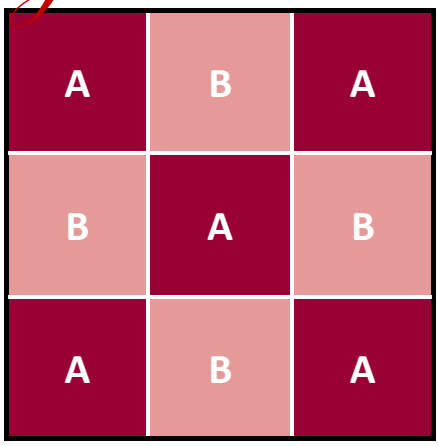
C. Take two sub cuts and flip one to make a Four Patch set. Press in opposite directions to nest seams. Sew.



Cindy and Lisa tip: Layer cakes and charm packs work well for this block and makes finding complimentary fabrics a breeze.

Healing Hands

Nine Patch



Requirements

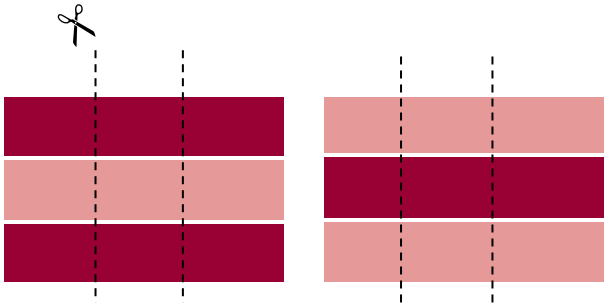
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 3 - 3 1/2” strips x WOF light, solid or blender

B. 3 - 3 1/2” strips x WOF dark or print

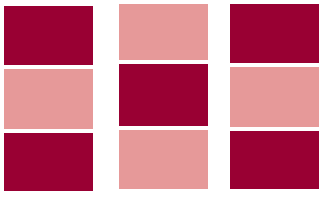
Instructions



A. Sew the WOF strips into strip sets of light/ dark/light and dark/light/dark.

B. Sub cut into 3 1/2” strips. Arrange into Nine Patch sets and stitch.

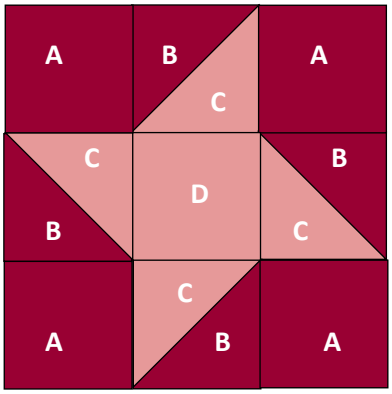
C. Strip method makes 8 completed 9 1/2” unfinished blocks.



Cindy and Lisa tip: Press seams to the dark or print so they nest. Fat quarters could be substituted for WOF strips. If using FQs, use 3 FQs to make 4 completed 9 1/2” unfinished blocks.

Healing Hands

Friendship Star



Requirements

Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

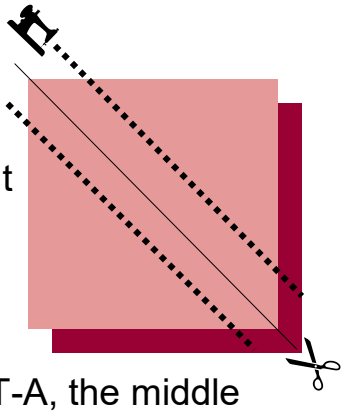
A. 3 1/2” - 4

B. 3 7/8” - 2

C. 3 7/8” - 2

D. 3 1/2” - 1

Instructions



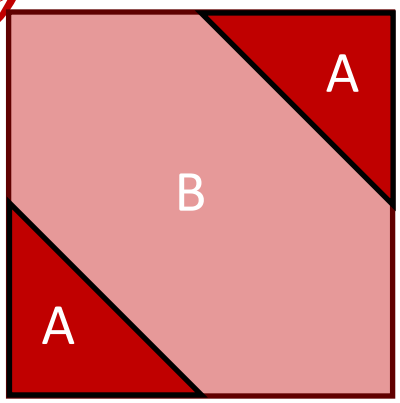
A. Draw a line down the center back of either your two B or C pieces. Layer RST and stitch 1/4” on both sides of the line. Cut apart on the line. Press. Repeat with another set of B and C pieces. Makes 4 HST.

B. Place a completed HST between each of two A blocks, pay attention to the orientation of the HSTs. Stitch the top row, A-HST-A, the middle row HST-D-HST and the bottom row, A-HST-A. Press each row seams in opposite directions so that seams will nest.

C. Sew the three rows together to make final block.

Cindy and Lisa tip: Use the 4 or 8 at a time method for HSTs to save time and multiply your contribution.

Lattice



Requirements

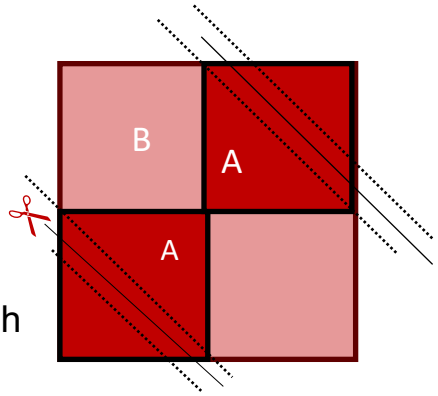
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 3 1/4” - 2

B. 9 1/2” square - 1

Instructions



A. Draw a line down the center back of both A blocks.

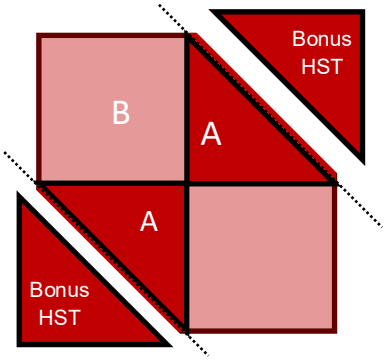
B. Place each A blocks on opposite corners of B.

C. Stitch from corner to corner ON the drawn line. Also stitch 1/2” away from the drawn line creating a bonus HST.

D. Trim between the stitched lines.

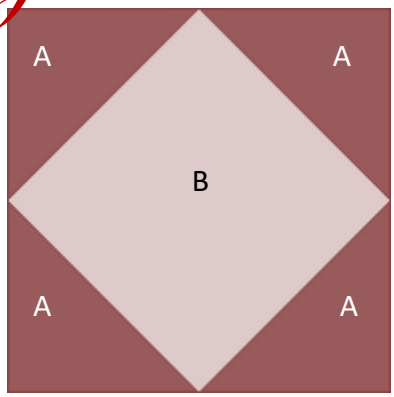
E. Repeat on both corners for a completed Lattice block.

F. Turn in your Lattice block and bonus HSTs. HSTs will be used for borders and filler blocks.



Healing Hands

Economy Block



Requirements

Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 5 3/8” - 2

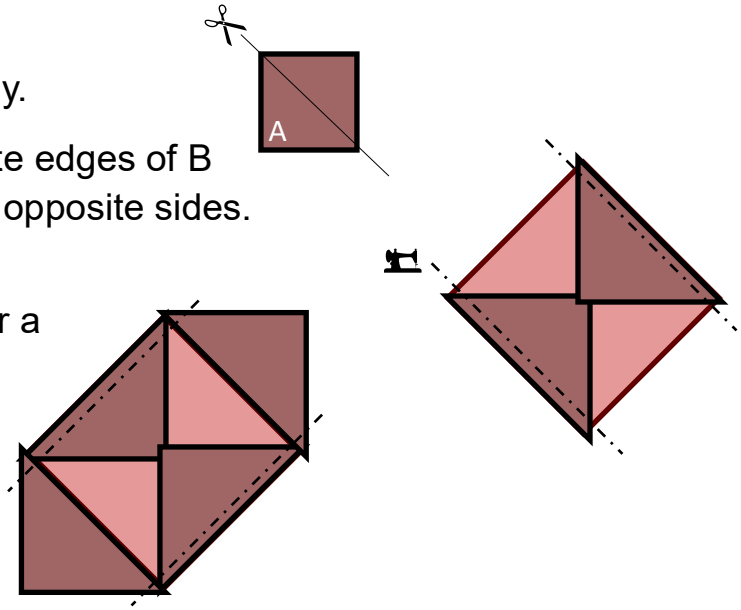
B. 6 7/8” - 1

Instructions

A. Cut both A blocks in half diagonally.

B. Place an A triangle on two opposite edges of B and stitch. It is easiest to work on opposite sides. Stitch and press.

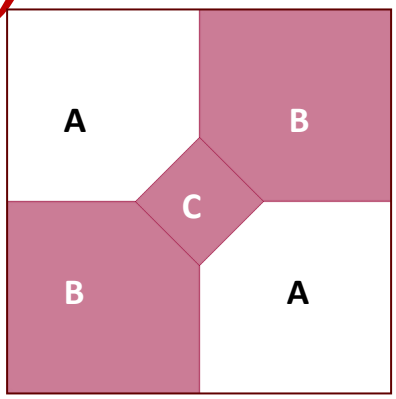
C. Repeat on remaining two sides for a completed block.



Cindy and Lisa tip: Pay close attention to your placement of A triangles making sure to leave the corner over-laps when stitching. Making sure to center your triangles will help to ensure a straight and square block. Also, work carefully as block A will be cut on the bias and could stretch during stitching.

Healing Hands

Bow Tie



Requirements

Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

A. 5” Background - 2

B. 5” Pattern - 2

C. 2 3/4” Pattern - 2

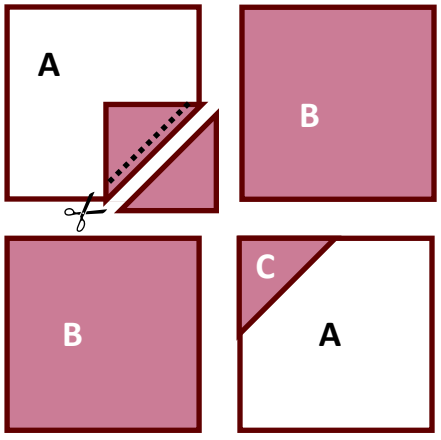
Instructions

A. Draw a line down the center back of both C blocks.

B. Place a C block right side on the corner of an A block. Stitch from corner to corner on your marked line.

C. Trim 1/4” from your stitching line. Discard the excess triangles or save for additional project HST.

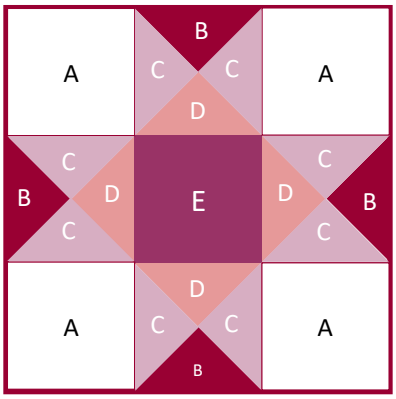
D. Sew A/C units together with a B block in the layout shown above to complete a bowtie block.



Cindy and Lisa tip: Layer cakes and charm packs work well for this block. Use a layer cake for you’re A and B pieces and a coordinating charm pack for your C pieces. This makes finding complimentary fabrics easy as pie.

Healing Hands

Ohio Star



Requirements

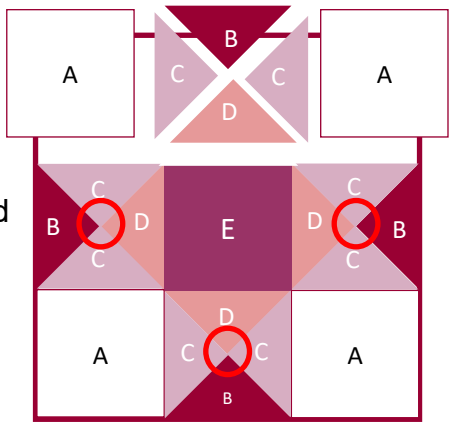
Red, White, Blue, any Patriotic OR choose your favorite combination of colors for the NICU, the Center for Prevention of Abuse, or St. Jude

Instructions

For	Size Needed	Pieces to Cut	Need
A	3 1/2”	4	4 Squares
B	4 1/4”	1	Sub cut into 4 triangles*
C	4 1/4”	2	Sub cut each piece into 4 triangles for a total of 8 triangles*
D	4 1/4”	1	Sub cut into 4 triangles*
E	3 1/2”	1	1 Square

*Once cut, stitch carefully as they are cut on the bias and will stretch. Spray starch can be helpful!

Instructions



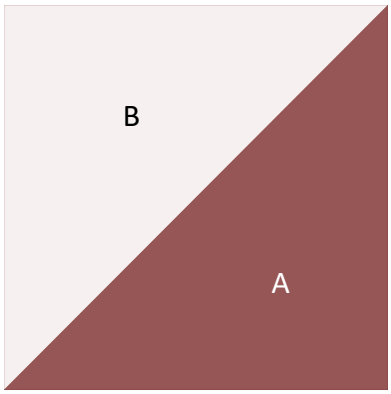
A. Stitch a C triangle to a B triangle and a D triangle to a C triangle paying close attention to their orientation. Sew each of the B/C and C/D sections together, being careful to line up your points. Repeat this 4 times for each of the 4 parts of the QST.

B. Sew row one A- QST- A, row two QST-E-QST, and row three the same as row one.

C. Press each row in opposite directions to allow for nesting seams. Sew all three rows together to complete the Ohio Star.

Healing Hands

Half Square Triangles

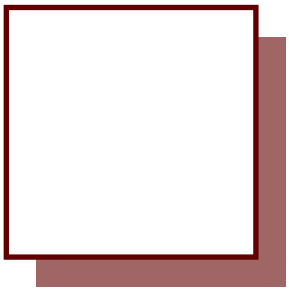


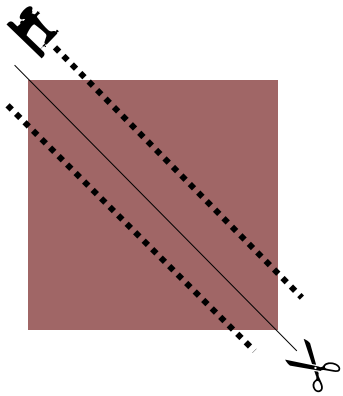
Instructions

	Single Units	4-At a Time	8-At a Time
A.	9 7/8	13 1/4	19 3/4
B.	9 7/8	13 1/4	19 3/4

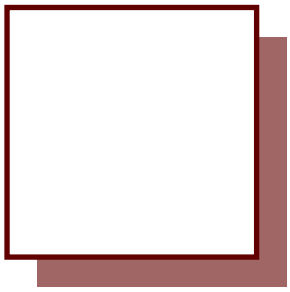
Instructions

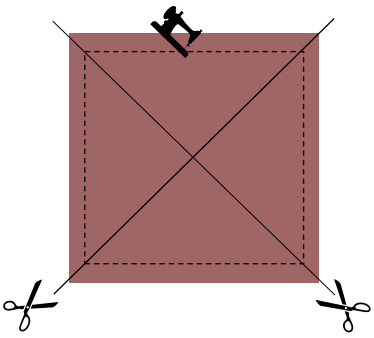
Single Units





4 - At a Time





8 - At a Time

