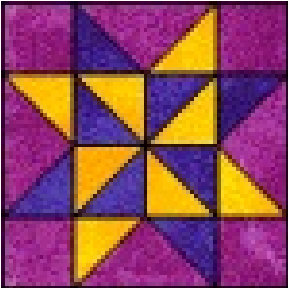



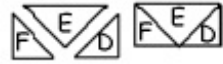
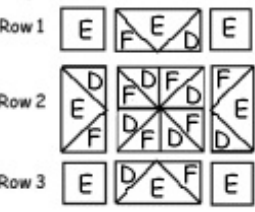


# “Inner Peace”

## “Sarah’s Choice”

*April 2008*

### *Individual Block instructions*

<b>“Sarah’s Choice”</b> (12" finished block, Make one block)		
(E) Purple	Cut 4 squares 3½" Cut 1 square 7 ¼" then cut twice diagonally	
(D) Yellow	Cut 4 squares 3 7/8" then cut once diagonally	
(F) Blue	Cut 4 squares 3 7/8" then cut once diagonally	
<b>Assembly &amp; Block Construction of the Sarah’s Choice Block</b>		
<div style="margin-bottom: 10px;"> <p>Diagram 1</p>  </div> <div style="margin-bottom: 10px;"> <p>Diagram 2</p>  </div> <div style="margin-bottom: 10px;"> <p>Diagram 3</p>  </div> <div style="margin-bottom: 10px;"> <p>Diagram 4</p>  </div> <div> <p>Diagram 5</p>  </div>	<ol style="list-style-type: none"> <li>1. Sew (1) one (D) Yellow half square triangle to (1) one (F) Blue half square triangle. See diagram 1. Repeat 3 more times for a total of 4. Press.</li> <li>2. Sew (2) two of the units sewn in step one together as shown in Diagram 2. Repeat (1) one more time for a total of 2.</li> <li>3. Sew the two units from step 2 together. See diagram 3 for placement. Press and set aside.</li> <li>4. Measurement check – Unit should measure 6½" square.</li> <li>5. Referring to diagram 4 Sew (1) one (F) Blue and (1) one (D) Yellow half square triangle to (1) one (E) Purple quarter square triangle. This will make a flying geese unit. Repeat (3) three more times for a total of 4 units.</li> <li>6. Referring to diagram 5 sew each row together as shown.</li> <li>7. Now the rows are sewn together join the rows to complete your block.</li> <li>8. Measurement check – your block should measure 12½" square.</li> </ol> <p style="text-align: center; margin-top: 10px;">YOUR block is complete!!</p>	