

Join Us!

Bring your sewing machine, projects and basic supplies!

## SewJourn™ East Coast Retreat A Mid-Week Getaway!

**\$1225** per person includes

- 3 Nights Double Occupancy accommodations
- Welcome Reception (Tue evening)
- Daily Breakfast, Lunch, AM and PM Snack Breaks, and All-Day beverages (Wed, Thu, Fri)
- 24-Hour Access to the Common Room
- Retail Therapy
- Deluxe SewJourn Swag Bag & Door Prizes

Single Supplement / 3 Nights — Add \$325

Optional ADD-ON Workshops (Details to follow)

**RETREAT ONLY \$950**

INCLUDES all Bullet Points listed above  
EXCEPT sleeping accommodations

### OUR POLICY

- ◆ Minimum deposit of **\$150 reserves your spot**
- ◆ **Total of \$400 must be paid by April 10**
- ◆ **Final payment due JUNE 1, 2023**
- ◆ 25% Admin Fee added to any balance due after June 1
- ◆ Returned check charge \$35
- ◆ An email address is REQUIRED for communications

**NOTE:** All pricing reflects a discount for payments by check or money order. Payments by Credit / Debit / PayPal, please add 4%  
For PayPal, please request an invoice

### REFUNDS:

Through April 10, 2023 - 75% refund of amount paid  
April 11 thru May 30, 2023 - 50% refund of amount paid  
As of June 1 - **NO REFUND** (Registration IS transferable)

If the event is cancelled by Cultured Expressions at any point, you will receive a full refund of all funds paid to CE.

Personal trip Insurance is recommended, such as TravelGuard.com or other outlet.

*This SewJourn is designed as a classic retreat experience, and this time, we've added three optional hands-on classes! Spend time fully immersed in your own sewing and quilting projects and more, with like-minded Fabrigasmic friends and engaging instructors (Workshops below at additional cost; details to follow)*

CAROLE LYLES SHAW is an award winning modern quilter, fiber artist and teacher. Her workshops are lively and engaging for modern and traditional quilters of all levels. She loves to share her techniques for using African fabric in the Afro Modern way.



Workshop: "Afro Modern Upscale Parisian Curves"



WENDY KENDRICK was heavily influenced during the early part of her artist career by the work of Romare Bearden, and has since applied her years of work with collage and mixed media to her current creations of quilted artwork. She traveled to Tanzania as a US delegate for a women's artist exchange, and has earned national acclaim as an exhibiting and teaching artist.

Workshop: "Speak-Out Boxes: A Fiber Art Adventure"

Hosted by LISA SHEPARD STEWART

Lisa is an author, designer and instructor specializing in the creative use of authentic African fabrics & embellishments for sewing, quilting, home décor and crafts. Her how-to project books show readers how to incorporate the fabrics into beautiful & functional DIY projects. Through Cultured Expressions, she offers workshops, lectures, events & specialty merchandise, all designed to foster an appreciation for the cultures, while bringing out one's own creativity.



Workshop: "Ankara Clutch"

cultured \* EXPRESSIONS

SewJourn™ East Coast  
*Sew • Quilt • Create*

MID-WEEK GETAWAY II

June 13-16, 2023  
(Tuesday - Friday)



"QRST" - Quilt, Relax, Sewcialize, Talk  
24-Hour Common Room Access  
Optional Hands-On Workshops  
with Top Instructors  
Sew'n'Tell • Deluxe Swag Bag  
... and more

# ITINERARY - June 13-16, 2023

Location: Blue Bell, PA  
Normandy Farm Hotel & Conference Center

## Accommodations & Amenities

- Double occupancy rooms — bring a roommate or we can pair you
- Common room with 24 hour access: one table per person, ergonomic office chairs, extra layout tables, pressing stations
- Music all day long, High-speed WIFI
- Venue shuttle as available for emergency runs to the local JoAnn's
- Fitness center, pool and more.

**MEALS:** Normandy Farm is known for its gourmet farm-to-table cuisine, prepared by its award-winning chefs! Our Common Room package includes a Welcome Reception (Tues) plus Daily Breakfast, Lunch, AM and PM Snack Breaks, and All-Day beverages (Wed, Thu, Fri) Dinner is on your own in the restaurant or other nearby eateries.



### TUESDAY -- 13 June

From 12:00pm Arrivals from various cities to Blue Bell, PA and Set-Up in the Common Room  
 3:00pm Check-in to sleeping rooms  
 5:00 – 7:00pm - Welcome Reception / Get Acquainted  
 QRST— Quilt, Relax, Sewcialize, Talk

### WEDNESDAY -- 14 June

7:00 - 9:00am Breakfast  
 9:30am-12:30pm Workshop: "Speak Out Boxes"  
 Lunch  
 1:30pm— Workshop: "Afro Modern Upscale Parisian Curves"  
 5:00pm — Workshop: "Ankara Clutch"  
 QRST— Quilt, Relax, Sewcialize, Talk

### THURSDAY -- 15 June

7:00 - 9:00am Breakfast  
 QRST— Quilt, Relax, Sewcialize, Talk  
 Lunch  
 QRST— Quilt, Relax, Sewcialize, Talk  
 7:00pm - Retreat Sew 'n' Tell

### FRIDAY -- 16 June

7:00 - 9:00am Breakfast  
 11:00am Check-out of sleeping rooms  
 Lunch  
 QRST— Quilt, Relax, Sewcialize, Talk  
 5:30pm Breakdown / Departures

### Want to travel lighter?

A limited number of Janome S5 computerized sewing machines are available to rent. First come, first served! Cost: \$60



### Mailing Address:

PO Box 356 • Dept SJEC • Rahway, NJ 07065  
 1-866-MUDCLOTH info@CulturedExpressions.com

Count me in for the **SewJourn East Coast Mid-Week Getaway** I have read the attached policy, and enclose deposit of \$ \_\_\_\_\_ (\$150 Minimum)

\$1225 Retreat w/ Double Occ Room OR  \$1550 Retreat w/ Single Occ Room OR  \$950 Retreat Only

My Roommate is \_\_\_\_\_  \$60 Sewing Machine Rental Request

Roommate Needed (not guaranteed)

**TOTAL ENCLOSED \$** \_\_\_\_\_

Initials \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email (required) \_\_\_\_\_

Phone \_\_\_\_\_

### Method of Payment\*

- MC  VISA  AMEX  DISC

Check / Money Order — U.S. funds only  
 Payable to Cultured Expressions, Inc.

NOTE: 4% will be added to Credit / Debit payments  
 3-digits for MC, Visa, Disc  
 4-digits for Amex

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV Code

Signature \_\_\_\_\_

## OPTIONAL Workshops - Wed June 14

### "Speak Out Boxes" with Wendy Kendrick - 9:30am-12:30pm \$59

This fun mini workshop focuses on the creation of mixed media fabric lined self expression boxes. Once created the box serves as a blank canvas waiting for you to embellish it with your own personal style. During the second half of our time together, we'll take a look at examples of self expression as we "speak out" about what matters to us individually. These ideas will be used to make a small hand/machine stitched fabric message — quotes, prayers or words of encouragement. The messages can be tucked privately inside your box or allowed to spill over the side. *Got something to say?* "Speak Out" about what matters to you using fabrics, words and embellishments!

**INCLUDES:** Template, stabilizer, leather trim, instructions

A variety of embellishments will be available for purchase during the retreat; you can also bring some of your own to incorporate into your Speak Out Box.



### "Parisian Curves Upscale AfroModern Workshop" with Carole Lyles Shaw - 1:30pm-4:30pm \$69



Would you like to learn how to create large scale improv quarter circle curves with NO templates or matching? Join Carole as she shares her tips for making a bold AfroModern quilt with improvisational curved blocks. She provides guidance on selecting the Ankara prints and coordinating solids/near solids to create this modern wonder. In the live session, Carole also demonstrates how to cut and sew quarter circle curve blocks (no templates). We will add inserts to create movement in our piece and arrange the pieced blocks in a planned layout. You will leave with project size options include lap quilts, a table runner or a wall hanging. The supply list will include fabric requirements for all projects.

**INCLUDES:** Instructions for completing your project, including directions for making optional pieced borders; Access to Carole's pre-recorded video on cutting and piecing improv curves.

### "Ankara Clutch" with Lisa Shepard Stewart - 5pm to 8pm (includes break for dinner) \$59

Create an artful yet functional "modern vintage" clutch, complete with antique style metal frame and a choice of creative variations. Learn Lisa's a fun and simple "Fuse and Stitch" piecing method, so you'll be able to focus on the beauty of the fabrics as you work. Choose the precut Ankara print squares in your favorite colors, then she guides you through layout of the clutch, pocketed lining and finishing details. Choose the small (approx 5" x 8½") or large (approx 7" x 8½")

**INCLUDES:** Precut fabrics, batting, frame, wristlet hook



SJEC23

I want to register for the following **WORKSHOPS** at **SewJourn East Coast Mid-Week Retreat**

**"Speak Out" Fabric Box (Wendy) \$59**

**Parisian Curves (Carole) &69**

**Ankara Clutch (Lisa) \$59**

**TOTAL ENCLOSED \$** \_\_\_\_\_

Initials \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email (required) \_\_\_\_\_

Cell Phone \_\_\_\_\_

**Method of Payment \***

- MC  
 VISA  
 AMEX  
 DISC

Check / Money Order — U.S. funds only  
 Payable to Cultured Expressions, Inc.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

NOTE: 4% will be added to Credit / Debit payments

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV Code  3-digits for MC, Visa, Disc  
 4-digits for Amex

Signature \_\_\_\_\_