

# Thank you for being "My Brothers' Keeper."

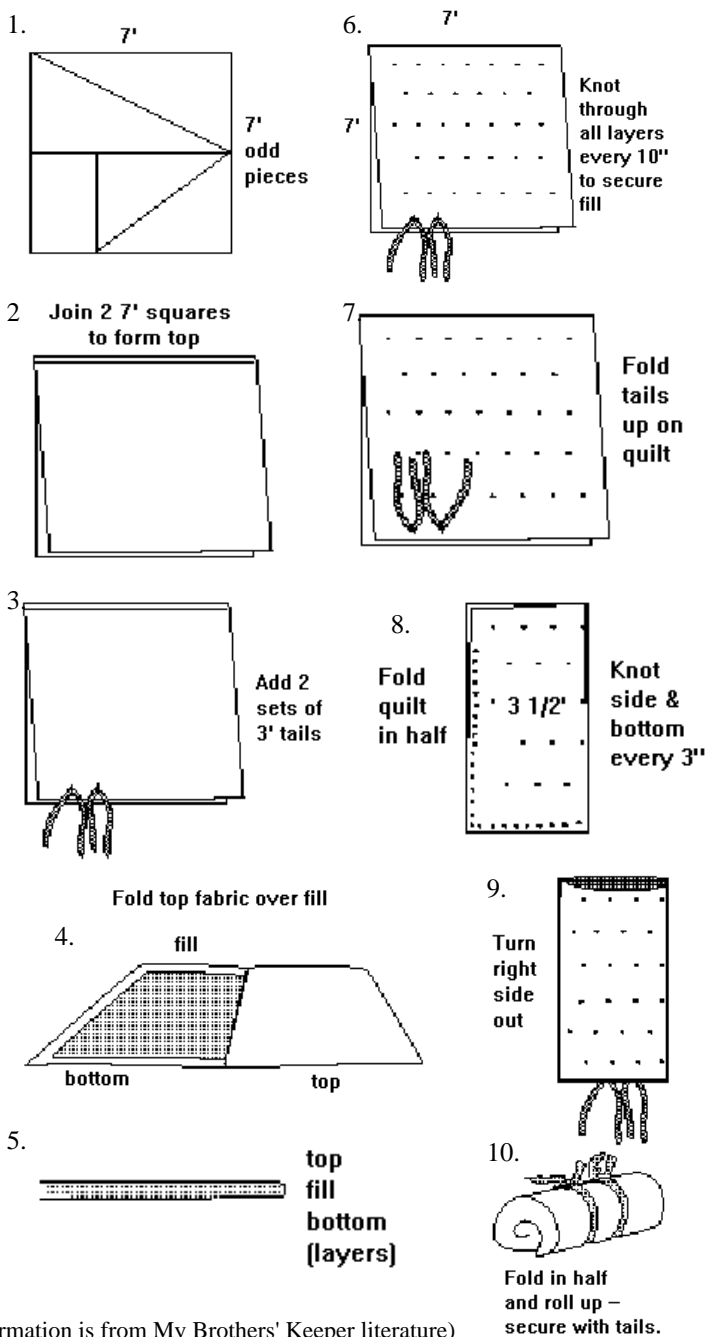
My Brothers' Keeper Quilt Group is not a club. We are individuals and groups desiring to help the homeless by making simple sleeping bags from recycled fabrics and distributing them FREE to people who are cold on the street. Our only purpose is to help the homeless be warm until they can be helped or healed by others in our society. Can you help?

## "Ugly Quilts"

### Instructions for Sleeping Bags

The outer shell of the sleeping bag is made by cutting scrap material, bedspreads, drapes or rummage into the largest square or rectangle that the piece will allow.

1. Sew enough pieces together to form a seven foot by seven foot (7' x 7') square.
2. Two 7' x 7' squares joined at one side act as top and bottom covers forming a 7' x 14' piece of yardage.
3. Stitch two (2) sets of three foot (3') tails on an outer quarter of a 7" side. Tails can be made of neckties, dress belts, etc.
4. On three eight feet (8') church tables fill one-half of this 14' x 7' piece with clean, old blankets, mattress pads, fiberfill or rummage. Leave a three inch (3') seam allowance on the three open edges.
5. Cover with remaining 7' length.
6. Tie with double crochet cotton every ten inches (10") to secure fill.
7. Lay 3' tails up onto tied quilt.
8. Fold 7' square quilt in half, forming a 7' x 3 1/2' sleeping bag.
  - a. The top opening and one side seam will be automatically finished.
  - b. Triple knot with crochet cotton the remaining side and bottom every three inches (3") catching all four layers; leave raw edges.
9. Turn right side out. Fold in half lengthwise forming a 7' x 1 1/2' sleeping bag.
10. Then roll up and tie tightly using tails to secure. Feel free to adapt your ideas to this pattern.
11. OPTIONAL:
  - a. Ask a blessing for those who suffer from the cold.
  - b. Used hats, gloves, scarves, socks – large size men's clothing, soap, etc.
  - c. With magic marker sign sleeping bag with "My Brothers' Keeper Quilt Group."
  - d. Add a written message of hope, e.g. – Guideposts, page from old hymnal, etc



(This information is from My Brothers' Keeper literature)  
(Diagrams by Sue Moore at www.reese.org)

## Where Do the Sleeping Bags Go?

In a grassroots and ecumenical way we suggest you serve your backyard first, then the next larger city. Find the need in your area. Make contact with local social workers, and tell them you have sleeping bags for people who are homeless or cold.

Very often individuals and local companies will do a one-time delivery for you in the direction they are traveling. Make arrangements and provide an address. There is no limit to the good you can do for your community.

Develop a list of regional and local contacts. Become your area contact or combine your efforts ecumenically. Your work will be blessed and people will be helped.

Always plan in a cost-free way, and you will serve many people.

Ask for donations of sewing supplies such as yarns, thread, material, blankets, neckties and give it away to people who want to help. Teach another group.

National Coalition for the Homeless  
202-775-1322

My Brother's Keeper Quilt Group  
717-289-4335

Local Police: \_\_\_\_\_

Crisis Center: \_\_\_\_\_

**THANK YOU FOR BEING  
MY BROTHERS' KEEPER**