

1 Year of Stitches // Updated January 1, 2025

I have decided to extend my practice of embroidery into 2025 and it's high time to revisit my rules and stipulations.

Once again, I find myself at the start of a new year and feel that what began as one year of stitching has become so much more. As I embark on my tenth year of this project, I can't help but reflect on how it has evolved over time; not only in my own hands but in the hands of people all over the world. This year, one change I will be making is that I want to highlight the work of others and intend to share a *1 Year of Stitches* project from a different artist (hopefully) each week.

One of the driving forces behind the conception of *1 Year of Stitches* was for me to establish a consistent studio practice, one that would integrate with the rest of my life obligations. I am fortunate that my life has been full of change – drastic change – since I first began in 2016; it makes sense that my studio practice would require some modification. Not only am I still working on finding the magic sauce that will pay me to be a full-time artist and survive in the Bay Area, but now I have a child in the mix. The only constant in my routine these days is change. In order to try and find some consistency, I will be embroidering the moon phase each day so that I do not find myself staring at a blank piece of fabric with no idea what to do next.

I will embroider continuously throughout the year; however, I will not hold myself to work on my *1 Year of Stitches* on a daily basis. I will still photograph my progress and post to Instagram, and that will also not occur on a daily basis.

I have edited my rules and stipulations to reflect my intentions for 2025. Rules and Stipulations:

1. My fabric ground consists of a 14" x 25" swatch of unbleached cotton Osnaburg and I will use an 10" plastic hoop to stitch. I am allowed to change hoops if I see fit.
2. I intend to stitch the moon phase each day of 2025 as according to The Old Farmer's Almanac as a way to ground myself in an otherwise chaotic world. I can stitch other motifs, but the initial motif will be the day's moon phase.
3. The thread I use may change daily and I may adhere additional types of materials to my swatch with thread.
4. I will embroider something on my fabric ground throughout the year and will photograph the progress.

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5. Some, but not all, of the photographs will be posted on Instagram.
6. All photographs will be compiled into a video to create a looping animation of my progress throughout the year.
7. I am allowed to remove stitches, because mistakes can sometimes be undone.
8. I am allowed to begin an additional fabric ground should I choose to do so. Ideally, I intend to work on the same fabric ground continuously, but sometimes life takes you in a different direction.
9. I will be limiting my use of thread color by month, in that each month will be dedicated to one color. The sequence is as follows:

January: Navy

February: Dusty Rose

March: Chartreuse

April: Sage Green

May: Moss Green

June: Gulf Blue

July: Bright Coral

August: Mustard

September: Salt Pink

October: Whale Gray

November: Garnet

December: Snow Blue

10. I will share the work of other artists who took on their own 1 Year of Stitches project. My goal is to share another project each week, but pending on submissions and bandwidth the frequency could change.
11. More rules and stipulations may be added as the project evolves and lessons are learned.

I am approaching this project as a personal map making; the fabric ground represents each day of 2025, with the needle and thread representing my actions throughout the day.