

Light the Night for Recovery and Hope Memorial Quilt



Light the Night for Recovery and Hope is a community-wide event held in Bergen County, New Jersey recognizing and celebrating the gains made by those in Recovery. In acknowledging these strides and each person's path toward Recovery it is important to remember our loved ones and friends who have lost his/her battle with addiction.

This memorial quilt serves as a visual representation of their voice and their story.

If you would like to create a panel in remembrance of a loved one or a friend lost to addiction to be included in the Memorial Quilt please read the instructions below:

1. **Size** – panels should be 8 ½ inches by 8 ½ inches. Do not decorate to the edges, there is a seam allowance included for quilt construction.
2. **Material** – medium weight non-stretch fabric such as cotton duck or poplin would work best. Panel color is up to your discretion.
3. **Design** – the following techniques are suggestions. Remember the quilt will be folded from time to time, so be mindful of items that may tear, deteriorate over time (glue) or may harm another panel when folded (sequins).

Applique: Sew fabric, letters and small mementos onto the background fabric. Do not rely on glue – it won't last.

Paint: Brush on textile paint or color-fast dye, or use an indelible ink pen. Please don't use "puffy" paint; it's too sticky.

Stencils: Trace your design onto the fabric with a pencil, lift the stencil, then use a brush to apply textile paint or indelible markers.

Collage: Make sure that whatever materials you add to the panel won't tear the fabric (avoid glass and sequins for this reason), and be sure to avoid very bulky objects.

Photos: The best way to include photos or letters is to photocopy them onto iron-on transfers, iron them onto 100% cotton fabric and sew that fabric to the panel. You may also put the photo in clear plastic vinyl and sew it to the panel (off-center so it avoids the fold).

Questions - please email Toni Uzzalino (TUzzalino@co.bergen.nj.us) or she can be reached by phone at 201-336-3316.

Completed panels can be sent via mail to: Lisa Abbate - Office of Alcohol and Drug Dependency, Bergen County Health Department, One Bergen County Plaza – 4th Floor, Hackensack, NJ 07601

****Completed panels will be added to the original quilt on a yearly basis.**