



**BUSTLE & SEW**  
LOVE TO SEW AND SEW WITH LOVE



# *Gaelic Blessing Hoop*



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My grandmother's family were from Ireland, and although I've never visited myself I always think of her on St Patrick's Day in March. She was also an amazingly talented seamstress and embroiderer so this year I'm remembering her talents with this little hoop embroidery celebrating the old Gaelic blessing .....

*"May the road rise to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face;  
the rains fall soft upon your fields  
and until we meet again,  
may God hold you in the palm of His hand."*



## Materials

- 10" square cotton, linen or cotton/linen suitable for embroidery
- DMC stranded cotton floss in colours 327, 598, 600, 602, 778, 904, 906, 4100, 4120, 4265
- 7" embroidery hoop

## Notes:

- Use two strands of floss throughout.



Prefer watching to reading?

Check out my small (but growing) series of embroidery stitch video shorts over on the [Bustle & Sew website](#).













## Notes on stitching

- Transfer your design to the centre of your fabric using your preferred method. The templates are given full size and also reversed.
- Use two strands of floss throughout.
- The large flowers are worked in radiating straight stitch. I find it easiest to imagine a clock and place my first stitches at 3, 6, 9 and 12 o'clock then go around and fill in between them - this helps me make sure that they are even.
- The centres of the large flowers are French knots





- |   |  |
|---|--|
|  327 |  906  |
|  598 |  4200 |
|  600 |  4220 |
|  602 |  4265 |
|  778 |  |
|  904 |  |

May the  
ROAD RISE  
to meet you



## Gaelic Blessing Hoop

Full size and also reversed to suit your preferred method of transfer

May the  
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Why do we love to stitch? After all you can purchase mass-produced textile items at many high streets stores for very little cost. These days handmade means something special - a unique item created with love, a gift from the heart, not one that can be bought.

Hand stitching is also a great way to personalise an item, or perhaps to breathe new life into an old favourite that has seen better days.

[Bustle & Sew](#) offers my own unique patterns, designed to appeal to all skill levels and bring out all your natural creativity. And you can keep up to date with all the latest news from Devon where I live as well as the newest patterns and much more over on the [Bustle & Sew Blog](#).



**PS** If you love stitching, then you're sure to enjoy my Bustle & Sew Magazine. It's delivered by email to your in-box each month and is crammed full of ideas, projects, features, articles, patterns and more to inspire you. Your family and friends will soon be queuing up to take delivery of your new Bustle & Sew creations. To learn more please visit the [Bustle & Sew website](#).

*Helen xx*



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Thank you.