Kneeling Roll Pattern

It is best to use a heavy fabric that will not stretch or tear.

Step 1: cut out one rectangle 10.5 by 20.5 inches, two circles with diameters of 6 5/8" inches, and if you want a handle, a rectangle 2 by 8 inches

Step 2: take the large rectangle fold in half wrong sides together and sew the short sides together with a 5/8" inch seam leaving a gap about an inch long near one end. To reinforce the kneeling roll, sew the same seam with a 3/8" inch seam allowance. Don’t forget to leave the gap in the same place.

Step 3: take the handle piece and fold the long side of the rectangle 3/4 of an inch down. Pin or iron. Then take the bottom part (approximately ½ inch) and fold it up. Pin or iron. Sew down the center of the rectangle using a zig-zag stitch that covers the raw edge. You can add a design if you want. You can also top stitch the edges of the handle to flat. The finished handle will be 3/4 inch wide by the 8 inches.

Step 4: sew the small rectangle to one circle with the ends on opposite sides of the circle again with a 5/8" inch seam. Reinforce the seam line multiple times.

Step 5: Using pins, quarter the circles and the kneeling roll. Pin the circles onto the large rectangles’ ends with the wrong sides together and matching up the quarters. You have to ease the circle onto the rectangle.

Step 6: sew the circles onto the large rectangle with 5/8" inch seams. Again, reinforce the stitching by running another line with 3/8" inch seam allowance.

Step 7: Turn the kneeling roll inside out so you have the right side of the fabric on the outside and the seams inside.

Step 8: Fill the kneeling roll with sawdust, sand, or plastic beading through the gap you left in the side. Use a clean funnel to ease the fill.

Step 9: hand sew the gap closed and you are done!

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