

## In My Breast Pocket

*This exercise is part of the War Widows' Quilt, celebrating the lives and stories of war widow in word and stitch. Is there a poem or song that helps tell a bit of your story? Perhaps you have written a poem yourself? We are gathering songs and poems to put in breast pockets as part of the War Widows' Quilt.*

### Instructions

#### Stage 1

Write a line in response to the questions below. Try to make each answer the same length, and maybe even try to make them rhyme.

1. Write a line from a song that was important to you and your husband.
2. Where and when did you first hear it?
3. Why is it significant to you?
4. What message do you take from this song that helps you go onward into the future?
5. For help with the poem, Philip can be reached at the contact details below.

Your poem can be handwritten or typed up and placed in the pocket.



#### Stage 2



We would like you to select a line or a few words from your poem that can be stitched onto the outside of the pocket. This can be stitched by you, a volunteer (like family member or a friend), or Lois. The fabric measures 15.5cm x 19.5cm (incl. seams) and its size is based on 'Basildon Bond' writing paper. You can use your own fabric, or Lois can provide you with one.

When returning the pocket and the poem, please think about whether you would like the contents of your pocket to remain a secret or whether you would like people to read them. Depending on your choice, the pocket can be sewn shut or left open.

Please return the pocket and poem using the SAE, and Lois, who will add it to the quilt.

Any questions?

Please contact Lois by phone (07511 352 047) or email (arthur.martha@me.com) or call Phil (07951 233953).

The War Widows' Quilt. Part of War Widows' Stories.