



Musings On Life And Sewing: You Are Beautifully Hemmed

## Description



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Hemming used to be one of my least favorite parts of sewing. The main structure of garments come together quite quickly. Then all the finishing details such as hemming and sewing buttons, etc. take just as long as it does to construct the whole thing! It can be highly frustrating.

But recently my views on hemming have changed.

Have you ever taken one of those scary classes where the teacher would call you out in front of everyone and humiliate you with a question you didn't know the answer to?





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I had one Soil Physics class in particular like that. I had to have someone help me with nearly every homework assignment. Every class period I was horrified with the thought of the professor calling me out. In the moments before class began while waiting for the professor, Dr. Horton, to silently glide in, I would draw a picture of a little hem on the margin of my notebook paper and write underneath:

*“You hem me in, behind and before.”*

It’s a scriptural reference of poetry about God being our protector... This class was evidently so scary I felt I needed some divine assistance!

It’s such a beautiful line of poetry, because a hem is a protection for the cloth our garments are made with. Cloth is simply a vast matrix of small threads woven or knitted together. The cloth may be strong, but the individual threads are weak. Hemming keeps the exposed threads on the ends from fraying and disassembling from the rest of the cloth matrix.





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But what if hems have a deeper significance? What if they are also a protection for us personally?

In many ways, we too, are made up of many small fibers.

A hem is a symbol of protection against negative, self sabotaging thoughts, a reminder of how special you are, just as you are. It's a reminder that you are wonderfully created. You don't need validation from anyone else, because you are enough as you are. It's a reminder of how lovely your body is and how much it is worthy of being honored and adorned with lovely, quality clothing.

When you put on garment you literally surround yourself with a hem. *You are hemmed in, behind and before.* You are cared for and loved. All the fibers that make up the matrix of who you are, they are held, hemmed in, protected.

What are your thoughts when you sew?





FS MONUMENT Mid Weight Linen Fabric

## CATEGORY

1. COMMUNITY
2. WELLNESS



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