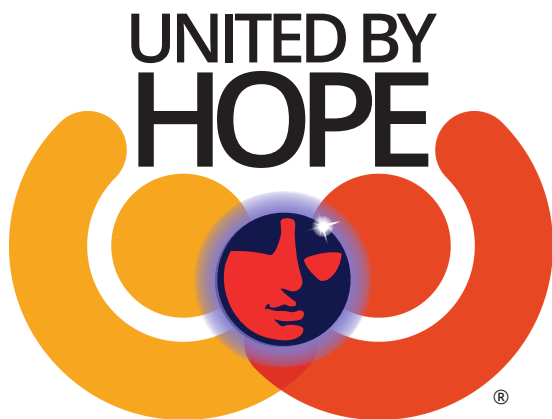


Please Take the Time to Write About the Person You Are Remembering

Your letter might include a biography or stories you remember about them. You can also explain the reason for the panel's design. This information will be included in our archives. Please include a photograph of the person if you have one to spare.
(We cannot return photographs or other mementos.)



"Twenty two million Americans are currently suffering from a substance use disorder. More than 23.5 million others are living in recovery.

When you include the families of the afflicted, addiction impacts over 85 million people - we all know somebody.

It's not 'those' people, it's all of us."

~ Greg Williams



Remembering Lives Lost

If You Need Help...

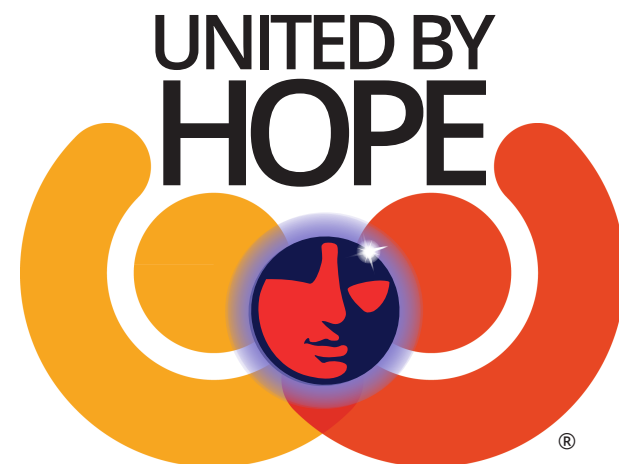
The UNITED BY HOPE project specializes in helping people make panels for the UNITED BY HOPE - The Remembrance Quilt Project through panel making workshops. To learn more about panel making or UNITED BY HOPE, For more information contact Vickie Fernandez at vickie@pro-a.org or call PRO•A at 717.545.8929.

PRO•A



Pennsylvania Recovery Organizations Alliance
900 South Arlington Avenue, Suite 254A
Harrisburg, PA 17109.1014
717.545.8929
717.545.9163 fax

www.pro-a.org



The Remembrance Quilt Project

PRO•A

UNITED BY HOPE - The Remembrance Quilt Project serves as a tangible memorial comprised of unique swatches dedicated to those who have lost their lives to addiction. This project was created by PRO•A to bring awareness to the largest national health crisis of our time – substance use disorders and the disease of addiction - which has long been ignored and stigmatized by all sectors of our society.

Approximately 23.5 million Americans live in recovery today, yet there are millions more who have not yet forged a path to their recovery. It is a somber truth that too many individuals will succumb to their disease each day, as overdose is the leading cause of death in Pennsylvania. It is for these individuals, our fellow Pennsylvanians, our children, our loved ones, that The United By Hope - The Remembrance Quilt Project, hopes to honor their lives and their passing.

HOW TO MAKE A PANEL FOR THE "UNITED BY HOPE" QUILT

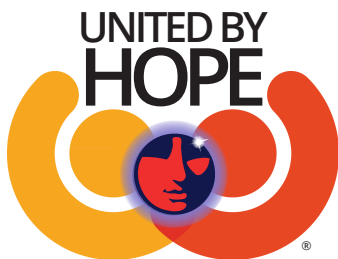
You do not need to be an artist or know how to sew to create a moving, personal tribute. Whether you choose to use paint on a bed sheet or sew elaborate embroidery is up to you – any remembrance is appropriate.

You may choose to create a panel privately, as a personal memorial to someone you've lost, but we encourage you to follow the traditions of old-fashioned sewing and quilting bees by including friends and family in the panel making process.

DESIGNING A PANEL

When designing a panel, remember that the quilt will be folded and unfolded many times, so durability of design and materials used are crucial to the panel's longevity.

Include the name of the friend or loved one you are remembering. Please limit each panel to one individual. Feel free to include additional information such as dates and places of birth and death.



SIZE AND BACKGROUND MATERIAL

The size of the completed panel is 3' x 6'.

Since panels are sewn together, please leave at least 1" around the edge of the panel you create without any design, especially words and pictures. This will ensure that all of your design will be visible when the panels are joined. Select a durable and medium-weight, non-stretch fabric for the background. After you have painted or sewn the design on the panel, hem it to 3' x 6'. If you can't sew, please leave 3" of extra fabric on each side of the panel.

ASSEMBLING A PANEL

Your design can be vertical or horizontal. To construct a panel, you may want to use some of the following techniques:

Applique: Sew fabric, letters and small mementos onto the background fabric. Avoid glue if you can. It won't last.

Paint: Brush on textile paint or color- fast dye, or use a permanent marker. Spray paint also works. Do not use "puff" paint made for t-shirts, it's too sticky, will ruin other panels, and will not last.

Stencil: Trace your design onto the fabric with a pencil, lift the stencil and use a brush to apply paint - or use permanent markers.

Collage: Make sure that whatever materials you add to the panel won't tear the fabric. Avoid large three-dimensional objects or heavy metal pieces. Instead, re-create the object in fabric and sew that to the panel - it's effective and fun!

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.

When the Panel is Finished: Pack up everything carefully. Be sure to include the information form and send to: PRO•A 900 S. Arlington Avenue Suite #254A, Harrisburg, PA 17109

IT IS IMPORTANT FOR YOU TO INCLUDE ALL INFORMATION ON THE FORM TO THE RIGHT SO THAT WE MAY CONTACT YOU!

PRIMARY PANEL MAKER(S) INFORMATION

(please print)

NAME

ADDRESS

PHONE

EMAIL

NAME ON PANEL

RELATIONSHIP TO PANEL MAKER(S)

Enclosed Letter Photo

My status as a panel maker is confidential but I submit to the UNITED BY HOPE - The Remembrance Quilt Project any right, title, and understand I will receive the PRO•A Newsletter and other communication from the project. PRO•A does not share member information.

I acknowledge that the UNITED BY HOPE - The Remembrance Quilt Project is the owner of this panel and any accompanying documents. I submit to the UNITED BY HOPE - The Remembrance Quilt Project any right, title, and interest I may have in such submissions.

SIGNED

DATE

OFFICE USE ONLY

Date Rec'd _____ 12x12 No. _____