



SACRED HEART OF JESUS ORNAMENT

CROSS STITCH CHART 44x59 sts.
Finished size approx. 3.1 x 4.1"



YOU WILL NEED:

- 4.5x6" of 14 ct antique brown perforated paper
- DMC floss (14 colors) + one color ThreadworX
- Size 11 seed beads (3 colors)
- Size 15 seed beads and 3mm flat sequins (optional)

- Size 24 cross stitch/tapestry needle
- Beading needle or size 10 quilting needle
- Embroidery scissors

To finish as ornament: 6" of 1/8" ribbon, tacky glue,
4"x5" piece of felt or craft paper, chalk pencil

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Free pattern from the Holy Family Hearts series • personal use only

SHOPPING LIST

You can get all the materials used in this project (except the sequins) at your local needlework shop, or an online shop such as 123stitch.com. Basic materials can be found at big box craft stores, but you might have to choose substitutes for the beads and special materials.

DMC six-strand embroidery floss: one skein each of BLANC, 35, 211, 321, 333, 351, 352, 369, 550, 666, 761, 780, 938, 992.

ThreadworX overdyed floss: one skein of 1072. DMC alternate: 4124 or 3820.

Size 11/0 seed beads: Mill Hill 03049 (red), 02011 (gold), 02016 (transparent pale mint). Alternately, you can use Preciosa/John Bead Czech seed beads or Miyuki Delica Japanese seed beads/rocailles: the main thing to look for is the size – 11/0 or 15/0 will be fine.

Passionflower centers: size 15/0 petite seed beads Mill Hill 42017 (pale aqua), seven 3 mm soft emerald green sequins (from SequinsUSA.com). Alternately, you can stitch the centers with a 02016 transparent pale mint bead or a regular cross stitch with DMC 992.

Ground material: Antique brown 14 ct perforated paper. One package contains two 9x12 inch sheets. To make one ornament, you will need a piece about 4.5x6 inches (1/4 of one sheet). Alternately, you can stitch the project on 14 ct Aida fabric. A fat eighth (approximately 8x12 inches) is plenty.

Needles: size 24 cross stitch or tapestry needle (blunt tip) and beading needle (or size 10 quilting needle).

Small, sharp tipped scissors, large ziploc bag to keep everything in, magnetic needle minder, bobbins or small ziploc bags to store extra floss.

SPECIAL INSTRUCTIONS

Model worked on 14 ct perforated paper with three strands of floss in the needle.

Start from the center of the pattern, where the two red lines meet, in the center of your paper or fabric. I suggest working the crown of thorns first, since it is geometric and easy to count. Stitch all cross stitches and beads from the heart, flame, flowers, leaves, and vines first, then fill in the purple background and the borders. Backstitch the flower details (center of flower – one strand of 35, outside petals – one strand of BLANC), thorn details (three strands of 938), and around heart and cross (two strands of 550) last. **Charts with and without backstitch are provided so details can be seen clearly.**

Floss used with beads (2 strands in the needle). Gold beads – ThreadworX 1072 (Alt: DMC 4124 or 3820); red beads – DMC 321; pale mint beads, green sequins and pale aqua beads – DMC 369.

Passionflower centers choices: 1) 3 mm sequin + 15/0 MH 42017 bead (shown on model); 2) 11/0 MH 02016 bead; or 3) regular cross stitch with DMC 992.

Background: Cross stitch with color blend – two strands of 333 and one of 550 together in the needle.

If you are using ThreadworX overdyed floss: Stitch each complete cross individually.

GETTING STARTED:

ORGANIZE YOUR SUPPLIES

I wind my floss on bobbins and store them in a plastic project box. Bobbins can be plastic or cardboard. Bobbinating floss prevents it from tangling and keeps your floss colors organized. You can also keep your floss in small individual plastic bags. Keep the label with the floss color number!

How to bobbinate floss: Pull the label(s) off the skein, saving the label with the floss color number. Delicately open the skein, loop it over your non-dominant hand, and find the floss ends. Choose one and carefully unwind the whole skein. If you run into tangles, work them out patiently. Now you have two options: 1) wind the whole uncut length onto the bobbin, or 2) cut the length into 8 equal pieces (for DMC floss, these will each be 100 cm/39" long) and wind them one after another onto the bobbin.

Hold the label with the floss color number against the bobbin and wind the floss over it. When you're done, the color number will still be visible for easy reference. (You can also write the color number on the bobbin with a permanent marker instead.)

Tapestry needles have larger eyes and blunter tips than regular embroidery needles. The blunter tip helps the needle slide into the pre-punched holes without accidentally piercing the paper (or splitting threads, if stitching on fabric). I do recommend getting the correct size for the scale paper/fabric you are working on – for this project, using 14 ct perforated paper and 3 strands of floss in the needle at a time, the most comfortable size is a size 24 tapestry needle. Although finer needles (size 26, 28) will work too, they tend to slip backwards through the holes and make your life a tiny bit harder. The larger eyes of the size 24 needles also reduce friction on finicky metallic threads, which help keep them from splitting longer. (When a metallic thread starts to split in the middle – metallic foil strands unwinding from the synthetic core and tangling when you stitch in the most obnoxious way – it's time to start a new thread.)

STRIPPING YOUR FLOSS

Do NOT skip this step! Strip one cut length at a time, as needed.

Stranded embroidery floss (the most common kind found at the craft store) generally has 6 thread strands twisted together that can be separated without losing their integrity, and recombined to create the desired thickness appropriate for the technique and look you are after.

For instance, delicate thread-painting or satin stitch requires just 1 strand out of 6; cross stitch at a tiny scale (for example, over 1 on 32 ct fabric) also requires just 1 strand. Slightly larger gauge cross stitch requires 2 strands. The crosses on this project are made with 3 strands, which gives them enough fullness to cover the paper surface. Really dimensional embroidery may even use all 6 strands at once. Regardless of how many strands your technique calls for, however, you **MUST** individually separate and recombine the strands before stitching to allow them to lay more smoothly and give your work a better sheen.

How to strip floss: Cut a length of floss about the length of your arm. Hold the end of the floss in your non-dominant hand and gently tap the very end to separate the strands. While keeping hold of the main bunch, take one strand with your other hand and pull it out. Hold it loose in the air and let it untwist. Straighten out the length of the remaining strands and repeat until you have pulled out the required number of strands, letting each untwist freely in the air. Line the ends up and thread through the needle.

STARTING AND FINISHING A THREAD

Thread the needle with your stripped threads and pull the length through so that the "tail" of the thread is $\frac{1}{3}$ the total working length. As the working length is used up, adjust the tail so it is always $\frac{1}{3}$ the total working length.

Find the center of the pattern by finding where the two red lines intersect. If you prefer to start at the top of the pattern, calculate where that should be from the center of the paper/fabric.

Starting the first thread of a project: You do not need to tie a knot. Come up from the back of the paper in the center hole (or if you prefer, at the top, making sure it's spaced correctly from the center) and hold a 1–1.5" tail of thread taut on the back while you complete the first few crosses. After 2–3 crosses, hold the tail on the back under the line where the next crosses will be and stitch over it until it is covered.

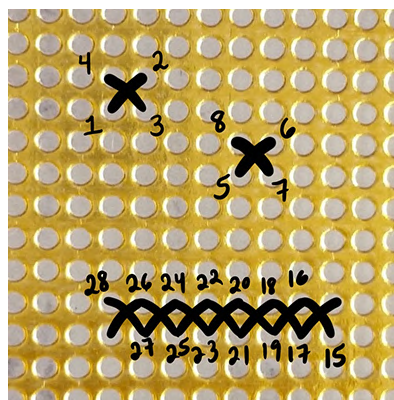
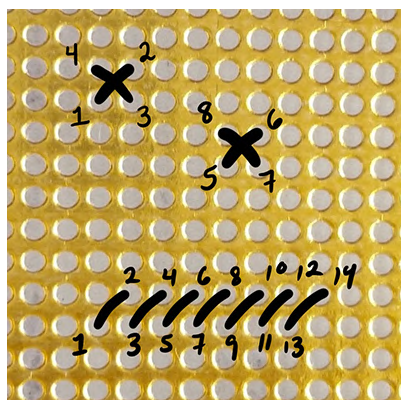
Finishing a thread: When you have about 3" of working length left plus a 1" tail, on the back of the work, slide the needle under the backs of 5–6 stitches and pull taut. You do not need to tie a knot. Snip off the extra length.

When starting the next thread: On the back of the work, slide the needle under the backs of 5–6 stitches and pull the length through until the very tail end is almost covered. Take one backstitch by sliding the needle again under the last stitch. This secures the thread without a knot and keeps the tail threads from being in the way.

HOW TO CROSS STITCH

Individual (English method): If crosses of the same color are widely scattered (more than ~5 stitches apart), in a vertical column, or if you are working with variegated or overdyed floss, you can complete each stitch individually. I always come up from the back in the bottom left hand hole, go down diagonally at the top right, come up at the bottom right, and go down again diagonally at the top left. The important thing is to **keep the finishing diagonal going the SAME DIRECTION (slanting either left or right)** for every cross in your piece, so the completed work will look more professional and the sheen of all the crosses will catch the light in the same way.

Railroad (Danish method): If there are several stitches of the same color in a horizontal row, you can "railroad" them. Working from left to right, come up in the bottom left hand hole, go down diagonally at the top right; come up at the bottom right (which is also the bottom left of the next stitch), go down diagonally at the top right parallel to the first diagonal stitch. Repeat as many diagonals as you have stitches of that color in a row, then come up at the bottom right (this will be directly below the last "top right" hole) and go down at top left. Repeat right to left until all diagonals are crossed. Again, **keep the finishing diagonal going the SAME DIRECTION (slanting either left or right)** for every cross in your piece.



In general I like to work from top to bottom, left to right, finishing as much of a single color as I can easily count before switching colors. If there is a jump of more than about 5–10 empty holes before the next stitch of a particular color, I like to play it safe, end that thread, and stitch the colors in between first so I don't accidentally miscount and have to pick out a large section. If you do have to pick out a section, it's easier to carefully snip the back of the threads and delicately remove the thread fluff with the tip of your tapestry needle than try to salvage the length of thread.

For this pattern, stitch all full crosses and beads first, and backstitch details last.

ATTACHING BEADS

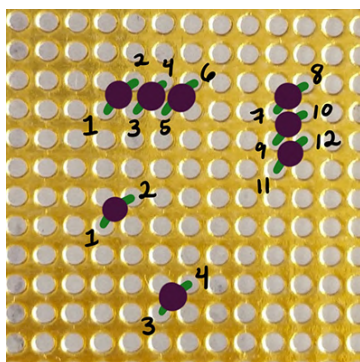
I pour beads onto a small rimmed plate or bowl while working. If using Mill Hill beads that come in those little clear plastic 4 gram packages, BEWARE and open VERY CAREFULLY. That packaging is absolutely designed to catapult them across the room if you have it sitting open and happen to touch one edge or the other. It's far safer to put a helping onto a plate and not work directly out of the package.

Thread the beading needle with ONE strand of thread and pull through until both ends are equal. Moistening and pinching the thread end may help. If you use a needle threader, make sure it's one specifically for beading needles, since their eyes are much smaller than other needles. If beading needles are giving you too much trouble, I have found that size 10 quilting needles also go through size 11 (and usually even the smaller size 15) seed beads.

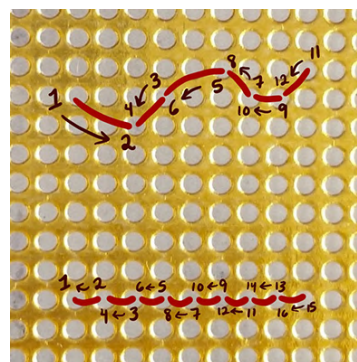
You can either start the thread by sliding under stitches on the back and taking one backstitch to secure, or by making a knot. Come up at the bottom left hand hole of the intended stitch. If you touch the beads on the plate, one or more should stick to your fingertip. Roll off the extra. Put the one bead on the needle and go down diagonally at the top right hand hole.

BACKSTITCH/STRAIGHT STITCH

Backstitch is used for defining detail and should be done AFTER all the whole crosses have been stitched. Start the thread as above. Take small, short stitches as in the diagram below, as allowed by the pre-punched holes. A straight stitch is an isolated backstitch.



Attaching size 11/0 beads



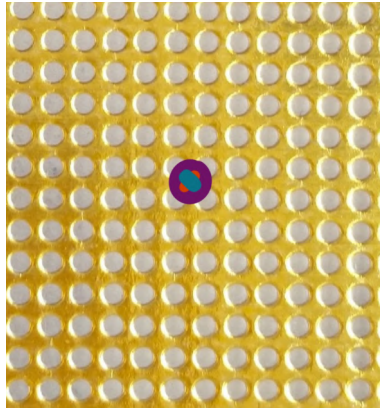
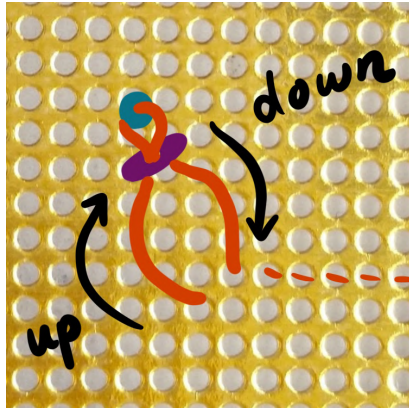
Backstitch

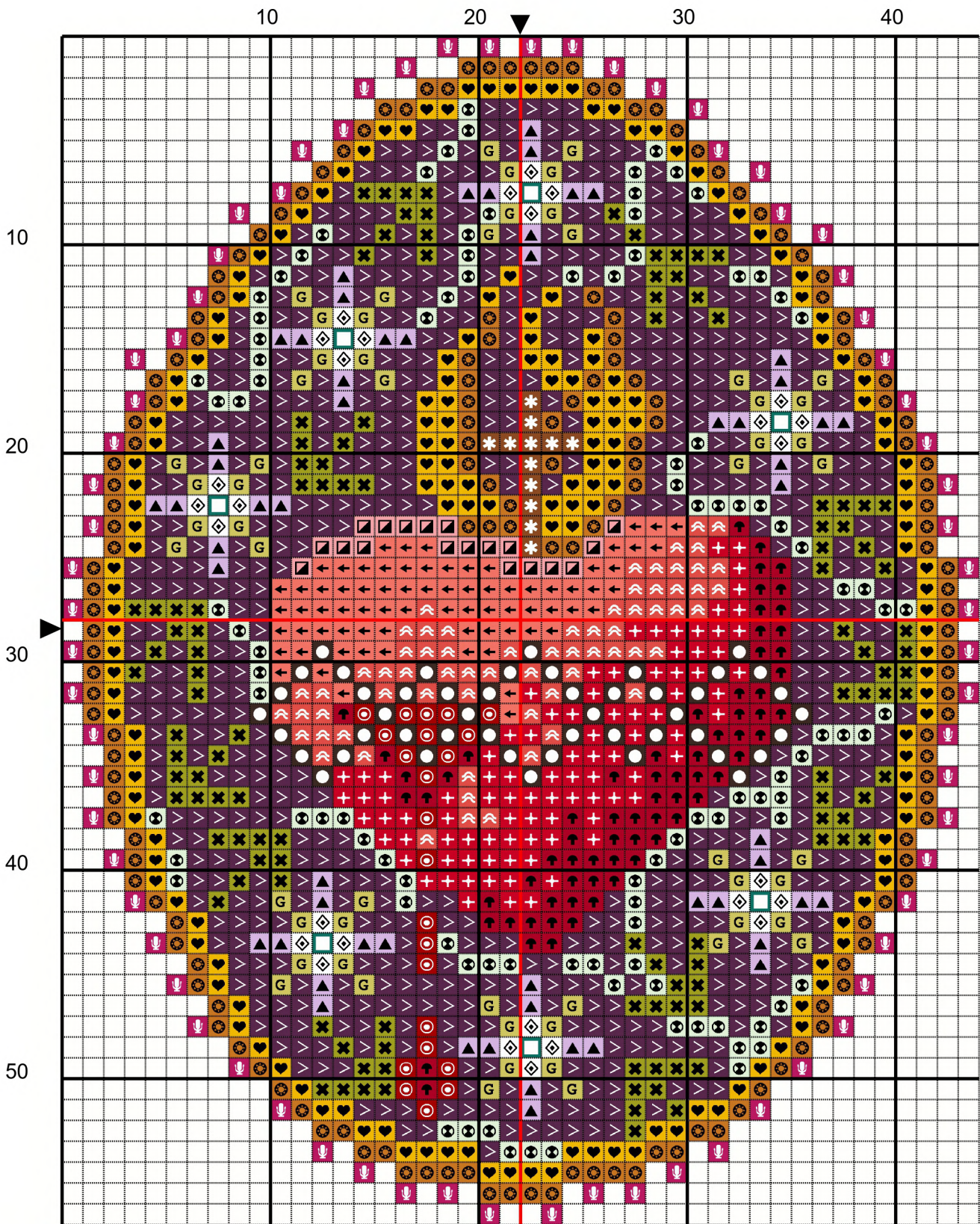
BEAD + SEQUIN

Come up from back of paper/fabric in the bottom left-hand hole of the stitch (as if starting a new cross stitch). Add first the sequin and then the bead to the needle. Go back through **JUST** the sequin and down through the top right-hand hole of the stitch. Done!

Note: If the pattern sets it off-grid, attach the sequin + bead coming up and going down into the same hole.

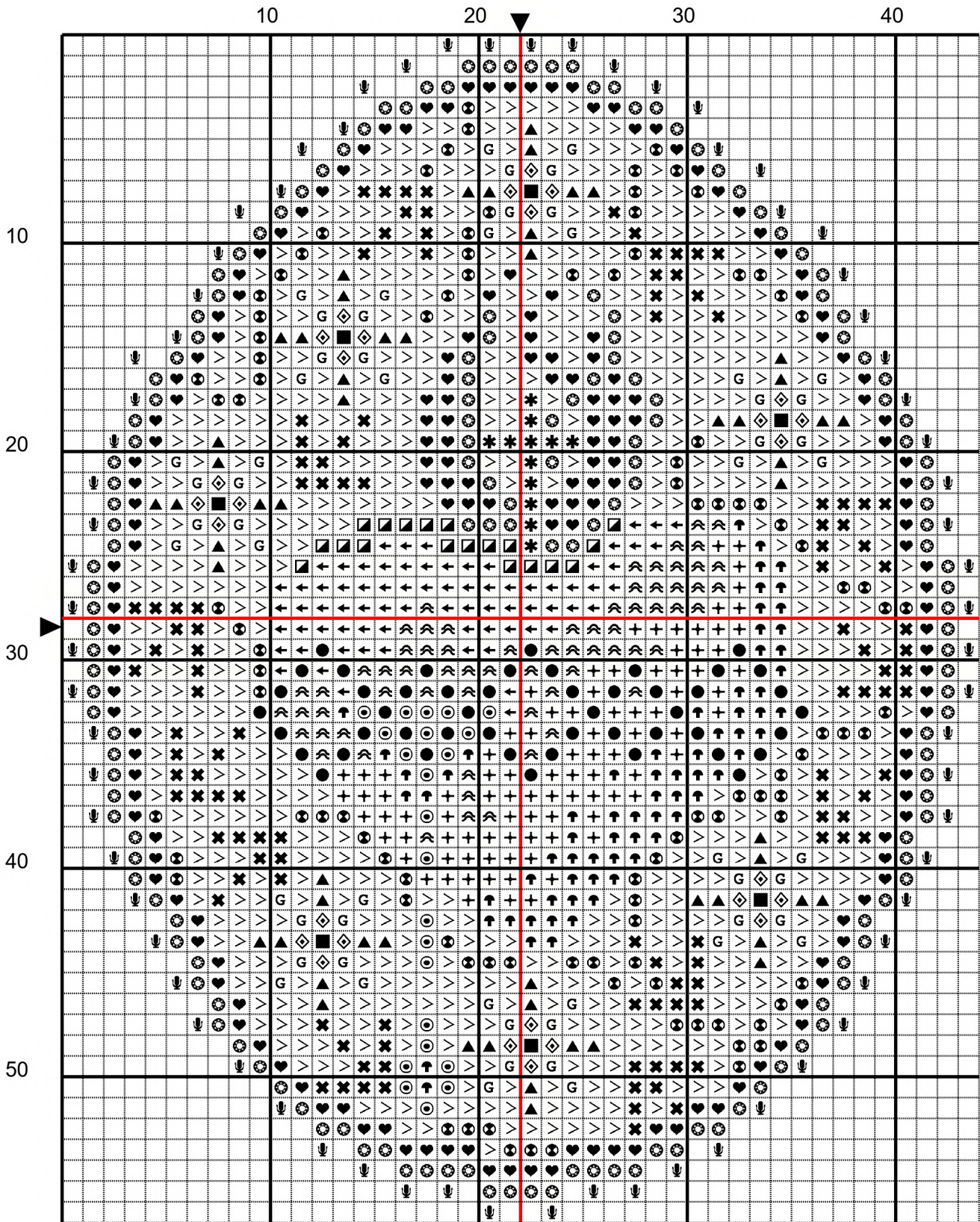
With 14 ct paper/fabric, I use 3 mm sequins with size 15/0 petite seed beads.





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|--|---------------|--|---------------|--|---------------|---|--------------------------|--|---------|
| | ThwX 1072 | | Bead MH 02011 | | Bead MH 03049 | | DMC 333+550 | | DMC 369 |
| | Bead MH 02016 | | DMC 211 | | DMC BLANC | | See special instructions | | DMC 992 |
| | DMC 321 | | DMC 780 | | DMC 761 | | DMC 352 | | DMC 351 |
| | DMC 666 | | DMC 938 | | DMC 35 | Without backstitch – for reference | | | |

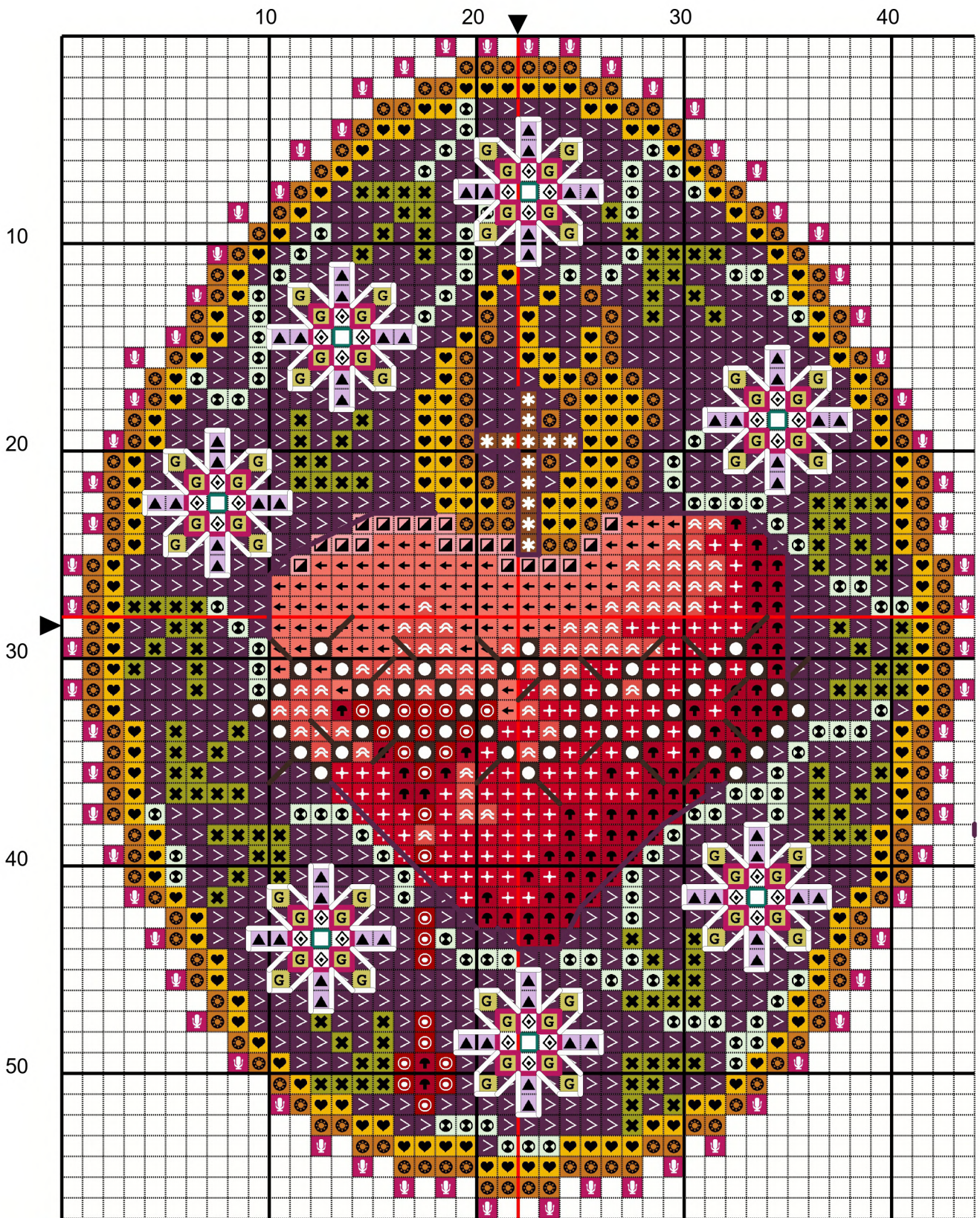
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Without backstitch – for reference

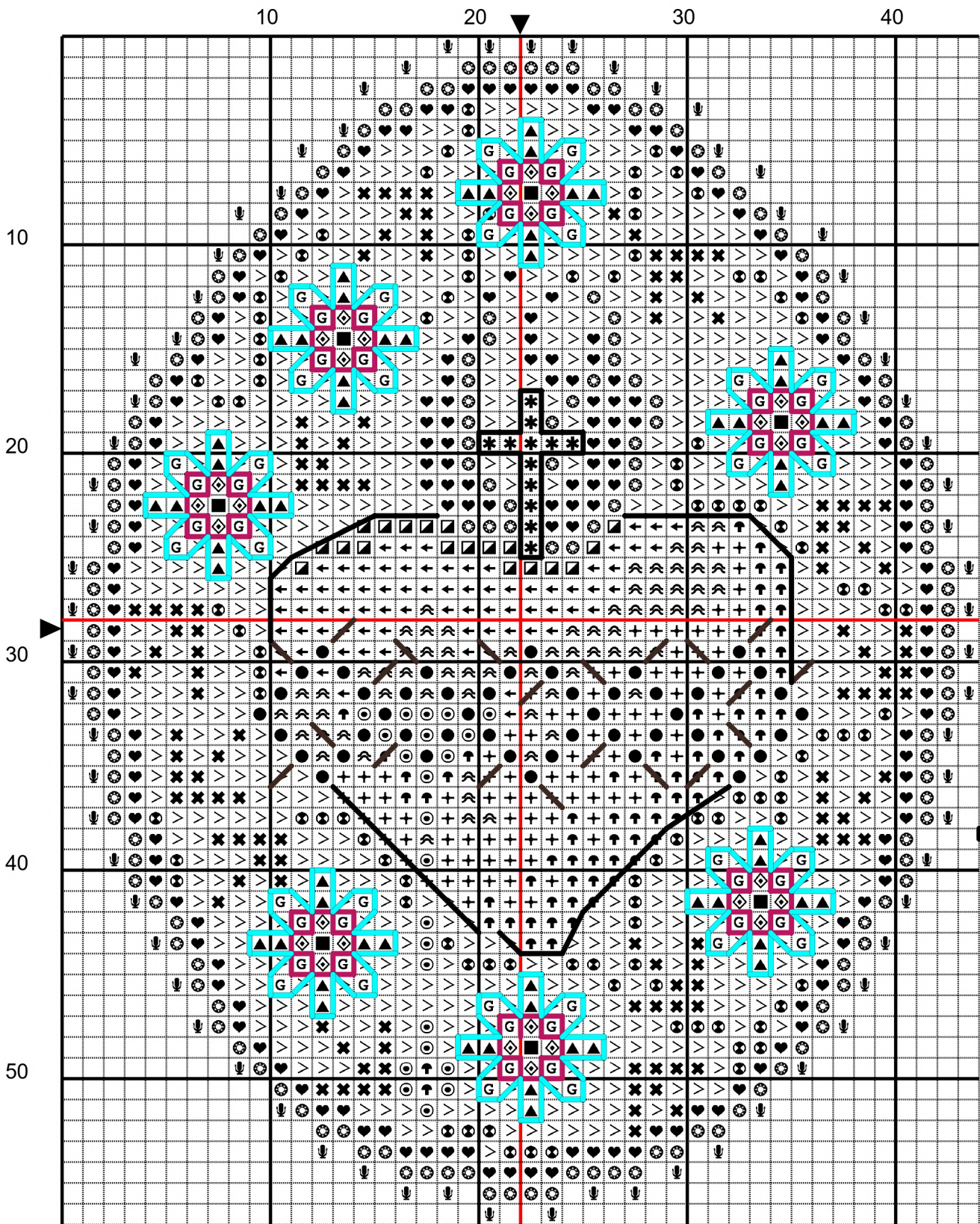
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| DMC 666 | DMC 938 | DMC 35 | | |

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FINISHING

To finish as an ornament: Carefully trim the perforated paper ONE EXTRA SET OF HOLES AROUND your finished stitching and beading. Trace the cut-out ornament onto a piece of matching felt or craft paper. Cut out the felt or paper slightly smaller than the traced shape. Trim and adjust so the felt or paper won't be seen from the front of the ornament.

Cut one 6" piece of 1/8" wide ribbon for hanging and fold in half. Glue ribbon together at the bottom ends, overlapping about 1". Put tacky glue on the felt or paper, position the folded ribbon 1" at the top of the backing, add more glue, and carefully smooth your ornament on top. Add a bit more glue as necessary and let dry.

Find a Mistake?

I've done my best to ensure this is an accurate pattern, but if you see a mistake, please let me know! You can message me through Etsy or email: rebecca@delphinaroseart.com

Share Your Photos!

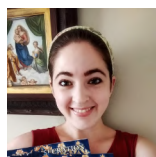
I'd love to see what you make with my patterns! Post your work on my FB page or IG.

Hashtags: **#sacredheartcrossstitch**
#holyfamilyhearts
#delphinaroseembroidery

Tag me at [@rebecca.gorzynska](https://www.instagram.com/rebecca.gorzynska)

Ready for Another Project?

Find the rest of the Holy Family Hearts ornament series (coming soon!) in my shop: delphinaroseart.etsy.com



Hi there! My name is Rebecca Górzyńska, and I like to design needlework patterns, paint, and create coloring pages! See all my work at delphinaroseart.com.

Find me here too:

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