

Instructions and Supplies
for creating the General Conference “mantles of prayer”
Updated 2/29/2012

Below you will find a list of supplies needed, followed by detailed instructions for making the mantles of prayer for the delegates, bishops and leaders of the 2012 General Conference of the United Methodist Church.

Supplies needed:

- Sixty silk mantles and three bottles containing the three colors of water-soluble dye for this ministry. These can only be supplied by Joyce Estes to insure the quality and uniformity of these gifts for the delegates and leaders of the 2012 General Conference. Joyce is the Artistic Design Director for the General Conference and she can be reached by email: enjoycesilks@gmail.com or by phone: (850) 889-0866.
- One 8 foot table covered with plastic for every three people attending the workshop. For a group of 10 to 12 people working, 5 or 6 tables will be needed.
- 1 large roll of paper towels for each table plus an extra or two
- One tube of clear plastic drinking cups, 8 oz. size. For a group of 10 to 12 people working, 36 cups will be needed.
- One package of sponge brushes, 1 inch wide (1 brush for each of the 3 colors x 1 set of brushes for each table). For a group of 10 to 12 people working, 12 brushes would be needed.
- One roll of freezer paper that is shiny or waxy on one side, get the largest box possible (75 sq. ft. or 150 sq. ft.) per box. For a group of 10 to 12 people working, 4 rolls of the 75 sq. ft. paper or 2 rolls of the 15 sq. ft. paper will be needed.
- One ironing board and iron for every 3 or 4 people. For 10 to 12 people working you will need 3 irons and 3 ironing boards.
- One spray bottle filled with water for each ironing board. For 10 to 12 people working you will need 3 spray bottles.
- One large container of course sea salt for every 5 or 6 people working. For a group of 10 to 12 people working, 2 containers of course salt will be needed.
- One bottle of rubbing alcohol for ever 30 people. If it is 91% alcohol, add 50% water. If it is 61% alcohol, add 30% water.

- One very large trash can with trash can liner for every 5 or 6 people working. For 10 to 12 people working you will need 2 trashcans and 4 trashcan liners.

Step by Step Instructions:

1. Open the freezer paper and cut it off in 58" lengths; then fold in in half long way and split it into two long pieces. The hemmed silk is 54" so you need the freezer paper to be 58" long. (Ordinarily a 75 sq. ft. freezer paper will make 11 lengths and cut in half the long way will make a backing sheet for 22 mantles of prayer (the 150 sq. ft. box will do double this amount).
2. Take the hemmed silk out of the bag, save the bag, hold the hem of the scarf where the little tag is. If you pull the thread on the tag it should come off easily. Do not use scissors, you may cut the scarf.
3. Spray the silk with a little water to make it damp, not wet, and iron the silk smooth (with the iron set on the temperature for silk)
4. Place the silk on the freezer paper with the waxy/shiny side up and the hem of the silk turned down against the freezer paper. Iron the silk on the paper until it sticks to the freezer paper (there should be a 2 inch margin of freezer paper on all sides of the silk). <If possible, have 10 or 12 of these completed before the group arrives.>
5. There are 3 colors of dyes (#1 dark blue, #2 teal and #3 cyan). Shake each bottle well. Pour a small amount of dye into a clear plastic drinking cup and add water, diluted dye with water. For the #1 dark blue, the ration of 1 part dye to 3 parts water. For the other two dyes (#2 teal and #3 cyan) the ratio is 1 part dye to 4 parts water. Put a small amount mixed dye into the clear plastic cups and number each cup with #1, #2 or #3 to help volunteers be clear about the contents of each cup. It is also helpful to number the brushes to keep them from being mixed up. When the dye is mixed, pour it into the appropriately numbered cups until the cup is no more than 1/3 full (that way it is less likely to spill and make a big mess). Place the colors of dye and the three brushes on each 8 foot table.
6. Paint the dye on the silk. The best way to do this is to imagine the silk divided six different sections. Paint the end 1/6th with the #1 dark blue, the next 1/6 area with the #2 teal, the next two 1/6 areas (or the middle 1/3) is the #3 cyan blue, then the next 1/6 is again #2 teal, and the final 1/6 is #1 dark blue. In other words, If you were to hold the silk and fold it over your arm so the two ends were hanging toward the floor: the two ends are to be painted dark

blue, the middle on each side is to be painted teal blue; and the top 1/6 on each side of your arm would be cyan blue. For those who like to count, the sequence from one end to the other is 1-2-3 3-2-1.

Make sure the dye is painted on the hems sufficient to go all the way through the folded silk (otherwise it leaves an unsightly white line underneath).

If you make a mistake with the order, it's okay. God's grace abounds. According to Joyce Estes, the Artistic Design Director, "You cannot mess this up."

7. When finished with the dyes, take the scarf to an area to dry. You need a large space because each person will be able to complete 6 to 10 mantles of prayer in a three-hour workshop.
8. Sprinkle salt over the entire length of the silk. This will help the dye to dry and create beautiful patterns. The salt can be applied lightly or more plentifully; however do not put on so much as to create mounds or piles on the colored silk. Do not use fine table salt or large ice-cream rock salt.
9. After the dye on the scarf has dried (no longer damp to the touch), the salt should be removed from the scarf and brushed into a trashcan. Then pull the paper off of the scarf. Discard the paper and iron the silk until every part of it has been ironed (the heat of the iron sets the color in the scarf). This normally takes 2 to 3 minutes. After ironing the silk is washable.
10. After the silk is ironed, fold it in the middle, in the middle again and in the middle a third time; then, put it back into the plastic bag from step 1 above.
11. Please count the completed silks and send them to Rev. Tom Albin, 1908 Grand Ave., Nashville, TN 37212.

If you need additional assistance contact:

Joyce Estes, email: enjoycesilks@gmail.com or call: (850) 889-0866; or,
Tom Albin, email: talbin@upperroom.org or call: (615) 500-5741.