This diagram is for use with the
**Flying Geese Bench Pillow**
project featured on our YouTube channel:

![YouTube.com/ShabbyFabrics](https://shabbyfabrics.com)

Finished Size: 14” × 37”

*Featured fabrics are from the Welcome Home Flannel collection by Jennifer Bosworth for Maywood Studio*

**Fabric Requirements**

<table>
<thead>
<tr>
<th>Fabric Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>black damask (MASF8365-J) for borders</td>
<td>⅓ yard</td>
</tr>
<tr>
<td>cream (MASF8368-E) for sashing</td>
<td>⅓ yard</td>
</tr>
<tr>
<td>red gingham (MASF610-RR)</td>
<td>¼ yard</td>
</tr>
<tr>
<td>pink floral dots on black (MASF8362-J)</td>
<td>⅓ yard</td>
</tr>
<tr>
<td>pink (MASF513-PP2)</td>
<td>⅛ yard</td>
</tr>
<tr>
<td>backing</td>
<td>½ yard</td>
</tr>
</tbody>
</table>

**Cut Fabric**

From **black damask** fabric, cut:
- (2) 2½” × WOF for top and bottom borders
- (2) 2½” × 10½” for side borders
- (2) 2” × 10½” for sashing

From **cream** fabric, cut:
- (2) 3” × WOF
  - Use Flying Geese template to cut strips into (4) goose triangles and (28) sky triangles
- (4) 3” × 3” sky squares (for Block 3 corners)

From **red gingham** fabric, cut:
- (2) 3” × WOF
  - Use Flying Geese template to cut strips into (8) goose triangles and (8) sky triangles

From the **pink floral dots on black**, fabric cut:
- (1) 5½” × 5½” square
- (1) 3” × WOF
  - Use Flying Geese template to cut strip into (8) goose triangles

From **pink** fabric, cut:
- (1) 3” × WOF
  - Use Flying Geese template to cut strip into (4) sky triangles

From **backing** fabric, cut:
- (2) 14½” × 21” for backing

**Required Tools**

Flying Geese Ruler from Marti Michelle available at [ShabbyFabrics.com](https://shabbyfabrics.com)

Use lines for 3” strip width

For **goose** triangles, use this line:

For **sky** triangles, use this line:
Assemble Blocks
Referring to diagram above for fabric placement, assemble (3) flying geese blocks.

Add Sashing
Add sashing strips to the left and right sides of Block 2. Press seams toward sashing, and trim to be even with the block. Add Block 1 to the sashing on the left side of the Block 2, and press seams toward sashing. Add Block 3 to the right side of Block 2, and press seams toward sashing.

Add Borders
Add side borders to the left and right sides of pillow. Press seams toward border, then trim to be even with the pillow. Add top and bottom borders to the top and bottom of the pillow. Press seams toward border, then trim to be even with the pillow.

Quilting (optional)
Layer pillow top, batting, and backing (such as muslin). Quilt as desired.
ASSEMBLE THE PILLOW

Fold the 14½” end of one backing piece under ¼” and press. Fold under another ¼” and topstitch to secure. Repeat for the other backing piece.

Place pillow front on your work surface, right side up. Lay backing pieces on top of the pillow front, right sides together. The back pieces will overlap each other in the center (refer to diagram below). Align outer edges with the outer edges of the front.

Pin and sew around all four sides with a ¼” seam allowance. Turn right side out and press.