

Starlight Express

Starlight Quilters Guild

On the web at <https://starlightquilters.com>

On Facebook at www.facebook.com/StarlightQuiltersGuild/

June 15, 2026

Starlight Quilt Guild Officers and Committees

President: Donna Holloway

Heartland Quilt Network Rep: Mary Honas

KCRQF Representative: Tara Culley

Vice President: Janette Sheldon

Guild Meetings Operations Manager: Alison Erickson

Guild Meetings Volunteers: Ann Doherty, Jan Ketchum, Shirley Lewis

Program Committee: Mary Lou Guy

Past President: Amy Ubben

Quilting Activities Manager: Barbara McMahon

Accuquilt: Cheryl Tomson

Community Service: Pam Lanza

Guild Challenge: Karen Edwards & Shirley Lewis

Project Linus: Mary Honas & Kate McCabe

Retreats: Donna Holloway

Workshops: Tammy Smith

Treasurer: Barb Dietz

Membership: Diane Phillips

Monthly Raffle: Janette Sheldon, Donna Holloway, Amy Ubben

Quilt Show: Janette Sheldon, Kim Cawthon, Alison Erickson

Raffle/Opportunity Quilt:

Secretary: Michele Fix
(starlightquilters@gmail.com)

Newsletter: Suzanne Andrews
(starlightnewsletter@gmail.com)

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Website Manager: Janice McKee



From the President

The "Quilting Time Warp": Why Getting Lost in Your Stitches is Good for You

Have you ever sat down for "just one more block" or "one more row" of quilting, only to look up and realize three hours have vanished? While it feels like magic, there's actually a fascinating scientific reason for that lost time—and it's doing wonders for your brain. This "time warp" is a beneficial psychological "flow state" that boosts mental well-being rather than wasting time. One of the most valuable things that sewing gives us is the ability to enter this flow state. You've probably felt it—it's that moment where the rest of the world just goes quiet, and you are completely immersed in what your hands are doing. In this state, your brain is doing something incredible. Science shows that when we're in "flow," our prefrontal cortex—the part of the brain responsible for that constant, nagging inner critic—actually powers down. This is why time seems to disappear and why the "noise" of everyday stress just fades away. It isn't just about distraction. To reach this state, there has to be a perfect balance between challenge and skill. If a project is too simple, we get bored. If it's too complex, we get anxious. Quilting is the ultimate "sweet spot." as it requires just enough technical focus to keep you locked in. Once you find your rhythm, the work becomes effortless. For many of us, quilting isn't just a pastime—it's a vital tool for mental wellbeing. That time spent in the flow state is when our brains are at their most resilient and creative. It's about finding that steady, stable energy where effort truly comes with ease. So, the next time you lose an afternoon to your sewing machine, don't feel guilty. Your brain is simply recharging!

Let's reenergize!

~Donna Holloway
SQG President



STARLIGHT QUILTERS GUILD
Treasurer's Report
May 2026

	Beginning Checkbook Balance	\$ 14,942.39	
	CD's at Capitol Federal	17,415.07	
	Petty Cash	60.00	
	Cash Balance		32,417.46
	Income		
	Membership Dues	350.00	
	Quilt Show	110.00	
	Bucket Babes	90.00	
	Workshop fee	420.00	
	Retreat	225.00	
	Total Income		1,195.00
	Expenses		
	Meeting Facility Rental	230.00	
	Program by Tara Miller	1,228.92	
	Workshop Room Rental	260.00	
	Workshop by Tara Miller	906.00	
	Storage Expense	130.00	
	Quilt show sales tax	321.00	
	Opportunity Quilt backing fabric	47.92	
	PayPal Fees	26.66	
	Total Expenses		3,150.50
	Ending Checkbook Balance	12,986.89	
	CD's at Capitol Federal	17,415.07	
	Petty Cash	60.00	
	Cash Balance		\$ 30,461.96
	Submitted by Barbara Dietz, Treasurer		

June Fat Quarters

Fat quarters for June are **PURPLE**. Purple is all around us, In the flowers and in the sunset. It is a romantic color. Will you bring a soft purple fat quarter? Maybe you have a barney purple piece of fabric? When you win, what will be the July fat quarter theme?

~Jan Ketchum



June Program

Ancient Ways to Modern Days

Lori Lee Triplett of Quilt and Textile Collections will speak about getting the best results combining ancient methods with contemporary quilts.

*~Mary Lou Guy
Programs*

Starlight Quilters Guild Fall Retreat

The **Starlight Quilters Annual Fall Retreat** will be **Friday-Sunday: November 6-8, 2026**. This year we will be going to a more tranquil location and retreating at the Hollis Renewal Center. <https://holliscenter.org/> The Lodge will accommodate 38 day-retreaters and has a large deck, access to many trails and is in an overall serene setting. We will also have access to the cottage next door that has a very large living room/lounge area if you need a break from sewing and the weather isn't cooperating. Day retreat price will be \$75 and includes your workspace and four meals (dinner Friday, lunch and dinner on Saturday, and lunch on Sunday). The workspace will be available starting from 10AM Friday until 4PM Sunday – you can stay as late or arrive as early as you'd like throughout the weekend.

A Barn Quilt Painting workshop will be offered on Saturday afternoon by The Blue Bee. Create your own wooden barn quilt block in a guided, beginner-friendly workshop. Cost will be \$55 and includes a prepped 12x12 wooden board, all paints and supplies and guided instructions to complete a painted 12x12 wooden quilt block for your wall (or barn!). More details and sign-ups for the workshop will be posted soon!

Limited lodging is available for those interested in staying overnight at the retreat center. More details are posted on the Guild website and within the registration form.

Hoping you can enjoy us for a weekend of sewing, inspiration and of course, a great time of socializing with your fellow guild members!

Retreat Registration link: <https://forms.gle/1rBYLPXZJop6ZVW67>

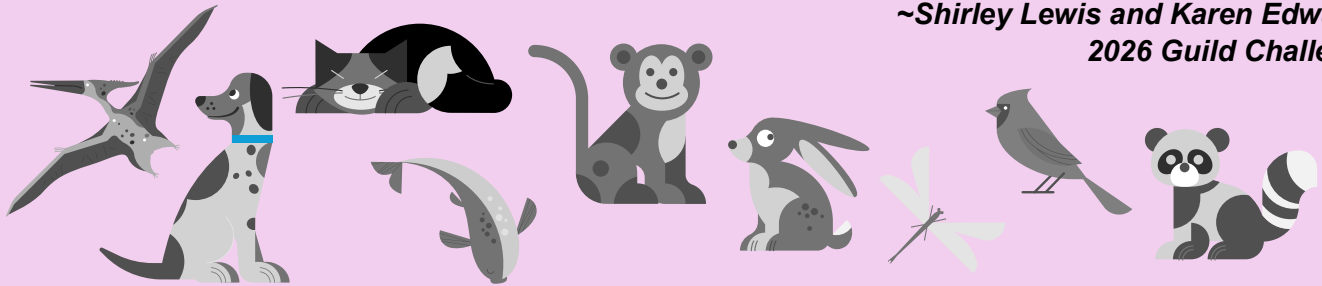
Feel free to contact me if you have any questions!

*~Donna Holloway
Retreat Chair*

SQG 2026 Animal House Challenge

We hope you're having fun with your Animal House challenge! We're having fun imagining what you're coming up with. Such artists we have in this guild! Remember the rules: Must have at least one animal and one house on the front. It is OK to use fabric with animals and houses printed on it. Must be made this year. Any size is ok. Must have fun making your very own Animal House. Due at the October meeting. Get your creative brains working!

~Shirley Lewis and Karen Edwards
2026 Guild Challenge



Accuquilt News

This month's featured dies are Sunbonnet Sue and Overall Sam. Sue finishes at approximately 5 1/2" wide and 7 1/2" high; Sam at 4 1/2" wide and 7 1/4" high. Cut up to 4 layers of fused fabric at a time. They are a great way to use scraps. Use for potholders, table runners, or quilt blocks. They can be used with the guild's Accuquilt cutter or the smaller Go Me. As always, contact me to check out the Accuquilt cutter or dies and remember that the Accuquilt is available at every guild sew day.

~Cheryl Tomson
Accuquilt Manager



A Word of Thanks



Dear Starlight Quilters Guild,

Thank you so much for supporting our "Bursting at the Seams" campaign. We truly appreciate your investment in our growth as we continue our mission of celebrating creativity, craftsmanship, and community.

~♥The Sewing Labs Team

June Open Sew Day

The next Open Sew Day will be at Merriam Plaza Library, Webb Family Meeting Room, on Saturday, June 27, 2026, 9-5pm. Open Sew Days will be scheduled for September, October, and November 2026. Open Sew Days will alternate between Fridays and Saturdays for maximum flexibility. Please sign up for the June Open Sew Day on the Starlight Quilt Guild website using the following link: <https://starlightquilters.com/SQG/index.php/workshops/>

See you there!



*~Tammy Smith
Workshops*



Mark Your Calendars:

June 23 – SQG Meeting
Merriam Community Center
6:30pm

June 27 – Open Sew Day
Merriam Plaza Library
9am-5pm

July 2 – Library Open Sew
Indian Creek Library
6-8pm

July 28 – SQG Guild Meeting
Merriam Community Center
6:30pm

July 29 – Workshop
Kawandi & Kantha Workshop
Details TBA



Project Linus

The May meeting was another big day for Linus quilts.

Mary Lou Guy – 7	Rosemary Watrak – 1
Janette Sheldon – 3	Kathy & Chris Foos - 1
Martha Reeves – 1	Jackie Johnson - 1
Opal Yarnell – 4	Theresa Benson - 3
Cheryl Tomson - 2	

Great work everyone! Check out the Linus table at the June meeting, we'll have some more Rosie quilts to finish.

*~Kate & Mary
Project Linus*

Upcoming Workshops

Mark Your Calendars!

We have not one but TWO exciting workshops coming up and we want to give you plenty of notice to get them on your calendars.

The first will be by Alice Ridge, our Tuesday, July 28 speaker. At our regular meeting, she'll present a trunk show featuring very trendy Kawandi, Siddie and Kantha quilting.

The following day, on Wednesday, July 29, she'll lead a half-day workshop on Kawandi and Kantha. Alice describes these as two different styles of stitching with origins in Africa and Asia with hundreds of years of history. Prepare to learn an easy, relaxing technique and discover how to create bright, colorful and very scrappy works at this workshop.

The workshop cost, date, time, location and supply list, including kit fee, will be posted on the Starlight Quilters Guild website. Please note that much of the cost of this workshop is being subsidized by the guild.

More fun is coming the following month from our featured speaker, Diane Harris, the Stash Bandit. After a lively program on Tuesday, August 25, she'll teach a full-day workshop the following day, on Wednesday, August 26th.

You may have struggled with making curves. Maybe you even tried making curves with rulers. Well, now it's time to try making circles using improv! Diane says she'll teach "how to cut and sew the curves while paying attention to value and scale in your fabrics so that your results are smashing. We'll cover lots of ideas for adding machine quilting details and hand stitched embellishments, and I'll show you how to finish it off with a facing instead of a binding." Again, all details will be posted on the Starlight Quilters Guild website.

This is your invitation to mark these days on your calendar:

Wednesday, July 29th

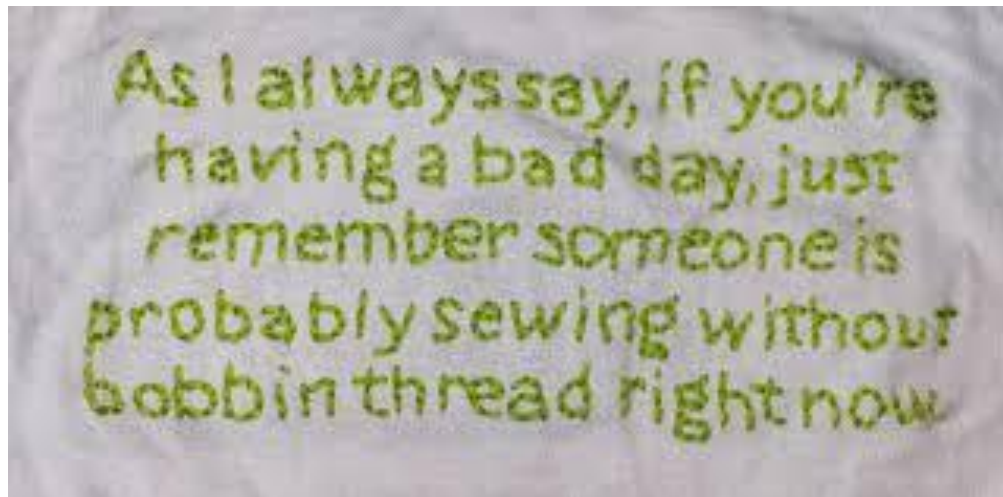
Wednesday, August 26th

to learn new skills and have some fun!

*~Barbara McMahon
Workshops*

Another Sewing Opportunity!

The Indian Creek Library in Olathe has a sewing group on the first Thursdays of the month, the next one being June 4 from 6-8 pm. It is drop in, no reservation needed. There are some machines and notions available on a first served basis but people are also free to bring their own projects & gear. People can also do hand work if that is more their style. Here's the link for more information: [Olathe Library Sewing group](#)



Advertisements

City's Edge Quilt Shop has classes and more!
Amy Senatore, Owner www.citysedgestudio.com
616 W. Main Street, Warsaw, MO 65355
Mon-Fri 10a – 5p and Sat 9a – 3p

Custom Machine Embroidery – quilt labels, towels, gifts, T-shirts, logos, banners, and so much more. Fast turnaround time on orders.
Phone **Judy Brennan**, 913-788-0582

C & S Creations – Custom wood working projects. Let us help you with your sewing /hobby room needs. Custom workstations, Featherweight cabinets, ruler holders, scissor racks. **Cheryl & Scott Diebold**,
Phone 913-677-0838

Machine Quilting – Edge-to-Edge
Computerized longarm machine quilting by **Elizabeth Brown**. Phone 913-626-7135
Website www.Duelingthread.com

Rosecliff Quilts – Provide quilting services which include longarm edge-to-edge quilting for unfinished quilt tops, baby quilts, t-shirt memory quilts and embroidery patches.
Phone: **Stephanie Rector**, 816-560-9863
Email: rosecliffquilts@gmail.com

Donna's Singer Service – Does your Featherweight need a good clean and oil? Is it not sewing like it should? I can clean and service your Featherweight including Singer models 15,99, 221, 222, and 301. Reasonable fees & timely service.
Donna di Natale, phone 913-451-0283

Machine Quilting –Machine quilting, all styles of quilting from simple hand-guided designs to custom creations. Guild members, I will piece your backing at no extra charge!
Peggy Skaith 913-341-0525

Keehn 2 Quilt – **Kathy and Erin** provide high quality finishes for every project - custom hand guided and *Prostitcher* edge to edge precision offered. Contact us today to finish your quilt masterpiece!
913-940-9849 www.keehn2quilt.com keehn2quilt@gmail.com