

**The Grand National Quilt Show, *Connections***  
**Award of Merit for *Technical Excellence***  
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**Flight for Joy**

**Elizabeth McDowell Heagy**

St. Clements, Ontario, 2013

*Cotton fabric, wool batting. Machine pieced and appliquéd. 64" × 92"*

***Inspiration & credits:*** The design for the tessellating doves is traditional, and I was introduced to it in a back issue of *Patchwork Quilt Tsushin* (no. 81, 1997). Yoko Ueda had devised a method for piecing the doves, but since I wanted a flatter outcome for my tablecloth, I changed some of the piecing to appliquéd. Lynn Fulton Photography.

While working on this dove tessellation (a design which, when connected, does not overlap or leave spaces), I noticed that my doves seemed to be on a mission, much like the participants in a Ride to Conquer Cancer. I realized that their flight would be to help us all rediscover Joy. I canvassed family members for “pledges” - ideas for those things which bring or facilitate Joy - and these I have stitched onto the facing of this tablecloth, in order to infuse them with Joy when connecting over our Christmas dinner table.