

# january news letter 2020

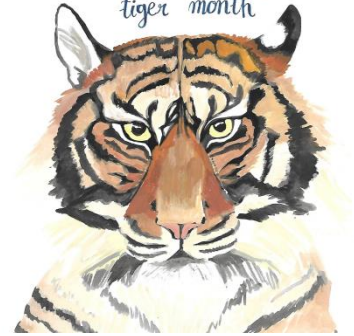
Rabbit hat  
designs



[www.rabbitthatdesigns.com](http://www.rabbitthatdesigns.com)

Welcome to the first 2020 rabbit hat designs newsletter! Things have been settling down into a steady rhythm after the holidays and with a fresh year, I'm excited to work on new series and embroideries. Don't forget to check out the 'how to' for felting the back of embroideries attached to your newsletter email. I'll be writing about peacocks today, which has been one of my favourite themes in recent months as well as my favourite reads, watches and listens over the last month after some quick updates.

endangered animal  
stitching challenge  
tiger month



## updates



I've got all sorts of things lined up for 2020 and I feel so lucky to have made some great connections in 2019 that have led to exciting possibilities this year. Firstly the stitching challenge of an endangered animal a month is underway and I've been loving seeing all the tiger stitches out there! If you want to join in I'll be sharing tiger stitches in my stories on the 31<sup>st</sup> January. Find all the animals for each month and more info at [www.rabbitthatdesigns.com](http://www.rabbitthatdesigns.com) under 2020 challenges. I've also been working on a plastic free challenge where I share a way to reduce plastic every month. This month it's all about refillables. It's amazing how much of a difference it would make if we all used refillable bottles instead of plastic, lunch boxes instead of buying plastic heavy lunches and keep cups instead of using to go cups at cafes.

## all about peacocks

As part of my macro nature series I started working on peacock feathers, loving all the colours, texture and layers. Peacocks have vast and varied symbolism across the world, so I thought I'd share some folklore and stories here. In Greek mythology peacocks were thought to have emerged from the hundred-eyed giant, Argos Panoptes. In Greco-Roman mythology the peacocks feathers are said to hold the 'eyes of the stars'. In Hinduism the Peacock is associated with Lakshmi who embodies patience, compassion and luck. The Peacock is seen as a manifestation of the phoenix on earth, in a story about Guanyin, a Buddhist bodhisattva linked to compassion,



She calls a simple bird to her then rubbed her face and brushed her hands down it's feathers, creating a kaleidoscope of colours and hundreds of 'eyes' on the longer feathers. In relation to this story sometimes peacock feathers are seen in houses as a reminder of Guanyin's compassion and being watched over. In reverse peacock feathers are also be seen as unlucky in



Mediterranean folklore, where the eyes are seen as representing the 'evil eye' of Lilith, a female demon seen as a harbinger of misfortune and illness. I love how every animal stores such meaning in different narratives and how differently they can be seen all over the world. I think the peacock evokes such strong symbolism due to its striking markings. Where I grew up in Hampshire, UK, a peacock randomly turned up one day and started living in our garden. We asked all around to see if someone had lost him, but no one claimed him. His presence with us for so many years felt like such a gift.

## how to felt the back

For all my embroideries, even the huge ones, I use felt for the back to finish up the hoop. You can get natural felt from all sorts of places, especially sewing and needlework or craft shops. You can find the 'how to' in an attachment with your newsletter email. I started adding it in here and it just got too long! Before following the 'how to felt a back guide' you will need to have rucked the back. See my website page for 'How Tos', using the button on my homepage [www.rabbithatdesigns.com](http://www.rabbithatdesigns.com). I'm excited to share this how to and other how tos on my website, please feel free to check them out and give them a go! Also I love feedback and want these 'how tos' to be as accessible as possible, so do reach out with what's working and what's not!



## out and about

Here's where I share listens, reads, film and arts that inspire or interest me. It's all about the Gretas this month.

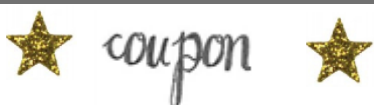
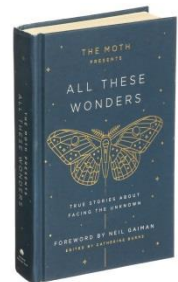


I loved watching Little Women, directed by Greta Gerwig. It is a joyful and whirling watch and doesn't shy away from the complexities for women in that era. My listen recommendation would be Greta Thunberg's edits on BBC Radio 4 which can



be found on the radio programmes website, you can find it easily by googling Greta Thunberg and BBC Radio 4. For reading, I've been loving

'All These Wonders' presented by The Moth. Ok, so I admit I was originally drawn by the moth cover, but the stories are so moving and well told, that it's a beauty inside and out.



This month use the code 'rabbithatnews' as a coupon for 30% of botanic embroideries

thank you for reading