

# Enchanted Makeovers



*Transforming Shelters for Women and Children into Heartwarming Havens.*

5 Ways You can help fuel the hope of an “at risk” woman or girl.

1. Sew or provide **Traveling Sanctuary Bags** (pillowcase).
2. Make cards with an inspirational message to fuel the **Traveling Sanctuary Bag**.
3. Provide a personal token gift. (optional)
4. Provide monetary funds to support **Project Traveling Sanctuary** (shipping & supply costs)
5. Do 1,2,3 & 4 (We love over-achievers)

## Project B\* a\* g (believe act go) Traveling Sanctuary Step by Step How-To Be The Fuel

At the very core of every woman’s born beliefs, is the knowledge that all women desire and need the same things, no matter what their current circumstance. It isn’t the few grand events in our lives that are the main sources of sustainable fuel. It’s the simple gestures, a smile, a helping hand, a flower, a hand written note. It’s the small investments in time sprinkled here and there. Yet we are afraid to share our fuel, thinking it would deplete us. It is a common, yet forgettable, known fact that the act of sharing is the most eco-friendly, renewable fuel source known to the world

Terry Grahl, Founder and President of Enchanted Makeovers and Kim Lampe, Founder of Modern B\*a\*g Ladies share the same dream of empowering all women and are teaming up to provide some much needed fuel to “at risk” women whose journey has led them to the resting place of a woman’s shelter. A collaborative effort, Project Traveling Sanctuary, is a call to healing action of sharing the most eco-friendly, renewable fuel source available on this planet, LOVE.



**The B\*a\*g is a pillow-case!**



**"Sending Hope, Faith And Love To Women And Children Living In Shelters Across The Country."**

#1

The Traveling Sanctuary bags are made from purchased (vintage) or hand sewn pillowcases.

## Supplies Needed:

- 2 yards of 45" Pretty Fabric (2 cases)
- Thread
- Trim/Lace (optional)
- Sewing supplies

## That Little Extra Something!

You are welcome to place a prayer or blessing upon the items you send.

Email us a message about your group and pictures of you working on Project Traveling Sanctuary.

## Sewing directions to make the Traveling Sanctuary Pillowcase Bags:

Standard Case: 21" x 32"

### NOTE ABOUT PILLOW SIZE

As you can see, we make the finished size 1" wider than the pillow and 6" longer, plus we add 4" to the length for the hem. We use a pillow width of 20". So, we cut the fabric 45" wide by 10" longer than the pillow.

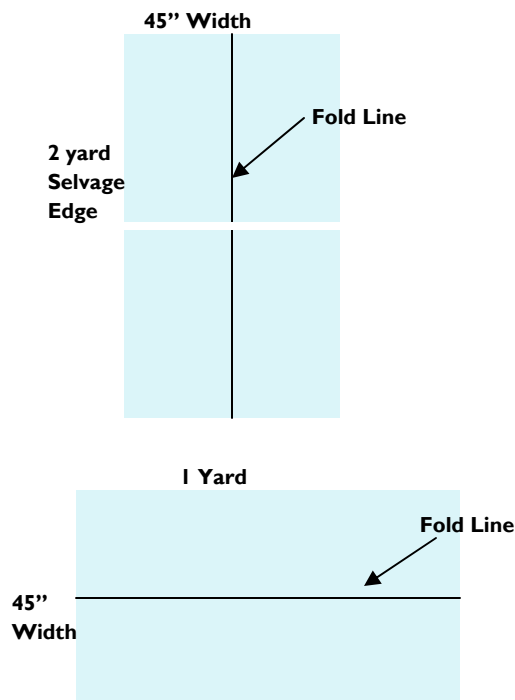


### Pattern Pieces

First, cut out your pattern pieces.

Standard Case: Cut 2 pieces 45" x 36".

Now, lay out pattern pieces as shown below. Cut out fabric pieces.



1. Fold case lengthwise, right sides together. Stitch across one end and along one long side.

2. Serge or zig-zag around the top (open end) of the case. This finishes the edges so they do not fray. Do NOT sew the top shut.

3. Fold hem on top open end and iron under 1/2".

4. Fold hem and iron under 4". Pin into place. Stitch hem in place using a straight stitch (this is called top stitching).

At this point, you can sew a satin ribbon or lace over the hem stitch line. Applique or embroidery adds a nice touch, as well.

For all non-sewers: Beautiful vintage pillowcases embellished with embroidery or tatted edging are always WELCOME!



**Hand written or printed cards (no larger than 5 X 6) with the following message:**

The card with a personal note can be attached to the outside or placed on the inside of the pillowcase.

*The example to the left is a journal wrapped with the pillowcase with the card attached to the outside. Safety pins and a ribbon hold it together.*

#2

Each Traveling Sanctuary Bag will have a card attached to the outside or placed inside with a personal message.

#3—Token Gift (optional)

At our very core all women have the same needs and desires. When we tell our stories, share our struggles and celebrate our triumphs together, we fuel each other.

The personal token you provide is something that has helped you along the way. The story behind the token gives the receiver hope that they can seek and find their own fuel.

It could be a quote, book, picture, almost anything.

Supplies Needed:

1. Handmade or purchased cards (vintage or new).



“The goal to be sought is a world where wellbeing extends to all in the fullest way possible...brought about by a mode of creative ethical living that includes all of us at moral equals, inspiring and uplifting us all, nourished by the creative energy we experience as spirituality”

- Martin Prozesky

#3 (optional)

Personal token accompanied by a message/story associated with the token gift.

*Traveling Sanctuary Delivery to the Rochester MN Women’s Shelter*

**We could make the delivery.**

**Shipping Address**

Enchanted Makeovers

12663 Hipp St.

Taylor, MI 48180

Questions?

Call Terry 734-776-0848 OR Kim 612/221-5209

Email: [grahls@aol.com](mailto:grahls@aol.com) or [kimlampe@travelingsanctuary.com](mailto:kimlampe@travelingsanctuary.com)

[www.enchantedmakeovers.org](http://www.enchantedmakeovers.org)  
[www.believeactgo.blogspot.com](http://www.believeactgo.blogspot.com)

**Send your hope and love to the address above. Kim and Terry will send it off to travel to its much needed resting place, a deserving woman or child.**

**OR**

I know what it's like, keeping it inside, reserving the little bit of fuel I have just for myself. I would think to myself, "If I raise a healthy, happy family, keep my house clean, pay my bills on time, I am surely doing my part to contribute to the world. Little did I know that this attitude (which I blamed on my shyness) was my security, protecting myself from the fears of my own power.

If I knew my true power, well that meant I would be responsible for sharing it with others, right? Now, I knew I was a smart, capable lady. I soaked up self help books, was respectful to others and gave the occasional word of encouragement. One day (or probably many days) I realized it wasn't enough, but what exactly was I going to do with this new found knowledge? I needed to strip myself of my labels, expose my vulnerability and focus on giving more. This also meant that I needed to seek out more fuel and open myself up to what the world had to offer.

As it turns out, when I shared my fuel it became the most eco-friendly, renewable resource I have ever come to know. As I started to extend myself, the world extended itself right back at me, and in surprising ways. Granted, I have had to resort to faith and patience at times, but in its mysterious ways the world continues to say "OH YES" to me.

We are all a work in progress and with the help of many, including some incredible ladies, known and unknown, I am receiving some pretty powerful fuel. It is in my hands to make good use of it.

Consider proving fuel for a Traveling Sanctuary Bag. It will make its way to an "at risk" woman who needs a little extra power boost. You would be surprised what a small token and a message from your heart can do, and perhaps more for the giver than the receiver. Do it for yourself. Trust me it will feel great.

- Kim Lampe, The Dancing B\*a\*g Lady

**Your Traveling Sanctuary could also make a short trip to a local shelter closer to home. Call a local shelter. Fuel your TS. Make a personal delivery. Make sure you send pictures. We will post it on our website.**



*I am an interior decorator whose mission is to give hope to 'at risk' women and children.*

*After several years of working with private clients, I volunteered to redecorate a woman's shelter in my hometown. The project changed more than the interior of a single building... it changed my life.*

*Today, transforming the shelters that save people's lives into beautiful sanctuaries that heal their spirit is my vocation.*

*I organize dozens of volunteers to clean, repair, gather new goods and monetary donations for each makeover. Some require major construction work, other mainly cosmetic facelifts.*

*Individuals, businesses, and corporations donate their time, talents or money as needed.*

*Terry*

