Happy Little (Embroidered) Clouds with CBTV Live

Chapter 1 - Happy Little (Embroidered) Clouds
Happy Little (Embroidered) Clouds
(upbeat music) - Hi everybody, it's Faith from Creativebug coming at you live like we do every Thursday, and I have a very special guest, a new friend of the family, Lauren from Lark Rising Embroidery. - Hi! - Tell the people at home a little bit about yourself and explain to them what you're doing here. - Well, my name is Lauren, like Faith already said, and I've been here at Creativebug all week filming classes on hand embroidery. I live in Seattle, I have two young sons, and I spend all my extra free time where I'm not chasing them designing DIY embroidery patterns that are based on nature, and flowers, and I always use lots and lots of colors. - They're so beautiful. - Thank you. - I took a deep dive earlier to prep because I'm nothing if not prepared. They might seem off the cuff these live shoots, but I assure you there's at least 14 minutes of preparation that goes into each one. So where can people find you online? - I have a pretty big Instagram where I update the most regularly. You can find that @LarkRising. I also have a website, which is LarkRisingEmbroidery.com, and you can purchase patterns on Etsy via either of those avenues. - And Erica will hook you up with some of those links now, thank you so much Erica. And you, in your classes, you're covering a variety of techniques. - Yeah. - But today we're doing one specific technique that you had mentioned to me earlier that sounded really efficient, and also a little different than your normal straight stitches, we're gonna be doing the padded satin stitch? - Exactly. - And how does that work? - [Lauren] Padded satin stitch is really cool because it adds extra dimension on top of the fabric so that you're lifting those stitches even higher than a normal satin stitch. I love adding texture to embroidery because it's stitching, it's fiber, you're working with fiber, it's not the same as drawing. It's not supposed to be completely flat, you're adding height with your thread. So with this, we're gonna be adding chain stitch at the bottom of the cloud, and then going over it with satin stitch. Normal padded satin stitch you would do a chain stitch around all the inside of the area, and then go over, but I like to just do it at the bottom of the cloud to make that bottom of the cloud look heavier, 'cause that's where it would rain from, and you know I'm from Seattle. - [Faith] So you know about clouds. - [Lauren] I know all about clouds. - [Faith] A thing or two about clouds. So are any of these padded satin stitch? No, these are just-- - [Lauren] No, these are just regular, and here we have the clouds. So if you even just run your finger over, you can feel how it's so thick down there at the bottom. - [Faith] And I didn't actually realize that it was only the bottom until you mentioned it, which is a really interesting visual effect. That's why you're so good. - [Lauren] I try really hard. (Lauren laughs) - [Faith] All right, so show me how this works. - [Lauren] Okay, which color do you want your cloud to be? Is it gonna be a storm cloud, or a happy, fluffy cloud? - [Faith] I think I'm not gonna be particularly adventurous and just go with the one you used. - [Lauren] Okay, I'm gonna do this blue so it's a little bit easier to see for now, and also I just really like it. I wanna do a nice blue, dusky cloud. So we're gonna go ahead and pull out, it doesn't have to be too long, like 16, 18 inches, shorter. And just cut a hunk of thread off and thread it onto your needle. We're gonna use this fat, size 22 tapestry needle, so we can thread all those threads right in there. - [Faith] So we're not splitting our embroidery thread, we're doing all six strands. - [Lauren] Not for this part. Because the reason we're adding that chain stitch is to give it extra lift, and if we just used a tiny little bit of thread to do our chain stitch, it would not do much. It would be kind of pointless. All right, and then tie your knot at one end. - [Faith] Just a single knot? - [Lauren] One

© CBTV Live and Creativebug Inc., 2026

little knot is fine because we're using so many strands of thread. I always trim my tail so it doesn't get pulled back through the other side. And then I'm probably going to go with this cloud here on the edge, but you can pick whichever one you want. - [Faith] I might do, well I'm gonna do the center one. - [Lauren] The tiny little one? - [Faith] Yeah, yeah. - [Lauren] Yeah, that's a good call. - [Faith] Play it safe. - [Lauren] Yes. Have you done chain stitch before? - [Faith] Yes, but give me a refresher. - [Lauren] Okay, so I'm gonna start, you wanna be inside your cloud, we're not gonna go along the line because we wanna be able to hide our whole chain stitch, covering it over with satin stitch. So go a little bit away from this bottom edge. I really like to just set my hoop on the table for chain stitch, 'cause it's helpful if you have both your hands. So you're gonna pull your thread all the way through, and then reinsert that needle back in the same hole that the thread is already coming out of, and instead of pulling that needle to the back, you're just gonna go a little ways away, maybe a quarter of an inch, and put the tip of your needle back out. - [Faith] Now you didn't even need to use your other hand. - [Lauren] Didn't I? I thought I did. I think I did. - [Faith] I don't know, you made it look really easy. - [Lauren] You did it. You've got it, and then you take this extra thread around here, and you're gonna wrap it around the tip of your needle, like that. Yes, and then go ahead and push the needle up and out, pulling it really slowly so you don't tangle your thread. And that's your first little link of your chain stitch there, yeah. - [Faith] And then we go back in the same hole? - [Lauren] So you're gonna go on the opposite side of this top link right? 'Cause you wanna hook over the top of the chain, you don't want it to disappear. And again, we're gonna keep our needle on the top side of our fabric the whole way, and just repeat this motion. You stick your needle in, and then out only about a quarter of an inch away. - [Faith] All right, I already did the wrapping, 'cause I got overexcited. - [Lauren] The wrapping is the most exciting part in our embroider. - [Faith] It is! - [Lauren] You're gonna go in and then out, and then wrap. And Faith, this doesn't have to be perfect or beautiful, 'cause we're just adding height, and we're gonna cover it all over with satin stitch. - [Faith] Oh that's a relief. - [Lauren] It's a really low pressure way to learn how to chain stitch, because no one will ever see it. - [Faith] And then we're just gonna cover the whole bottom of our cloud? - [Lauren] Yeah, so you're just gonna do one single row along the bottom of your cloud, and you chose a little tiny one, so you don't even have to do that much. - [Faith] Now I feel like it's quite obvious that I'm cheating. It's gonna take me three more stitches. - [Lauren] No worries, here I'll speed up and then we'll finish, and we're not too far away from each other. - [Faith] These classes are gonna be so good. - [Lauren] I'm really excited about it. We get to use lots of fun little stitches that are just pretty simple, but using 'em in kind of new ways that create lots of texture, and there's so many colors, so many good colors. - [Faith] Well and it's kind of unexpected too, I wouldn't have noticed that this had extra dimension, but now that you've pointed it out, of course there's something special going on there. - [Lauren] It's so cool, 'cause it makes kind of a shadow on the bottom end, which is really, honestly what clouds look like. - [Faith] Now mine are looking a little braided, is that weird? - [Lauren] No, that looks exactly right. - [Faith] Oh good, I'm good. - [Lauren] Yeah, you're totally fine. So when you get, that's probably enough, 'cause you don't wanna have your chain stitch sticking out the side, so you can go ahead and finish your chain stitch by inserting your needle and pulling it all the way to the back, and then tying off your knot. I like to always anchor my knot on the backside of my hoop by tucking that needle under an existing stitch, and doing it that way. That way you don't have a loose knot just floating around, making your stitch susceptible to getting snagged. - [Faith] And one of the hardest things about, I've heard from everyone filming with us, whether they're quilting, or sewing, or painting, is talking while you do it. - [Lauren] Ooh, I'm good at talking. (Lauren laughs) - [Faith] Okay, good, because

© CBTV Live and Creativebug Inc., 2026

now I feel perfectly free to ask you as many questions as I'd like - [Lauren] Oh yes, ask me anything. Good job. - [Faith] But now I have to pay attention to my own work too. - [Lauren] Okay, since you're already done with your chain stitch, you're gonna wanna use three strands of the same color thread to do satin stitch over top of the chain stitch and cover your whole cloud. So you can go ahead and separate your strands, and re-thread that needle. I think I only need two more stitches here. - [Faith] And I'll wait for you to start the satin stitch, but in the meantime, how did you learn to embroider? - You know, I taught myself, and I taught myself because I just really like to make stuff, and I had this problem. This happened especially when I was pregnant with my first son, I felt like I had to make all the things. I would see something and be like, "I can make baby leggings, and hats, "and a baby blanket, and toys." And then it got a little out of hand, just mostly based on, I was enjoying myself, but the quantity of craft supplies in my house was a bit much. So I was trying to reign it in and do smaller projects, and one day I was of course flicking through Pinterest, and I saw something that was embroidered, and I was like, "Hey, I did that in fourth grade once, "what if I do it again?" And I had a friend that had a birthday coming up, so I was like, "What if I make her something?" So I drew a bumblebee on some fabric, and I got some thread, got a hoop, got all my supplies, and I just stitched it. And I had so much fun, and it was kinda cute. Was it the best embroidery I ever did? No. But it was pretty good for not having done it since the fourth grade. It was pretty good and I really liked doing it, so I just kept doing it, and kept doing it, and I got better and better. And then I was like, "Maybe I should try to sell these "so I can support my own craft habit." And it just really took off from there. - So how long have you been doing it? - Like three years maybe? - Amazing. - Not long, not long enough. I feel like all the time I'm like, "Ooh I'm still learning even." There's more to learn, yeah. - But also you literally wrote a book on embroidery. - I did do that yeah. I wrote a book this last year, comes out in February, and it has so many patterns. It has 20 full patterns in it, and all sorts of extra tidbits, color theory sort of things, it's really exciting. - Does February feel so far away? - It does and it doesn't, because I know I have to prep for Christmas in the meantime. - Oh. - So we have Halloween, and then Thanksgiving, and then the holiday season, and then my book comes out. - A lot of crafting. - Yeah, it's a lot. Okay, I'm gonna start stitching my satin stitches. Now here's a little tip. I like to always start mine in the middle. - [Faith] You're kidding me. - [Lauren] And the reason I like to start in the middle as opposed to an end is because I can set the angle that I want my stitches to be at. So I start in the middle, and then I stitch all the way to one edge, and then I go back to the middle and stitch to the other edge. And if you see on this, I've angled my clouds on this side out to that edge, and I've angled these ones out to this edge. And so I did my first stitch on this cloud, and on this cloud kind of across diagonally in the middle. So I would recommend trying that. It doesn't have to be at any exact angle, just, you know, slanty. - [Faith] There's so much nuance in your work! - [Lauren] I try to make it easy, I try not to make it harder for myself by doing things in ways that are gonna make it more challenging as I go. And then I like to share those tricks with other people. - [Faith] And that's why we had to get you. - [Lauren] It's really fun. Teaching is great, it's such a great thing to have a craft that makes you happy, and then be able to share that with others. Because embroidery is so accessible, it's so few materials, and you can take them with you in your purse and do them if you have a bus, or a train commute every day, or if you're going on an airplane, or if you're sitting at your kid's dance class, or soccer game, or whatever it is, and you need to keep your hands busy. It's also a really good excuse to be able to binge watch a Netflix show, and you can be like, "Look, I'm doing something "while I'm watching all the episodes" of whatever it is you're into. - [Faith] Can I confess to you that that's what I'm most excited about for my maternity leave? Pre-baby. - [Lauren] Oh have you been stocking up on shows

© CBTV Live and Creativebug Inc., 2026

that you wanna watch while you're sitting there? - [Faith] Yeah. (Faith laughs) - [Lauren] What are they? - [Faith] Season two of "The Crown" (Lauren gasps) - [Lauren] Oh yes! - [Faith] And that might just spark a full royal adventure, you know. Then isn't there a Queen Victoria, what's the new one? - [Lauren] "Victoria," yes, yes. - [Faith] Just straight up "Victoria. - [Lauren] Yes. - [Faith] Do you have any recommendations? Are you a TV person? - [Lauren] I'm definitely a Netflix and Amazon Prime person for sure. I'm into BBC, anything British I am a sucker for. I just watched the "Downton Abbey" movie. - [Faith] Did you love it? - [Lauren] I loved it, yeah! - [Faith] It was like a return home. - [Lauren] Yeah, it was wonderful, super well done. I'm glad you got all the original actors back. Have you seen it? - [Faith] I haven't, but Courtney did. - [Lauren] It's so good. - [Faith] And Sometimes I like to say that Courtney and I are the same person. - [Lauren] So basically you've seen it. - [Faith] Courtney doesn't think we're the same person. (both laugh) She knows the truth. - [Lauren] It's fine. For those of you that aren't familiar with satin stitch, we're basically wrapping this piece of fabric in stitches so that it looks the same on the back and on the front. We're bringing our needle up through one edge of the shape each time, and reinserting it on the other side, keeping our stitches nice and close so they look smooth, and solid, and we're just covering up that chain stitch completely. - [Faith] Can I get you to troubleshoot for me? - [Lauren] Yeah. - [Faith] So I started off with an angle, but now I'm losing it. - [Lauren] Yes, that happens a lot. - [Faith] What do I do? - [Lauren] The way to fix that is you have to think about math for a minute, which sometimes makes me mad, but you want to start your needle even closer to your last stitch where you started it, and then lean it out ever so slightly at the top when you reinsert your needle. So because yours are starting to do this, you want to encourage them to go back this way, which means keeping that bottom part of the stitch a little bit tighter in, and leaning the outside a little bit more out. And if you do that for two or three stitches, you'll be back at the angle that you wanna be at. - [Faith] That seems reasonable. - [Lauren] It's a really good thing to pay attention to as you go, so that you can course correct before it gets too extreme. And a little bit of that across a shape is not gonna be very noticeable. - [Faith] Thank you very much. See, how lucky am I? I get a private tutorial, just in front of other people. Oh and don't forget, we are live, so if you have questions for our friend, and your new friend, especially after you take a class with her, don't hesitate to ask. But in the meantime, I will selfishly ask all my favorite questions like, so my very first job, I worked at a knitting magazine, and knitting was my favorite hobby, and then it became my job. And it's kind of an identity crisis, right? - [Lauren] Yes. - So how do you reconcile your hobby becoming your career? - [Lauren] Girl. (Faith laughs) You really hit the nail on the head there. - [Faith] Now did this turn into therapy? - [Lauren] It's really hard actually. - [Faith] It is. - Because I didn't go to art school, I went to college and I have a degree in environmental studies, and I thought I was gonna be out saving whales, not inside stitching. It's really different, but I knew that I wanted to be a stay at home mom, and that was really important to me. So especially when my kids were little, so I was trying to do that, and I was being a stay at home mom, and then I was like, shoot, I'm a little bit bored. Which was fine, so I started just filling my time with all these crafts. Because I was trying not to put too much pressure on my relationship with my kid being my one and only thing. I feel like that's a lot of pressure on a single relationship, and the more I did crafting, and the more I got into embroidery, it just grew. And sometimes I felt like I was running before I could walk. Here I've got this big Instagram following, and I'm selling all this work, and I'm writing a book, and I'm like, "Should I even be doing that?" - [Faith] Oh really? - Yeah, I had a lot of that going on in my head, and it really just takes work actually to acknowledge that you have worked really hard at something, and you are good enough to be doing what you're doing. And I think a lot of people struggle with that in different ways,

© CBTV Live and Creativebug Inc., 2026

regardless of what their job is, or what they're doing in their life. But it really does take constant mental work to be like, "Okay, I deserve to be here, "and I am doing something really cool, "and that doesn't mean that I don't have "room to grow as an artist, or a teacher, or whatever." I think I have a lot left to do, just because I've written a book now, that doesn't mean I've piqued, and it's only downhill from there. So I think it's just all about being open to growth, for yourself while acknowledging the successes you've had. - Have you had to get a new hobby since your hobby became your job? (Lauren sighs) - I have run out of time for other hobbies, so thankfully embroidery is still really fulfilling to me. Not every piece that I embroider is fulfilling to me, sometimes I have to stitch things for different projects multiple times, or some parts of doing the book were a lot of work when I would rather be doing things like taking naps, or playing with my kids, or whatever it is. But most of the time, embroidery still sparks a lot of joy for me, and I also really feel recharged by going outside. I like to hike, we live in the Pacific Northwest, so I like to go out and be by the water, and play with my kids, and I find all of that really recharging and actually inspiring, because I pull a lot of my inspiration for my embroidery patterns from nature. So it's good to be out in nature and getting that inspiration directly from the source instead of always from social media, or Pinterest, or whatever it is. - [Faith] Looks like we have a question. - [Erica] Yes, Mar is wondering, what's your favorite thing to embroider? - Mar is wondering what your favorite thing is to embroider. - My favorite thing? Probably flowers, I'm always a sucker for a good floral arrangement. It's just so soothing, especially the leaves. Leaf stitch is probably my favorite stitch, so when I have a whole bunch of leaves to do, I pretty much couldn't be happier about it. - I like that you said flowers, and also that the first thing you embroidered was a bee. I'm going to read into that, because it pollinated the idea. - It's true! Oh my gosh, do you wanna rewrite the forward to my book for me? - Yes. (Lauren laughs) - [Lauren] Should've written that, that's great. So much in there. (Faith laughs) - [Faith] I'm good at the corny connections. - [Lauren] Yeah, there's a floral pattern that I did this week for Creativebug and I'm really excited about it. It's a pattern sampler so that we get to learn like five different types of stitches and use them in different ways, it looks really cool. - And we have some embroidery classes on the site, but they are kind of different in that yours are very pictorial, and we have some very popular classes with Rebecca Ringquist that are about exploring stitches, and there'll be stitch samplers, or Anna Maria Horner, which is needlepoint, not embroidery. But I really think you have the unique style with these very visual, they're each a picture. - They totally are. I really wanna do art that I would hang on my own wall, that's my goal when I create something. I'm like, "Do I like this enough "to put it on my wall as art?" Not just I wanna enjoy doing it, 'cause I do that, but I also wanna enjoy looking at it when it's done. So I think it's really great to have a balance of both exploring the different stitches, and figuring out what stitches you like, and what the movements are, and then figuring out how you can turn that into something that really makes you happy to look at it afterward. - Do you have your embroidery around your house? - I have two huge hoops, I'm talking like this big, in that colorful marbled pattern. - You're kidding me? How long did it take you to do that? - Listen, only half of one of them is done. (both laugh) They're literally hanging above my master bed, and they've been there for many months. - Unfinished? - Yes, because it was gonna be my pet project, and then I got asked to write a book. So I was like, "Okay, I'll do that, "that's great and wonderful." I was so grateful for that opportunity, but I wake up in the morning and I'm like, "Oh yeah, those, shoot!" (Faith laughs) Anyway, I'm gonna get to them, I'm getting to them. - [Erica] Julie's wondering if you ever embroider on your clothes? - [Lauren] Yes. - The question is do you ever embroider on your clothes? - I do embroider on my clothes, yes. I have one shirt, so this same bee, right, the original bee, I made into a pattern, and then I actually

© CBTV Live and Creativebug Inc., 2026

revamped that bee pattern and put it in my book. And when I did that, I stitched it on one of my shirts, I just have a denim button up shirt, and I stitched the little bee on there, and I really like it. - [Faith] Sounds so cute! - [Lauren] Thanks, I have also grand plans of putting an owl on the back of my denim jacket. I like stitching on denim, denim is a really forgiving fabric to stitch on. It kind of holds its own also, it's really sturdy. - [Faith] That's kind of hard isn't it? - You know, the hardest part about it is figuring out how to transfer a design onto denim, 'cause you can't really trace, you can't see it. So you have to use that Sulky Solvy stuff, or you have to just be willing to draw right on there. - [Faith] To freehand it, holy smokes. - [Lauren] That's even scary for me because I normally draw things, I make a lot of amendments to my sketches before I feel like they're finished. There are definitely ways to do it, but denim is actually easy to get a needle through, and it's sturdy, it's not gonna stretch like a t-shirt, which is frustrating to stitch on. - [Faith] Do you need to reinforce it on the back? - [Lauren] No, you can, if you're worried about it, you definitely can, but I have sent my bee embroidered shirt through the washing machine and the dryer multiple times, and it still looks like new. Have you finished your cloud? - [Faith] I finished my happy little cloud. - [Lauren] It's so happy and little. - [Faith] This is an example of, not that this is a race, but, cheater's winning. - [Lauren] You did win. - [Faith] I cheated with my tiny cloud. - [Lauren] But you also won because you learned how to do a new embroidery stitch. (Faith laughs) Yes! - [Faith] I'm so sorry I didn't get to be on set with you this whole week. (Lauren laughs) It must've been a really fun time. - [Lauren] Oh man, there were some behind the scenes moments. - All reports say that you were very well behaved. (both laugh) - That's generous, thanks guys! - They do lie to me sometimes. - Well you know, it went okay. We got it all done. - No, it sounded like it was great, it sounded like it was a really good time. - I had fun actually. It took some warming up on the first day, it's definitely different. - [Faith] It's hard! - [Lauren] It's different-- - [Faith] And weird! - [Lauren] The camera on you, I feel very self-conscious at the start, but then I really got into it, and I'm actually just so excited about the patterns that I got to share this week that I really just was able to take a deep dive into that and kind of not think about my face being on the camera too much. - There is that part, and I think your enthusiasm really shines through. It's been really nice having you in the office, getting to spend time with your beautiful family. - Thank you. - They're all so well behaved. - They are good. - And they're smaller. - They are so cute, yeah. - The children. (Lauren laughs) And the husband. - Yeah, I'm really glad they could come with me this week, it's hard to be away from your family. So yeah, it was good. - Well we really appreciate you joining us this whole week, and today especially. - Thank you, thanks for having me. - And thank you all at home for joining us as well, and we will see you, of course, next week. - Bye! (upbeat music)

© CBTV Live and Creativebug Inc., 2026