



# Progress Pride Flag

Designed by Lauren MacDonald and Rolanda Tovey

This dream team created a few of the True Colours designs, as well as this pieced block for the Progress Flag.

Since you've already been introduced to Lauren and Rolanda, we'll get right into the instructions for making *Progress Pride Flag*.

## Fabric Requirements

This block is pieced. The angled lines that you see in the block image (below right) are made using the 45° line on your favourite ruler.

### BACKGROUND COLOUR

- A Cut 1 rectangle 12½" x 1½"
- B Cut 1 rectangle 1½" x 1"
- C Cut 1 rectangle 11" x 2"
- J Cut 1 rectangle 11" x 5"

### FLAGPOLE

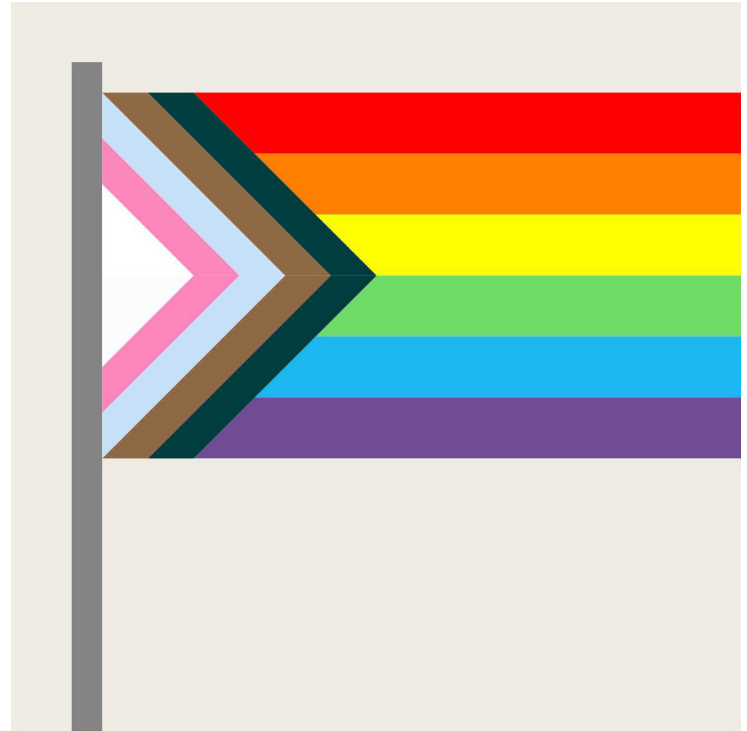
- K Cut 1 rectangle 11½" x 1"

### FLAG COLOURS

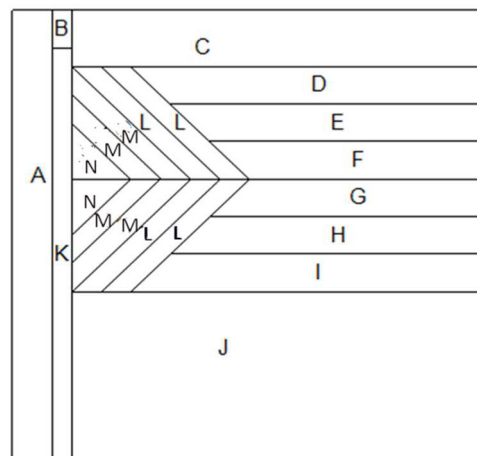
- D Cut 1 rectangle red 10" x 1½"
- E Cut 1 rectangle orange 9" x 1½"
- F Cut 1 rectangle yellow 8" x 1½"
- G Cut 1 rectangle green 8" x 1½"
- H Cut 1 rectangle blue 9" x 1½"
- I Cut 1 rectangle purple 10" x 1½"

### PROGRESS SECTION\*

- TIP** Spray starch this fabric since the strips are narrow.
- L Cut 4 rectangles: 2 black and 2 brown 7" x 1"
  - M Cut 4 rectangles: 2 pink and 2 light blue 6" x 1"
  - N Cut 2 rectangles: white 4" x 2"



UNFINISHED BLOCK 12.5" x 12.5"



**\*INTERSEX VERSION** To add the Intersex section of the flag, please see the note on page 6, as this will affect cutting measurements for the Progress section.

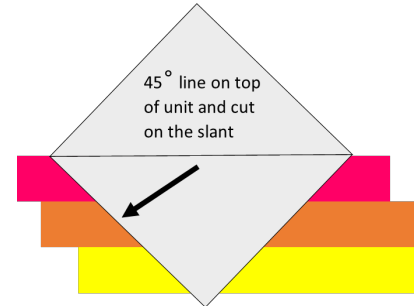
# Assembly Instructions

Use a  $\frac{1}{4}$ " seam.

## PRIDE SECTION

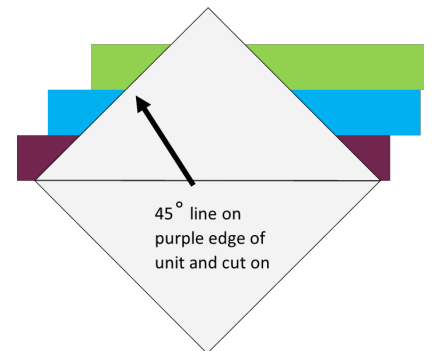
1 Sew the red, orange, and yellow rectangles together, but stagger (about 1") the starting point as in the diagram at right.

2 Arrange a ruler on top of this unit so that the  $45^\circ$  line runs along the red edge and trim on the left side as in the diagram.



3 Sew the purple, blue, and green rectangles together, staggering again, but in the opposite direction.

4 Arrange a ruler on the bottom of this unit so that the  $45^\circ$  line runs along the purple edge and trim on the left side as in the diagram.

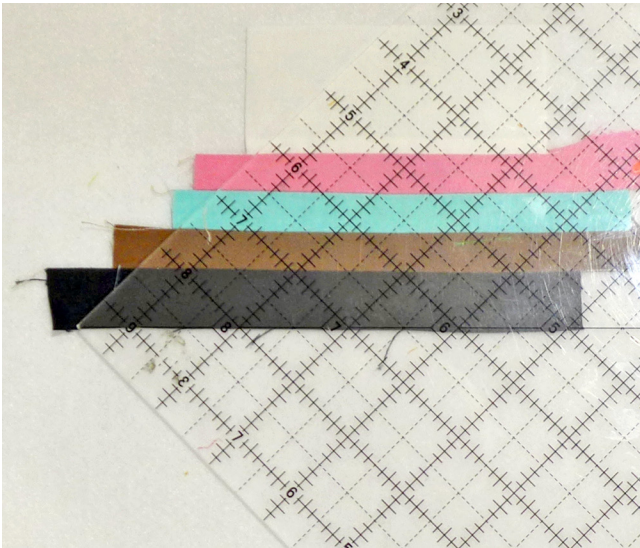


## PROGRESS SECTION

1 Sew the rectangles in 2 sets:

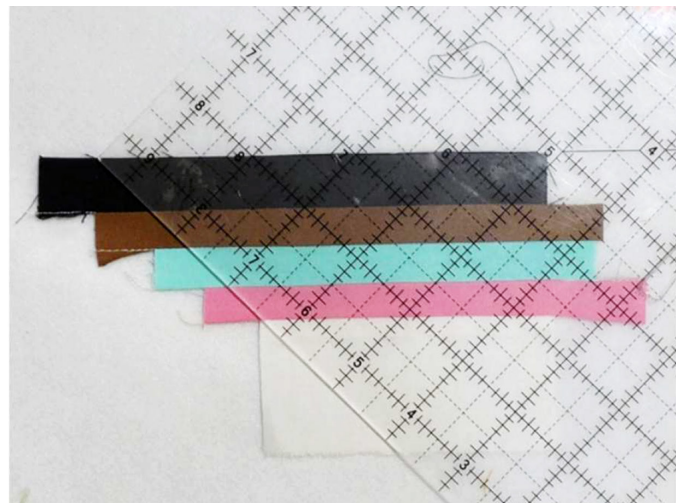
**A** Sew the black, brown, light blue, pink, and white, staggering the strips about an inch, as in the diagram at right.

**B** Line up a ruler so it covers the staggered edges of the strips and with the 45° along the black edge and trim (leave the other side as it is for now).



2 Sew the second set of rectangles, but stagger it (as on the left side of the diagram below) with the black on the top and then the brown, blue, pink, and white.

3 Line up a ruler so it covers the staggered edges of the strips and with the 45° along the black edge and trim (leave the other side as it is for now).

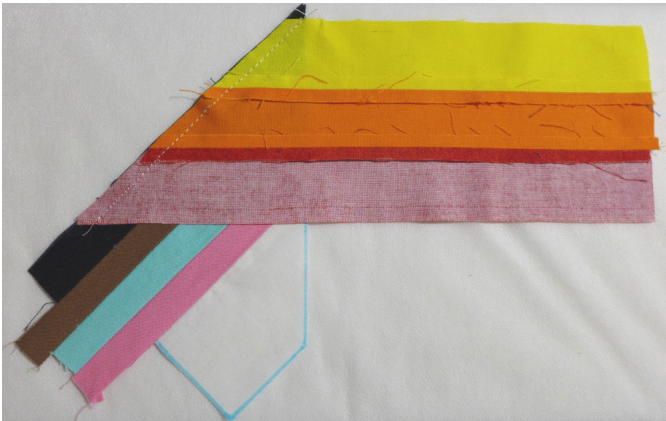
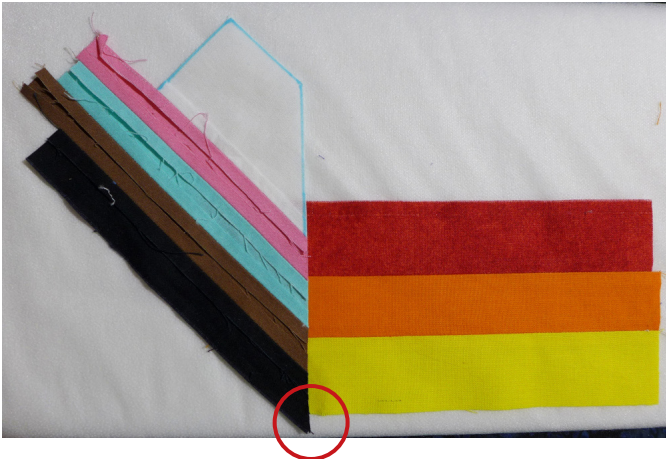


## COMBINING PROGRESS & PRIDE SECTIONS

1 Place the red/orange/yellow section, right side up. Place the Progress section on top so that the black strip lies on top of the slant from the red to the yellow (right side down).

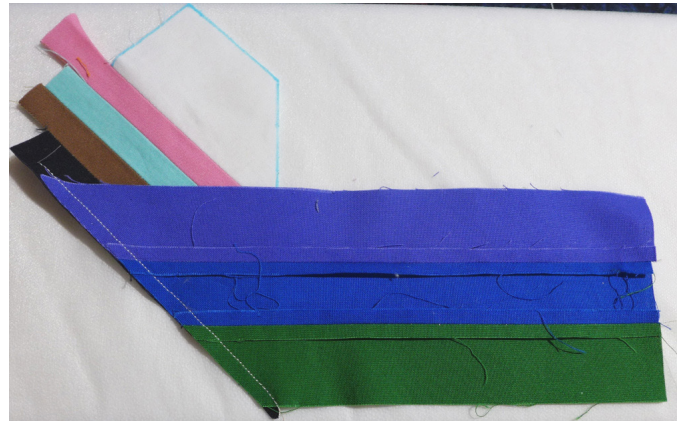
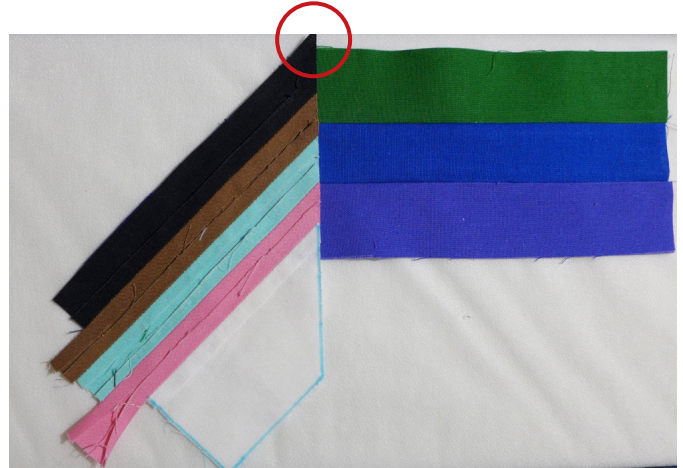
The tip of the black strip should be  $\frac{1}{4}$ " below the yellow strip (see red circle below). Sew along the black strip edge.

**BELOW** The first image below is the placement before sewing and the second image shows the sewing with the sections flipped over. The third image is the upper section of the flag pressed open.



2 Place the green/blue/purple section, right side up. Place the Progress section on top so that the black strip lies on top of the slant from the green to the purple (right side down). The tip of the black strip should be  $\frac{1}{4}$ " above the green strip (see red circle below). Sew along the black strip edge.

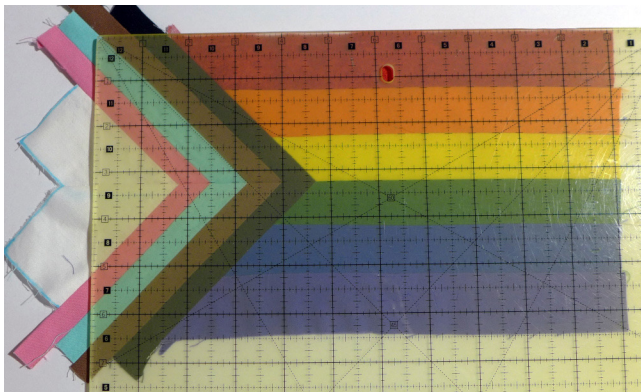
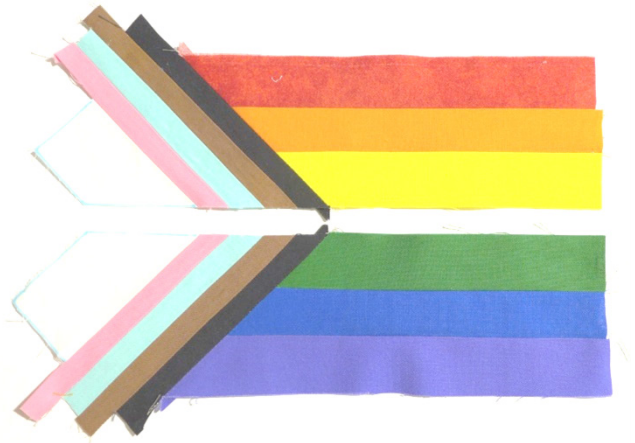
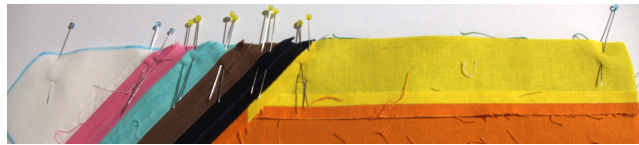
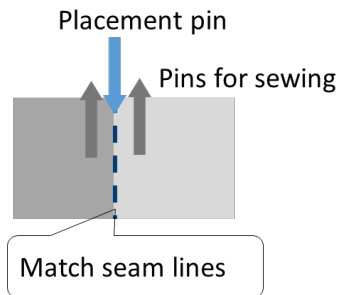
**BELOW** The first image below is the placement before sewing and the second image shows the sewing with the sections flipped over. The third image is the lower section of the flag pressed open.



3 Place the units right sides together and pin carefully so that the seams of the Progress section meet exactly.

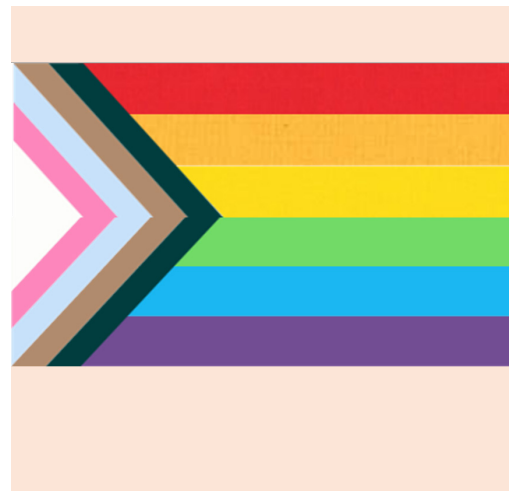
**HINT** Place a pin in the seam line of both layers, then pin on either side and take out the placement pin.

Trim the section to 11" x 6½".

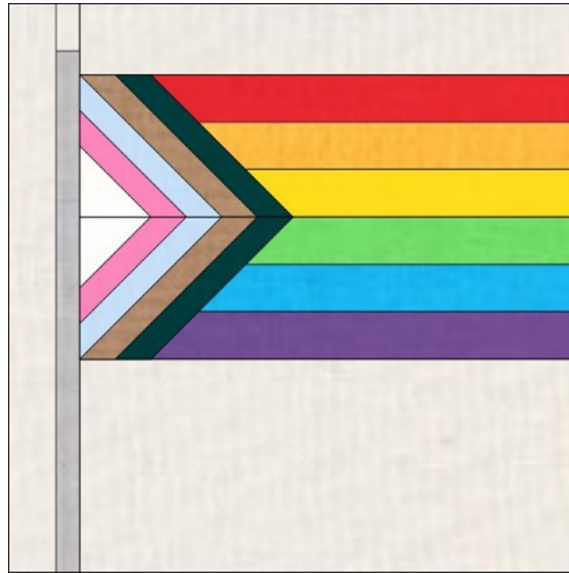
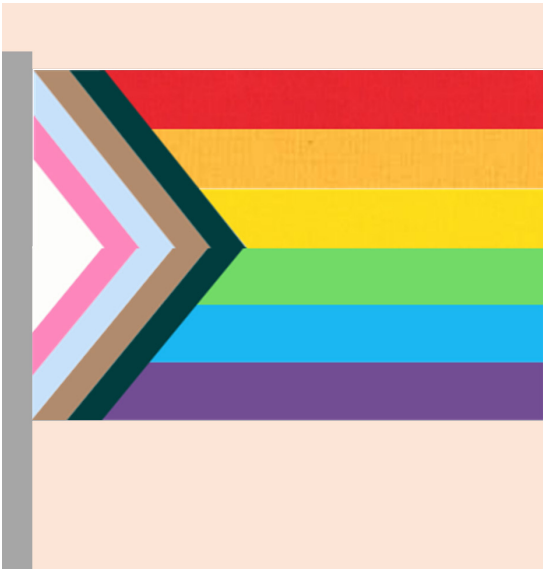


### ADDING THE BACKGROUND AND FLAGPOLE

- 1 Add rectangle C to the top of the flag (red strip).
- 2 Add rectangle J to the bottom of the flag (purple strip).
- 3 This section will measure 11" x 12½".



- 1 Sew the B background rectangle to the top of the K flagpole.
- 5 Sew the B/K unit to the left of the flag.
- 6 Add the A background rectangle to the left of the flagpole to complete the 12½" x 12½" block.



**PS** If you would like to make your *Progress Pride Flag* block into an *Intersex Inclusive Progress Pride Flag*, you could make your progress section rectangles about ¾" wide in order to add the yellow section and then appliqué or embroider the purple circle on it.



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### Got questions?

Please contact Kelly Moore, CQA/ACC Membership Director at: [membership@canadianquilter.com](mailto:membership@canadianquilter.com)

**PLEASE NOTE** This pattern is the property of Lauren MacDonald and Rolanda Tovey. Please do not make copies or otherwise distribute the pattern beyond the needs of the *True Colours Quilt Along 2025*.