

Cathedral Flower Quilt Block

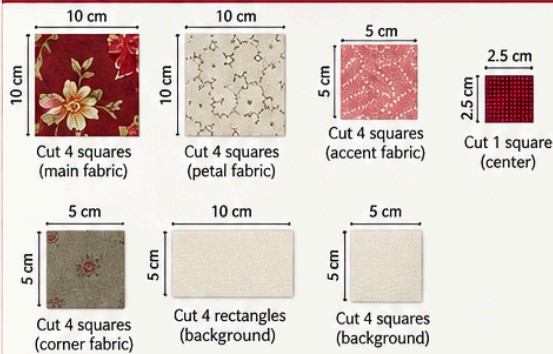
Step-by-Step Tutorial

A Beautiful Quilt Block for Quilts, Cushions, Table Runners and More!



Finished Block Size:
30 cm x 30 cm
(12" x 12")

Cutting Instructions



Materials

- 100% cotton quilting fabric (fat quarters work great)
- Coordinating thread
- Rotary cutter, ruler and mat
- Sewing machine
- Iron and pressing mat
- Pins or quilting clips
- Fabric marker (optional)

Fabric Requirements (for one block)



Sewing Methods Used

- Straight Stitch (1/4" or 0.75 cm seam allowance)
- ↪ Sew and Flip / Stitch and Turn (for curved petals)
- ⌒ Quarter Circle Construction
- ⊞ Chain Piecing (sew pieces without cutting thread)
- ⌒ Pressing (press seams open or to one side)
- ⊞ Trim and Square (to ensure accurate size)

Tips for Success

- ✓ Use 100% cotton quilting fabric.
- ✓ Keep a consistent 0.75 cm (1/4") seam allowance.
- ✓ Press after each step.
- ✓ Use a rotary cutter for more accurate cuts.
- ✓ Pin curves well before sewing.
- ✓ Trim blocks to 30 cm x 30 cm at the end.

♥ Enjoy the process!

Step-by-Step Instructions

- 1 Make the Corner Units**
Sew one 5 cm grey square, one 5 cm cream square, one 5 cm pink square and one 5 cm cream square. Make 4 units. Each unit should measure 10 cm x 10 cm.
- 2 Sew the Petals**
Take one 10 cm main fabric square and one 10 cm petal fabric square. Draw a quarter circle on the petal fabric, place right sides together and sew on the line. Trim and turn. Press. Make 4 petals.
- 3 Complete the Petal Blocks**
Repeat for all 4 main squares. You will have four identical petal blocks.

5 Arrange the Block



Lay out the four quadrants with the center 2.5 cm square. Check the orientation of the petals.

6 Sew into Rows



Sew the top two quadrants to the center square. Sew the bottom two quadrants to the center square. Then sew the two rows together.

7 Final Block



Your block should measure 30 cm x 30 cm (12" x 12"). Square the block if necessary.

Quilting Ideas

- ✓ Use this block in a quilt, cushion cover, table runner, or wall hanging.
- ✓ Try different color combinations.
- ✓ Make multiple blocks for a larger quilt.
- ✓ Looks amazing with floral fabrics!

Happy Quilting! ♥



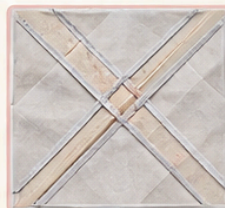
Close-up of the Petal



Corner Unit Detail



Center Detail

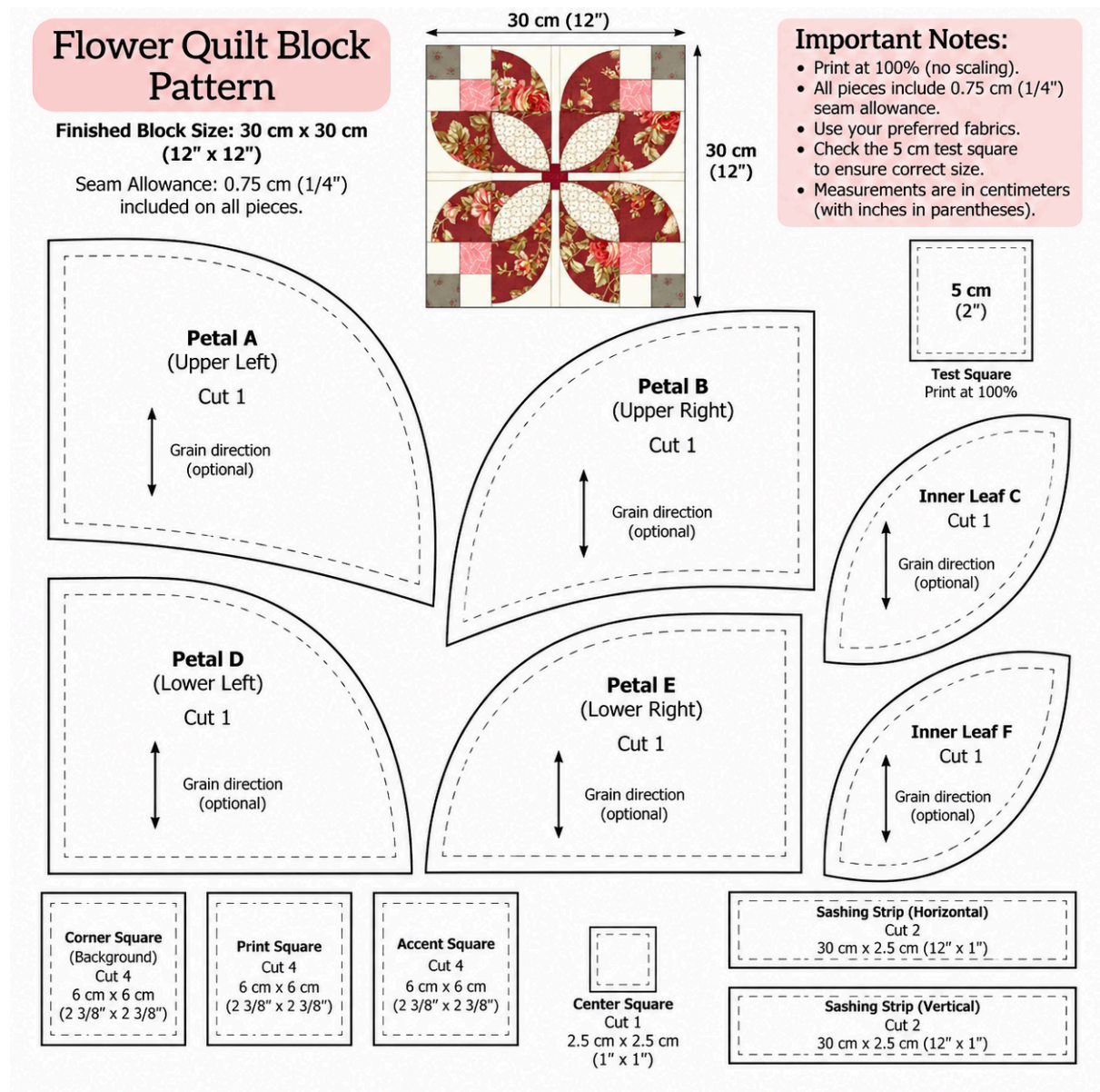


Back of the Block



Another Color Idea





Cathedral Flower Quilt Block – Step-by-Step Tutorial

The Cathedral Flower Quilt Block is a beautiful floral-inspired patchwork design made from four coordinated quadrants arranged around a small center square. With curved floral sections, light petal shapes, simple corner units, and contrasting fabrics, the finished block has the appearance of a four-petal flower.

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This tutorial follows the measurements and construction shown in the provided graphic. The finished block should measure approximately 30 cm × 30 cm (12" × 12"). A consistent 0.75 cm (1/4") seam allowance is used throughout unless otherwise noted.

This project works especially well with 100% cotton quilting fabric. Floral prints give the block a traditional romantic appearance, but the same construction can be used with modern solids, small-scale prints, scraps, or coordinated fat quarters.

Step 1 – Gather Your Materials and Cut the Fabric

Before sewing, press all fabrics so they lie completely flat. Accurate cutting is especially important because the four quadrants must match when they meet around the center.

You will need 100% cotton quilting fabric, coordinating sewing thread, a sewing machine, rotary cutter, quilting ruler, cutting mat, iron, pressing surface, quilting pins or clips, and an optional fabric marker.

For the main floral fabric, cut 4 squares measuring 10 cm × 10 cm. These pieces form the large curved portions of the flower.

From the light petal fabric, cut 4 squares measuring 10 cm × 10 cm. These will be shaped into the four lighter inner petals.

For the pink accent fabric, cut 4 squares measuring 5 cm × 5 cm. Cut another 4 squares measuring 5 cm × 5 cm from the gray corner fabric.

From the cream background fabric, cut 4 rectangles measuring 5 cm × 10 cm and 4 squares measuring 5 cm × 5 cm. Finally, cut 1 center square measuring 2.5 cm × 2.5 cm from the red fabric.

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Keep the four sets of pieces organized. Since this block depends heavily on symmetry, arranging the pieces on your work surface before sewing can prevent accidentally rotating one unit.

Step 2 – Make the Four Corner Units

Each corner section is constructed from a gray square, a cream rectangle, a pink accent square, and a cream square.

Lay out the pieces according to the tutorial image. The gray 5 cm square sits at the outside corner, while the pink accent square is positioned closer to the floral portion of the block.

Join the small pieces using a straight stitch and a consistent 0.75 cm (1/4") seam allowance.

You can use chain piecing when making the four identical units. Instead of stopping and cutting the thread after every seam, feed the next matching unit through the machine. This helps keep construction efficient and consistent.

Press each seam carefully after stitching. Depending on fabric thickness and your preferred quilting method, seams can be pressed to one side or open.

Complete all four corner units and compare them. They should be identical in size but will eventually be rotated into the four corners of the finished block.

Step 3 – Create the Curved Floral Petals

The distinctive appearance of this block comes from the large curved floral sections. Work slowly during this stage because smooth curves will make the finished flower much cleaner.

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Take one 10 cm × 10 cm main floral square and one 10 cm × 10 cm light petal square.

Following the shape shown in the graphic, create a curved petal or quarter-circle section. A template is particularly helpful here because all four petals need to have the same shape.

Place the fabrics right sides together where required by your chosen curved-piecing method. Pin or clip along the curve, distributing the fabric evenly rather than stretching it.

Sew slowly around the curve. A shorter stitch length can provide greater control. Stop periodically with the needle down and adjust the fabric if necessary.

After sewing, carefully trim excess bulk around the curved seam. Do not cut through the stitching. If the construction uses a sew-and-flip technique, turn the curved section into position and gently shape the curve.

Press the petal carefully. Avoid pulling or stretching the curved edge because curved sections may contain bias edges that can distort more easily than straight-grain pieces.

Repeat the process until you have four matching floral petal blocks.

Step 4 – Complete Each Floral Quadrant

Now combine each curved floral section with one prepared corner unit.

Look closely at the orientation before sewing. The floral curves should point toward the center of the finished block, while the gray squares should eventually occupy the four outer corners.

Position a corner unit beside its corresponding floral section. Align the raw edges and pin or clip the pieces together.

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Sew using the same 0.75 cm (1/4") seam allowance.

Press the seam carefully and place the completed quadrant on a flat surface. Check that the curved petal remains smooth and that the corner patchwork has not become distorted.

Repeat for the other three units.

At this stage you should have four completed quadrants. Rotate them on your table to preview the flower. The four light inner petals should point toward one another, while the large floral curves create the surrounding flower shape.

Step 5 – Arrange the Cathedral Flower Block

Place all four quadrants on your work surface before joining anything permanently.

Position two quadrants across the top and two across the bottom. Rotate each unit until the gray squares sit at the four outside corners.

The light-colored petals should face inward. Together, they create the distinctive four-petal motif shown in the original design.

Place the 2.5 cm × 2.5 cm red center square in the middle. This small contrasting element visually connects the four quadrants and creates a strong focal point.

Check the pink accent squares as well. They should appear symmetrically around the outside sections of the design rather than randomly oriented.

Stand back and inspect the complete arrangement. This simple check is useful because a quadrant rotated 90 or 180 degrees can look surprisingly similar while you are working close to the block.

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Once everything matches the reference layout, you are ready for final assembly.

Step 6 – Join the Quadrants and Center Square

Begin by joining the two upper quadrants toward the center section according to the arrangement shown in the graphic.

Then construct the lower section in the same way.

Use pins at important intersections so the seams remain aligned. Insert a pin directly through matching seam points when necessary.

Sew with a 0.75 cm (1/4") seam allowance, maintaining an even speed as you cross existing seams.

Press the newly sewn seams carefully. Good pressing is particularly important around the small red center square because several visual lines converge in this area.

Join the upper and lower sections to complete the block. Match the center and surrounding seams before stitching the final long seam.

Once assembled, the four floral quadrants should meet around the red center square, producing the recognizable Cathedral Flower arrangement.

Step 7 – Press, Trim, and Square the Finished Block

Give the completed quilt block a thorough final pressing.

Start from the center and work outward. Rather than aggressively sliding the iron over the block, lower and lift it to reduce the possibility of stretching the curved sections.

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Place the block on your cutting mat and use a large quilting ruler to check the dimensions.

According to the tutorial graphic, the finished block should measure approximately 30 cm × 30 cm (12" × 12").

Check all four corners for square. Also inspect the center intersection to make sure the petals remain visually balanced.

If necessary, trim only small amounts from the outer edges. Avoid excessive trimming, which can reduce the available seam allowance or cut off important design elements.

Your Cathedral Flower Quilt Block is now complete. 🌸

Step 8 – Sewing Methods Used in This Pattern

Several standard American quilting techniques make this project easier to construct.

Straight stitching is used for joining most patchwork pieces. Maintain the tutorial's 0.75 cm (1/4") seam allowance consistently.

Sew-and-flip or stitch-and-turn construction can be used when forming the curved petal sections. The exact curved-piecing approach may vary depending on the template you use.

Quarter-circle construction creates the large sweeping curves that give the block its flower-like appearance. Accurate templates and careful pinning are valuable for these sections.

Chain piecing is helpful when constructing the four identical corner units. It saves thread and makes repetitive assembly more efficient.

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Pressing should happen throughout construction rather than only after the block is complete. Pressing each seam before joining the next component helps maintain accuracy.

Finally, trimming and squaring ensures the completed block has straight sides, square corners, and the intended final dimensions.

Step 9 – Tips for Better Results

Use good-quality 100% cotton quilting fabric whenever possible. Similar fabric weights are easier to piece accurately than fabrics with significantly different thicknesses or stretch.

Accuracy matters more than speed. Keep the 0.75 cm (1/4") seam allowance consistent from the first corner unit through final assembly.

Press after every major seam. This makes subsequent intersections much easier to match.

When sewing curves, use plenty of pins or quilting clips and avoid stretching the fabric. Let the sewing machine feed the fabric naturally.

Check the orientation of all four quadrants before final assembly. The outer corner squares, accent squares, floral curves, and inner petals should form a balanced rotational arrangement.

Finally, measure the block before using it in a larger project. If you plan to make several Cathedral Flower blocks, make one complete test block first. You can then adjust your templates or seam allowances before cutting fabric for an entire quilt.

Step 10 – Ideas for Using Your Finished Block

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The completed 30 cm × 30 cm Cathedral Flower Quilt Block can become much more than a single practice piece.

Use one block as the decorative front of a cushion cover. Add batting and backing, quilt around the petals, and finish it with your preferred pillow-back construction.

Several blocks can be repeated to make a table runner. Repeating the floral motif creates a striking continuous pattern.

For a wall hanging, surround one block with coordinating borders and add batting, backing, quilting, and binding.

You can also make multiple blocks for a larger patchwork quilt. Try alternating floral colorways while keeping the cream background consistent.

Another attractive option is to use contrasting seasonal fabrics. Blue and white can create a cool traditional look, while reds and greens can produce a holiday-inspired variation.

Whatever fabrics you choose, keep the placement of values and contrasts clear enough for the four-petal design to remain visible.

The finished result is a versatile quilt block that combines traditional patchwork, curved piecing, careful pressing, and symmetrical assembly in one attractive project. Once you become comfortable making the first block, repeating the same construction makes it easy to create coordinated blocks for larger quilting projects.

Happy Quilting!   