

SISTERS IN CHRIST FOR THE NEEDY

February 1, 2010



Snowflakes

by Linda A. Copp

Snowflakes spill from heaven's hand
Lovely and chaste like smooth white sand.
A veil of wonder laced in light
Falling Gently on a winter's night.
Graceful beauty raining down
Giving magic to the lifeless ground.
Each snowflake like a falling star
Smiling beauty that's spun afar.
Till earth is dressed in a robe of white
Unspoken poem the hush of night.




January 4th Meeting Notes

Carletta gave me \$20, but we owed Adria the balance of her receipt which left us a balance of \$10. Since then, the purchase of a new photo album and wrapping tape left us with a balance of \$2. You might put the word out that Sisters in Christ for the Needy is in need of monetary contributions. The church pays for our postage and ink cartridges.

If you would go to the paper in one of your packets titled "Addresses for Our Donations" any contact that you would like to make to Jill Thompson of "Cozees" has changed. Go to: <http://www.cozees.org> or cozees.org. She posted on her website the following: (Since she posted it, I see no reason why I can't share it with you.)

"During August of this year, my husband asked for a divorce in order to marry a woman he met online. This has been a totally devastating time for me and my daughter. (If you recall, her daughter Elena has cerebral palsy.) Because of this, I will be resuming my maiden name and the website under jj-thompson.com will become rerouted. I'm sure all of you can understand why this change must happen for me. I will be putting the web address change on the website soon. jj-thompson.com will not be totally eliminated because it has been posted on too many forums and charity websites, but it will automatically reroute to cozees.org starting in January.

"Thank you all in advance for your patience and understanding."



I returned to her web page January 15th and Jill posted the following:

"Welcome back! 2009 was a fantastic year for Cozee's. We surpassed our goal and the new goal set for 2010 is 400! (By the way, our contributions were the first and only Jill has received at this date, January 15. You can see them pictured on her website.) Due to vehicle problems, I was unable to deliver all the donations prior to Christmas. The remaining donations will all be delivered this month. I will list the recipients this month. The recipients who have received donations so far have LOVED them.

Now that I am on my own with my daughter, finances are severely limited and the van can not be fixed, so that leaves me without a way to get around. I'm working on getting some help to get the remaining donations delivered. I've got some leads on getting help to purchase a wheelchair accessible van so send a prayer out that we get the help we so badly need. The van I currently have could never be retrofitted for a wheelchair lift and because of that I had to lift my 15-year-old into it myself! It's been extremely difficult these last few months but I'm forever hopeful that good things will come this year.

I apologize for not getting the site back up and functioning! Just so much going on at one time. I've revamped it a little and eliminated some things, but it's still about the same. I'll be tweaking it this month yet. So, please be patient! I've got some emails to answer and will do that today! Happy 2010 to each and every one of you!

Attention: Go to "Cozees" web page (just Google the name) to see pictures of all that we sent Jill in 2009. You can also see there that our group's donations are the first and only ones so far for 2010. This writing is on January 16, 2010 so you will probably see more if you go to the site now.

The following is a letter that Jeanne Stauffer of QUILTER'S WORLD magazine received and wanted to share with us.

Dianne from Pennsylvania lost the use of her right arm in an accident and wrote to Editor Jeanne the following:

"...Before the accident, I painted to relieve stress. Afterward I had no desire to even pick up a brush. A year ago, I received a flyer advertising a quilting magazine. I loved the colors and shapes shown in the quilts. I talked to my husband, family and doctor about using quilting as physical therapy. They felt it was a good idea, so my husband took me to a fabric store where we purchased several yards of all the fabrics I liked. He built me floor-to-ceiling cubbies, and we started filling them with all the colors of the rainbow. (He loves the look of all the folded fabrics and feels it's very decorative, like art.)

"I started small, just a few 12-inch blocks sewn together. Slowly, I could tolerate the feel of the fabric on my hand. I have completed one full-size, two twin and a few crib-size quilts.

"My favorite quilt is an art wall hanging I made for my doctor. It felt as if it were paint, the designs within giving texture to my art. I feel my inspiration coming back to me.

"Thanks to women like yourself and so many others that I watch or read about, I'm on my way to becoming my old self and the withdrawn, sad person I had been for a while. Even my sons take turns taking me on my monthly visit to the fabric store so I can get my 'fix' of color.

"So please let your readers know that quilting is possible for anyone, even those of us with only one arm to use! Thanks again for the inspiration so desperately needed!"

A NEW DISCOVERY: Granddaughter Katie introduced me to a yarn store that I never knew about. It has been in Grove City for at least two years and I never knew it existed. I will distribute to you now cards and brochures from this establishment. Sharron Braun and Pat Hoover have come with me to check it out. The couple (husband and wife) who run the store give knitting lessons. Maybe crochet, too, I just haven't asked about that. The yarn there is fabulous and different from what you would find at Wal Mart but is very expensive. However, you might like to check it out just for curiosity's sake. (Their website is: wolfcreekyarns@zoominternet.net)



More Quilting Tips

If you are sewing by hand or without the benefit of a 1/4 inch marking on your sewing machine, you may choose to mark your fabric.

To mark cutting and sewing lines at the same time, take two hexagonal pencils and wrap them together - with rubber bands or tape. They will be 1/4 inch apart.

One pencil line will mark the cutting line, the other will mark the sewing line. Be sure to mark your fabric on the wrong side, otherwise you may end up with pencil marks on the finished side of your quilt.

Generally you will place your template or ruler along the straight or cross grain of the fabric to mark and cut the fabric. This will make sewing easier, and will reduce the amount of stretch in your fabric and puckers in your quilt.



Greetings, Quilter:

It wasn't always this way...It used to be that when I went into a quilt shop, I looked only at the fabric and thread. Occasionally I'd wander over to the book area and see what new and fun books there were to spark my imagination. The last place I would go was to the area where the quilting tools hung. And really, the only time I would look there was when I needed something – needles, a new thimble, pins, a new blade for my rotary cutter, or something like that.

I already had a selection of rulers and plastic templates, and thought I couldn't possibly need any others. Then one day, I had to look at rulers because the lines on my nice, wide rotary cutting ruler were wearing off. What I discovered was that during the last few years, rotary cutting rulers have multiplied – like rabbits! Not only can you get a bunch of different sizes of rulers, but the lines are different – some rulers have yellow lines, some have green and others, black; and some have black lines and yellow lines.

And then there is the difference in how many lines between the inch marks there are on the ruler. Most rulers, though, are rectangles or squares, and if you want to make triangles, you can use a diagonal line on a rectangular ruler, or you can get a special triangle ruler, or even use a triangle template.

But, one day while I was at my local quilt shop, I discovered a brand-new-to-me ruler, called an All in One Ruler. This is the strangest shaped ruler you can imagine. On one end it is a rectangle, and on the other it is a 45 degree angle, coming to a point. There are lots of lines on this ruler which allow you to cut small squares, strips of almost any width (up to 6 inches) and cut on the bias. But the thing I most liked about the ruler is that I can easily cut my half-square triangles and quarter-square triangles.

To see how it works and to see how you can save fabric as you cut your triangles, visit:

<http://www.how-to-quilt.com/articles/6027-allinone-ruler.php>

After that discovery, I check out the “ruler wall” every time I go into the quilt shop, just to see what's new. I wonder just how many years I could have been using this ruler.

Happy Quilting!
Penny Halgren



How to Store Your Quilt Properly

Before your quilt is put away in storage, it should be documented, photographed, appraised, and, above all, insured.

Your quilt is precious to you, and obviously, when you are not using it, you want to store it properly. If you think that just putting the quilt in a small plastic bag and dumping it in the attic is the ultimate solution for preserving it, think again. Here are some pointers to take into consideration on preserving your quilt:

The first and foremost thing is to check to see whether your quilt is clean. On the surface, the dust should be removed by screening (place a fine mesh screen on it and vacuum, using a handheld attachment).

Never send your quilt to the dry cleaner, because the process of dry cleaning could damage your quilt to a point beyond repair.

Do not place your quilt in a plastic bag or plastic wrapping because quilts require air. This will also lessen the chance of mildew developing.

Quilts are supposed to be kept in a cool, dry place. Moisture is a quilt's enemy. If you must store in a place susceptible to moisture, be sure to keep a bowl or tub of Desiccant nearby. Desiccants are a crystal-shaped structure which can absorb moisture in small places. They are available in any hardware store or at your nearest drug store.

Unlike other fabrics that are stored, quilts should not be folded and should be kept as flat as possible.

If you are going to fold your quilt, fold it with something that offers support. Wherever there is a fold, place some acid-free tissue paper in between; this prevents any creases from forming due to folding.

Another thing you will have to do is refold your quilt in a different way, once every six months.

Another way of storing your quilt is by wrapping it around a tubular structure. The quilt should not be wrapped directly on the tube without first being covered with muslin cloth or acid-free paper, followed by wrapping it again in muslin cloth or acid-free paper.

Preferably, store quilts in dark areas.

Prevention from Wood

Sometimes, when the quilt is stored up against wood, the varnish or the oils that are coated on the wood can stick to the quilt.

If you want to store your quilts in boxes, I suggest that you store them in ones that are acid-free. They are available at dry cleaning shops.

Prevention from Insects

Wherever fabric is, you will find bugs. To avoid this nuisance, try placing a bag of Artemisia near the quilts. Artemisia can be purchased from food stores and is also available at nurseries.

Label the Bags

It is always a good idea to label the bags so that you have an idea of which bag is where and what quilt is stored inside that bag. In the event of your passing away, just write down in your will who they will go to and where they can find them.

Another good reason to label the bags is so that no one will throw them away by mistake. If possible, you could also mention on the label where the documentation is.

Last, but not Least

Check your quilts once in a while to see if there are any bed bugs.

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Here's a new tip:

If those fancy white pencils for marking lines on your quilt tops are too expensive at your local quilter's supply shop, head to the grocery or drugstore instead. You can purchase an inexpensive bar of Dove soap, and chip off a small piece. It will make temporary markings similar to the white pencil, but last much longer! Plus, you'll have some leftover soap!

Greetings, Quilter:

If you are anything like I am, hand-turned appliqué causes some trouble. It's not that I want to avoid the work, it's just that my eyesight isn't what it used to be, and hand turning those tiny seam allowances while attaching appliqué pieces is a challenge I'd rather avoid.

Plus, many quilters are faced with arthritis, making hand stitching more difficult, especially when you are working in small spaces or turning corners and making those sharp points.

Yet there are alternatives to hand turn appliqué, making it easy while still being beautiful and adding that "spark" to your quilt.

Way back "when," I made many baby quilts using a simple zigzag stitch on my sewing machine. It was a tight stitch, creating somewhat of a bump around the edge of the appliqué piece. You probably remember seeing this type of appliqué – it's been around for ages.

At the time, it was the only way I knew how to do machine appliqué, and it is still a good option.

However, as I have come to realize, when you have light interfacing on the back of the fabric, the edges won't generally fray. Therefore, you can widen the stitch, eliminating the unsightly bump while still attaching the piece securely to your quilt top.

Some sewing machines do a blanket stitch, which is also an option. Or, you could choose another embroidery-type stitch to use around the appliqué piece to secure it to your quilt top.

Years ago, quilting daughter Stephanie took a workshop where she was shown how to simply machine stitch a straight stitch around appliqué pieces. This also is a great option, and it is the method I recently used on a Moon and Stars trapunto piece.

Placing a light interfacing on the back of a simple circle, then straight machine stitching the circle into the center of a square is much easier than piecing a circle as if it were part of a Drunkard's Path quilt block.

Oh, light interfacing – I use it on all appliqué pieces that are not hand-turned; you can't really tell and it makes the sewing much easier.

Another method of avoiding hand-turned appliqué is to finish the entire appliqué piece, sew a backing on it, turn it right side out, and then sew the finished piece onto the quilt.

The advantage of this is that it adds some additional dimension, since you have two layers of fabric on top of your quilt top plus the seam allowances that are folded inside.

This piece can be either machine stitched or hand stitched onto your quilt top.

For other alternatives and to get more details about these techniques, visit:

<http://how-to-quilt.com/articles/2044-applique-quilts.php>

Penny Halgren



My name is Yosrah Johnson and I am a sophomore at Northern Illinois University. On February 14, 2003 a sense of unspeakable violence occurred at my school. A man opened fire in my lecture hall killing five of my classmates and injuring dozens more. I was able to escape with some minor physical injuries but the emotional trauma is something I take with me every day. While my school was in a state of grieving, they opened up a place called the "Peace Room" where anyone can go and get away from everyday problems and reflect and pray. I, myself, have found the Peace Room to be very helpful. It is so nice to just find a nice quiet place to sit or write and pray. Well, one day I went into the room to find beautifully crocheted shawls. I read the note and prayer that came with the shawls and tears came to my eyes. This act of genuine kindness touched my heart and made me realize that love and kindness still exists in our world even when we feel like it is not out there. The prayer shawl honestly came when I was having a day when I was thinking a lot about the tragedy and was having personal issues of my own. I would just like to thank everyone who put in their time and effort into making these beautiful prayer shawls. You have touched someone today in more ways than one, and I know these shawls are going to help others, too. Thank you for your prayers and blessings.

Forever grateful,
Yosrah Johnson



I received my shawl upon the passing of our son. Once a person learns of the shawl's healing strength, he/she is driven to knit or crochet one to pass on this joyous healing to another. I have found purpose in knitting in the "bleeps" that are found in yarn. I leave those "flaws" in place and knit them right into the garment, then I point them out to the recipient and remind him/her that those "bumps" are reminders to us of our lives. Often things run smoothly and in tranquil comings and goings; however, there are those bumps in life such as the experience for which the shawl was made for me. If we use our shawls, wrap ourselves in God's love, hold tight to His promises, things will become just like the well-worn garment the shawl is meant to be. I use a larger needle to get a loose knot...that's so you can hold tight...poke your fingers in the small holes...cling to God. Place all your troubles and worries in those holes. Remember, with God's help, all things are possible! (Jane Parsely~Andy's Mom. Frederick, MD)

Married to a Crocheter

Cindy Long



My husband, Dan, decided he wanted to give his side of the story about what it's like to live with a crocheting wife.

I didn't say anything when she decided to start crocheting. After all, everyone needs a hobby. How bad could it be? She'd probably make a scarf and a baby sweater, and then lose interest.

The county fair? I never actually knew anyone that entered anything in the fair, but why not? It can't take that much time to make an afghan. I guess you wouldn't start a project three weeks before the fair unless you thought you could get it done in time. I suppose we can eat take-out a couple of times so you can get it done. No, really, I don't mind at all.

Honey, don't you think you should come to bed? You can work on that in the morning... there's no reason to yell at me. It's not my fault there's only four days until the fair. Why didn't you work on it before this? What other things are you putting in the fair? Barbie dolls at your age? Oh, making a dress, not playing. I see. Yes, I suppose that is different.

Dear, why is there a \$127.29 charge to the hobby store for yarn? And don't you already have one of those hook things?

I thought you were only going to do that in the upstairs room. I see...an upstairs and a downstairs project. So, just how many projects do you have? That many?

What happened to the bathroom? No, I like it, really. I just didn't know you could make all those things out of yarn. Yes, I guess it does dress up the toilet tissue.

Honey, we need to talk. You know I love you and support you in everything you do, but I think you have a problem. I just opened a closet and a load of yarn fell on me. Promise me you will talk to someone about this, OK?

Thank you for seeing us, Doctor. I'm hoping therapy will help us. You see, I feel my wife's crochet hobby is taking up an unhealthy amount of her life. She even has a special bag to take projects

with her wherever we go. It looks just like that one beside you. ...





A New Day for Crochet

Growing ranks confirm it—crochet is cool. Barbara Mandrell sang about being country when country wasn't cool, and her song became a huge hit with 1980s fans who had crossed over to the country craze. The same thing has happened in the needlecraft arena, where a growing number of new crafters have joined ranks with those who were crocheting long before crochet was cool.

Crochet is definitely cool today, riding a wave of popularity that seems to have spilled over from crochet's close cousin—knitting. In the natural ebb and flow of crafting interests, crochet has outlasted the odds and is now gaining strong new momentum.

According to the Craft and Yarn Council of America, more than one in three women in the United States, or about 53 million females, knows how to knit or crochet. That number represents a growth of 51 percent since 1994, and those in the 25–34 age range are leading the way.

This up-and-coming crowd of younger crocheters has been meeting in coffee shops and community classes to learn to crochet. What they've come to realize is that crocheting is not just a great pastime, but an energizing social event as well. Undertaken as a group, creative ideas and helpful hints can be shared, and pattern problems can be resolved more quickly and easily.

Professional counselors are promoting the benefits of traditional crafting, advising their stressed-out patients to take up a hobby that uses the hands—a hobby like crochet. Studies seem to suggest that the rhythmic motion associated with needlecraft is therapeutic. Women echo these findings, saying that they crochet to reduce their level of stress and to ease everyday anxiety.

"It's not a fad," said Richard Brown, former Chairman of the Yarn Council, "it's an evolution, a lifestyle phenomenon."

The Yarn Council report says that the substantial number of newcomers to the craft have developed a real passion for crochet. Once this high level of interest is developed, experts say it won't die with time, but will grow in intensity, which means that the art of crochet should continue to be a fashionable form of creativity well into the future. Besides testifying to its ability to soothe, women say crochet provides a real sense of satisfaction—perhaps because of today's return to a more internal, family focus. Whereas 20 years ago no one wanted to wear a sweater that looked homemade, today, items that have been created by hand are considered classy.

For many, crochet adds balance to a high-tech, fast-paced lifestyle, so it has become part of their daily routine. Crochet is portable, which means it can easily be carried from place to place. It is also quite compatible with other activities, such as watching television, traveling and sitting at sporting events.

Scarves are still the leading project of choice for beginners, and today's fashion yarns make scarves an attractive accessory and a great gift. Like their veteran counterparts, new crocheters say they feel a sense of pride in being able to make garments for themselves. For those whose skill levels are more advanced, the hot trends for the coming year will continue to include ponchos and wraps, sweaters and scarves, hats and purses. For everyone who crochets, there is a wide variety of tastefully feminine crochet fashions and colorful crochet accessories.

Crochet is definitely cool, and statistics seem to support the notion that it will continue to be cool for a long time to come.



Ruth 1:1-22

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ALMIGHTY
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BARLEY
DAUGHTERSINLAW
EPHRATHITES
HUSBAND
MARA
ORPAH
TARRY

BETHLEHEM
ELIMELECH
FAMINE
JUDAH
MOAB
RUTH
WOMB

