

SISTERS IN CHRIST FOR THE NEEDY

June 7, 2010



“The heaven, even the heavens are the Lord’s, but the earth hath he given to the children of men.” Psalm 115:16



DEPARTMENT OF VETERANS AFFAIRS
Medical Center
1700 S. Lincoln Avenue
Lebanon, PENNSYLVANIA 17042

RECEIVED MAY 5 2010

April 28, 2010

In Reply Refer To: 595/10V

Ladies of Slippy Rock Baptist Church
435 Kiester Road
Slippy Rock, PA 16057

Dear Friends:

On behalf of the Lebanon patients and staff, we would like to extend our appreciation to you for your donation of 8 Blankets for our veterans. Your thoughtfulness reflects the concern that you feel for our veterans and for the service they provided to all of us while in service to our country.

Without your support, we could not provide for the smaller niceties that make hospitalization more bearable. Your thoughtfulness also reflects the concern and compassion that our community feels for our veterans.

Thank you for your continued support.

Sincerely,


SCOTT W. HARMAN
Chief, Voluntary Service

Corporate Office
P.O. Box 293
Evans City, PA 16033
Phone: (724) 776-5910
Fax: (724) 776-6781



Outreach Office
111 South Cliff Street
Butler, PA 16001
Phone: (724) 283-8700
Fax: (724) 283-8760

www.voiceforvictims.com

May 6, 2010

Slippery Rock Baptist Church
714 Harmony Road
Slippery Rock, Pa 16057

Dear Janis and Friends,

On behalf of Victim Outreach Intervention Center, we acknowledge and are grateful for your generous gift. There is no way the Agency could help meet the basic needs of domestic violence and sexual assault victims without partners such as you. Thank you for taking the time and energy to help.

To know that you need to start over can be a huge struggle for survivors, to know that your community pulls together to help you, is both uplifting and encouraging. The hand made afghans and shawls that you have donated has not gone unnoticed, especially by the survivors and their families.

Thank you for your most generous support.

Sincerely,

Elizabeth Clark-Smith
Executive Director

ECS/mz

Please note: In compliance with IRS regulations, this letter serves as an official receipt for your contribution. Because no goods or services were provided for your donation, your gift is fully deductible.

NOTE: Several years ago, a Baptist pastor from AMMO came to our church and presented information about their organization. After his presentation I asked him if Sisters in Christ for the Needy could be of help and he enthusiastically replied, "Yes!" That's how we got started in this outreach. The following is information about AMMO.

APPALACHIAN MOUNTAIN MINISTRIES OUTREACH

• **Christians Join Hands to Help People in Need.** Appalachian Outreach began in 1984 as a home repair ministry for poverty level people, by the Campus Ministries Department of Carson-Newman College, Jefferson City, Tennessee. Since then Appalachian Outreach has expanded its ministries to include a homeless shelter called Samaritan House, a food distribution ministry, a used clothing and furniture ministry, a computer and GED educational program, a ministry to Hispanic people, a recycling program, Christian nurturing and counseling.

• **Partnership Principle.** Appalachian Outreach connects people in need with those who have resources in order to help the less fortunate. Many people are able to give personal time by actually working on the project sites while others can only support the ministry in a monetary way. AO strives to meet as many needs as possible. Most of the clients have been waiting for someone to help them for many years. As one elderly neighbor of one whose home was being repaired said, with tears of gratitude in her eyes, "I've been praying for years for someone to come and help my dear friend." Many of our clients have been living in sad circumstances for years, just struggling to put food on the table and to keep warm in the winter. As the homes are improved physically, AO shares the encouragement and witness of Jesus Christ. The hard work and love of Christ help build a firm foundation and structure for their homes.

• **Appalachian Outreach: Meeting Needs Through Words and Deeds.**



• **Home Improvement In Jesus Name!** Appalachian Outreach ministers to families from a five county area who need home repair. They are recommended by churches, community organizations, Department of Human Services, home health care services, and by individuals. College students, faculty, community volunteers, church youth & adult groups join together as partners in volunteering their time, talent and resources to provide a helping hand. The repair ministry is supervised by Foreman, George Husk. Each year many homes are repaired as tangible expressions of the love of Jesus Christ. Funding for this program is provided by individuals, church and civic organizations.



• **A Home with a Heart!** Families and single women who are in need of temporary housing (up to 45 days) live at Samaritan House (130 Old Andrew Johnson Highway, Jefferson City). The staff of this seven-bedroom home provides counsel for clients in the areas of finding a permanent place to live, social services, and the Christian lifestyle. Samaritan House also provides a food pantry, laundry ministry, a used furniture center and computer training (in Spanish and English) for its residents and the community. Volunteers from the college, community and churches provide mentoring relationships and service in Jesus' name.

• **Open Doors and Open Arms!** Since 1987 Samaritan House has been a ministry operated by students & staff of the Campus Ministries Department of Carson-Newman College in cooperation with a network of friends, churches & community agencies. Funding for this ministry is provided by gifts from individuals, churches, community organizations, fund raisers and some support from the United Way. Without our Samaritan House friends, the doors of service would not have stayed open. As one eight year old boy said with a sincere heart, "Thanks for giving my Mom and me a home to live in". Truly Samaritan House is a miracle that God provides daily for people in need



• **Get involved with AO.** Appalachian Outreach invites you to serve with us, either as an individual or with a group from your church or service organization. During the college school year, college students, church volunteers and civic groups work on Saturdays, during college Spring Break and at selected other times to repair homes. Each summer AO hosts approximately 75 volunteers each week during the months of June and July, as they work Mondays-Thursdays to repair roofs, floors, plumbing, etc. Church groups are asked to pay a fee of \$325 per person for the summer mission program with AO, to assist with the construction cost, housing in the college dorms, and general cost of the program. In addition to the home repair work, mission teams can choose for some of their team members to be involved in the other various ministries of AO mentioned above, including Back Yard Bible Clubs. Appalachian Outreach information/application packets are available for groups or individuals who desire to serve.

• **For more information** contact our Appalachian Outreach staff: Jean-Ann Washam, Director; Jim Wilson, Executive Director, George Husk, Home Repair Coordinator. Phone: 865-475-5611 or 471-3537. Fax: 865-471-4583 Address: Box 71904 , Jefferson City , TN 37760



Testimonies: Doing lines, a crochet addict's story

by Susan Kliebenstein

The dinner is burning in the oven? Just let me get to the end of this line. You say we're five minutes late already? I'll be there as soon as I finish this line. With my hook in hand I can be a dangerous procrastinator. I confess. I am a bit addicted to the fading art of crochet!

I try to get rid of the evidence as soon as possible. I send sweaters to the "Guidepost sweater project". I give away book marks and doilies by the dozens. Afghans go to "Warm up America", and hats go to the chemotherapy center. I'm always looking for organizations that can use my tell-tale products. But there are all the unfinished pieces that lie around the house tempting me to pick them up. Things I started when I just grabbed a ball of yarn on the way out the door, just in case I had to wait. And we all know... I had to wait!

People see my predicament and take advantage of me. "Could you make my son a sweater? Of course I'll pay you!" That's all the prompting it takes. You know I have to finish the sweater this week, because she paid me! Additionally, it will require a trip to the yarn shop. I used to be confined to purchasing only what I needed immediately, but tragically, my finances have improved to the point where I can afford to buy 20 pounds of yarn at a time. If I buy on Ebay, I am only limited by the size box that UPS will deliver! Now there is a storage crisis!

Where did I put that big bolt of yellow cotton, or those little skeins of black angora? I know I had a shoe-box of little book marks prepared for Easter. Where could they have gone? My closets are filled with yarn. I must get busy and put some lines on these projects so that I can send them off and get them out of the house!

Oh what a wonderful fate to fall into an addiction so easy to feed. It's great fun! I sometimes put off eating because I'm busy with a project; and believe me, I can afford to miss a meal from time to time! I often think that it will be important to pass this passion along to a new generation. I'll have to find some kids who want to learn. And I'm determined to do that, but just let me finish a few more lines before I do!



QUILTING TIPS

Waste Not Serger Thread

I use up the small amounts of thread often remaining on serger thread cones by using it to baste quilts. (Sharon Dickson)

Paper Towel Rollups

Need to store or transport block pieces in the layout in which you will sew them? Unroll as much of a roll of paper toweling (the kind that has a felt-texture surface) as you will need, lay out the pieces on the toweling, and reroll. When you are ready to stitch, carefully unroll the toweling and pull off pieces to sew. (Summer Tuller)

Kid-Size Quilting Kits

Since my children always want to quilt with me, I make up a mini project kit for them. When I'm cutting out my project, I put a handful of scraps with a threaded needle into a re-sealable plastic bag. Then they can sew happily along with me and I don't have to stop my own work to get them set up. (Note: A threaded needle should only be included when preparing the kits for older children.) (Mary Pigliacelli)

Mouse Pad Magic

I found that a computer mouse pad cut to your hand size is great for free-motion machine quilting. I have arthritis, and this is a great way to move fabric freely while helping to keep my hands relaxed. I can quilt for much longer periods and focus on the design, not my hands. (Virginia Carlson)

The Eyes Have It

When having to pick out hand sewing or quilting stitches, I use the eye of a needle not the point. The eye slips easily under the stitch and doesn't fray the thread or fabric. I keep a No. 8 needle stuck in a small cork for this. (Vicki Camp)

Grandmother Shares Crochet, Life Skills



You might run in the other direction if you encountered a bunch of teen boys with tattoos, attitude and needles. But not 80-eight-year-old Delorse Baney. She rushes to their rescue.

"You've got to relax," she tells a slouching teen whose baseball cap all but hides his eyes.

"Yes ma'am," he says, obediently loosening his grip on the crochet hook.

This is an art class at Patriot Learning Center's evening high school in Falcon. Baney is helping the students with their slipped stitches and castoffs. But it is more than that. Baney is giving them grandmotherly attention, doses of self-esteem and pride in accomplishing a goal.

Most of the students at Patriot, an alternative middle and high school, are facing personal challenges. Some are at risk of dropping out of school, other are making up credits so they can graduate.

"They are all just precious little souls. If I can just help them see the right side of life and have a desire for it," Baney says.

Jay Hahn, principal of Patriot Learning Center, had doubts at first.

"I thought this could be a catastrophe."

But then he visited the classroom.

"Here were all these kids on task, crocheting away. They took right to it. I think it is because this is instant gratification, they see an immediate product. And the guys didn't think it was only a girl thing."

Sam White, 17, likes creating charcoal sketches but found that crocheting in art class wasn't so bad. "It's better than just sitting here working in a book. You don't have to ask for much help. Just watch how the teacher is doing it."

There have been no hassles, either. "No one teases us about it," White said.

Shane Lorenzen, 17, is underwhelmed by the experience. "It's okay. I'd rather be hunting or something."

Stephanie Garcia, 17, already has a big swatch of her purple and black scarf completed for a Mother's Day gift. "I've been taking it home to work on. It's really addicting. It lets me express myself. My boyfriend is really proud of me."

Baney teaches intermittently, sometimes twice a week at both the high school and middle school.

The project is an outgrowth of her association with the Falcon Senior Citizens group, whose members have volunteered in various capacities at Patriot since it opened two years ago.

"It's a valuable interaction because the elders have so much experience in various subjects," Hahn explains.

Some help out in classrooms when needed. One of the main interactions is having the students help with the senior citizens' annual craft and car shows to learn business skills. In turn, the students prepare and serve a Thanksgiving luncheon for the seniors.

Helping with the shows is good business and experience, and teaches them responsibility, Hahn says. But just giving the kids a lot of attention is a big part of it. While some might have grandparents, students don't always have that association with their extended families, he notes.

Kim Brown, who teaches social studies and this art class, is glad to have Baney in the classroom.

"To be around a senior citizen is huge for these kids. She slows them down. They really like her and you should see them try to watch their language around her."

They walk Baney safely to her car after class, too.

Brown says, "She reminds me of own grand-mom, who died a couple years ago and who taught me how to crochet."

Baney has lots of practice as a grandma. She has five children, 17 grandchildren and 10 great-grandchildren, and has crocheted afghans for most of them.

She's no stranger to a classroom, either. She and her late husband raised hogs and cattle, and grew wheat on their Nebraska farm. But she also spent five years in a rural schoolhouse, teaching all eight grades.

"A lot of children today lack self-esteem that comes from doing a job, no matter how meager, and seeing the results of it as accomplishment," Baney says.

She had a lot of those little lessons in her own life. "When I was too little to reach the sink, my mother put down the stove door and set the dishpan on it so I could do the dishes," Baney says. Another chore was picking up a basket full of corn cobs to stoke the stove.

She was surprised that most of the boys took to the crocheting, but she doesn't expect everyone to be thrilled. "Maybe someday, when they need it more, they will find pleasure in it. Or maybe because they could do this, they might go for woodworking, making a birdhouse or such. There are so many things to take pride in."

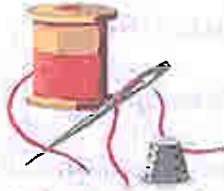
She brings to class a dusty rose afghan that she works on when the kids are immersed in their own work. But she doesn't get much time for that, as she is constantly asked to solve crochet emergencies.

She is tickled to see Ian Witzel's enthusiasm. He has completed a slender crochet chain at least 10 feet long. "It's going to be a blanket or maybe a sleeping bag," he tells her.

Baney praises his industriousness, but has him unfurl some stitches that are too tight. "Oh, this hurts," he jokes with her.

She is convinced that such simple lessons can translate into life successes.

"When they take yarn and see something completed, I think they will be more inclined to see other things through."



A Suggestion for Quilters:

For those of you who have a computer, you can find answers to all your quilting questions by going to the internet and typing in: Penny Halgren. For those of you who have no computer, at times I will include in our packets some suggestions that Penny offers such as those below.

How do you mark flannel for quilting?

Hmmm - now that is a slight problem. If you are quilting straight lines, I would mark it with 1/4 inch masking tape. It may take a tiny bit of the fuzz off, but that won't be noticeable.

I just marked some flannel cutting lines, and they were all wavy and not straight at all, so it is a challenge. However, if you aren't stitching straight lines, I would use a colored chalk or soapstone. You can get some high quality chalk (that will wash out) in mechanical pencil style, which means it is very thin and will make a great marking line.

Penny Halgren



Question: I cut a bundle of squares from fat quarters and then washed them. I now have to re-cut each square because of lots of strings around the edges. What can I do in the future to prevent such fraying?

Answer: Ooo - not fun! Many quilters do not pre-wash their fat quarters, so that is an option. The other is to rinse them in a sink and dry them flat on towels. (Penny Halgren)

Penny Halgren

Hoop or Quilt Frame, is that the Question?

Quilters ask - Which is better for quilting? A hoop or a quilt frame?

Like so many other things in the quilting world, it depends. And what it depends on is mostly your personal preference.

First let's look at the purpose of a quilt frame or hoop. You have finished your quilt top, laid it out on the batting and backing, and you are going to secure all of those layers together by hand quilting.

As amazing as it is, when you begin hand stitching the layers, there is some slack in each of the layers, and generally the slack is different for each layer. Your quilt top has seams in it, and some of the pieces are on the bias. Both of those factors cause different stretchy-ness in the quilt top.

Batting is easily pulled apart, whether it is polyester, cotton, wool, silk, or a blend of those. As the quilt top and backing move around in your layers, the batting can sometimes get pulled and stretch, especially the polyester battings.

And often, backing is a piece of fabric with no seams, and may be subject to very little stretch.

All of those variables cause the layers to move around as you quilt. Basting your quilt helps stabilize the layers, but since basting typically is done with safety pins or large stitches, it only helps, but isn't a complete answer.

Which leads us to the main purpose of a hoop or frame - and that is to create an equal amount of stretch, or tension, on all of the layers of the quilt so that as you quilt, the layers remain lined up and there are no puckers or pleats created with your quilting.

As a side, one of the reasons I prefer hand quilting over machine quilting is that I haven't figured out how to totally eliminate the puckers and folds in the quilting.

Over the quilting years, a few solutions have been developed to create the proper amount of tension to the layers of the quilt as it is quilted.

The Quilting Frame

My guess is that because quilting started as a group project, the quilting frame preceded the hoop. A quilting frame is typically made from wood, and you attach the quilt on all sides of the frame. With many quilting frames, the quilt rolls up on the wooden slats on the ends of the quilt. That way, as sections of the quilt are finished, the unfinished sections are made more accessible to the quilters.



The benefit is that many quilters can surround the quilt at the same time, and accomplish the quilting in less time than it would take for an individual quilter.

In the early days of quilting, ladies would gather and work on quilting one quilt at a time as a community project so a family would have a finished quilt relatively soon. The needs of the families in the quilting group were measured, and the most needy would get the next quilt - need being defined as: new baby, new marriage, loss of goods by a family due to fire, etc.

Usually the quilting was done at one family's home, since owning a quilting frame was not so ordinary. At the end of the quilting day, the frame, with its quilt still attached, would be raised up to the ceiling where it would stay until the next quilting bee, making it all very handy.

The Quilting Hoop

When quilters wanted to work on their own quilt in their home, in between quilting bees, they might use a hoop. A hoop is typically wooden, and has two pieces. Although it is somewhat difficult to see in the pictures below, there is an outside "ring" with a screw and nut, and an inside "ring" that is solid wood (or possibly plastic).

The two pieces are separated, and the quilt is laid between. As the outside ring is placed over the quilt, it stretches the layers of the quilt. After pulling to be sure that the section of the quilt has an equal amount of tension, the screw on the outside ring is tightened to ensure that the tension is maintained as you quilt.



Three different styles of hoops for hand quilting. These are available in many different sizes ranging from 8" up to 24." Each of these frames has its benefits.

As I have quilted using each of these shapes, I have discovered that, for me, each has its own purpose. I use the round hoop when I am quilting in the center of my quilt. It allows large areas to be quilted.

The oval one is great for borders and areas that are near the edge of a quilt. My oval hoop is quite large, so I can have a 10" block entirely inside the hoop, if I want.

The square hoop is the one I use when I am quilting borders. I can secure three sides of my quilt equally, and have the edge of the border running through the center of the hoop, and quilt all the way to the edge.

What's are the considerations?

The quilting frame is great for building community, and when you have many quilters working on the same quilt. Several people can sit around the outside of the quilt and work at the same time. The drawback is that the quilt is stationary in terms of being able to turn it around to fit the direction of your quilting.

For example, I like to quilt running my needle toward me, and I will turn my hoop around when I get to the end of a line of quilting and need to change direction. Using a frame, the quilter would need to move or change direction of her hand as it quilts.

The hoop is small and can be easily turned around in order to accommodate the direction of your stitching. In addition, the tension put in a smaller area tends to be more equal. As you can imagine, the center of a large quilt on a frame will have less tension than the outside - just as a trampoline is more bouncy in the center than where the springs are attached.

In the final analysis, it's mainly a matter of personal preference and your quilting style!

Happy Quilting! (Penny Halgren)

PSALM 115

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