

# SISTERS IN CHRIST FOR THE NEEDY

May 3, 2010



The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land. The fig tree putteth forth her green figs, and the vines with the tender grape give a good smell.  
Song of Solomon 2:12-13.



YOU KNOW HOW IT IS WITH AN APRIL DAY  
WHEN THE SUN IS OUT AND THE WIND IS STILL,  
YOU'RE ONE MONTH ON IN THE MIDDLE OF MAY.  
BUT IF YOU SO MUCH AS DARE TO SPEAK,  
A CLOUD COMES OVER THE SUNLIT ARCH,  
A WIND COMES OFF A FROZEN PEAK,  
AND YOU'RE TWO MONTHS BACK IN THE MIDDLE OF MARCH.

ROBERT FROST (1874-1963)



March 29<sup>th</sup> we had a balance of \$14. We received from Carletta's class \$35 which left us with a balance of \$49. March 30<sup>th</sup> I purchased magic markers, disposable camera, stapler, packaging tape, a new photo album and paid for film development which totaled \$23.50 We now have a balance of \$25.50.

---



### **Special notes from Jill of "Cozees":**

**Slippers:** Fleece slippers are preferable to crochet/knit for children due to the possibility of a negative tactile response. Many children in wheelchairs have an aversion to some textures and crochet/knitted items on the feet may be irritating to their sense of touch. Fleece is rarely irritating to sensitive skin. Please, only fleece slippers for children. When constructing these slippers, please make sure there are no rough edges on the insides. Bright colors and patterns are preferable!

**Lapghans:** I received requests for pockets on the adult lapghans. Not all lapghans need pockets though. I will be putting pockets on all the crochet and fleece lapghans I make this year. On the Cozee's Basic Lapghan pattern page, I've included how to add a pocket plus a very simple pattern. The pockets were requested for a few reasons: to slide hands in to keep warm and/or to place tissues, eye glasses, etc. I'm sure you don't need my pattern; pockets are easy to make and add.

---



### **Special notes from APPALACHIAN MOUNTAIN MINISTRIES**

There is an immediate need for the following:

**Baby Items and Clothing - Children's Clothing - Blankets and Bedding**

---



**REMINDER:** Our troops are still in need of "comfort" apparel and necessary clothing. If you have misplaced any patterns, see the binder on the table marked: TROOP PATTERNS and help yourself.

SOLDIERS' ANGELS FOUNDERS GROUP by Patti-Patton Bader, Founder and CEO

Dear Angels,

*Today my heart is hurting so much because too many people in this country are not listening to what is happening, not paying attention to what our troops and their families are going through. So many people don't know anyone in the military, and the news media isn't covering it as much as I think they should.*

*Our heroes are so courageous and they keep doing their job even when no one is watching. And as the fighting continues, the wounded numbers rise.*



*At the same time, so many Angels are standing up to do their own amazing work at the bedsides of wounded heroes. There are many, many Angels that humbly serve on the "front lines" of volunteerism without attention. This work is very hard on them—they carry pain and joy and so much emotion that all of us want to express to our heroes.*

*As an example of the experience of many Angels in hospitals and veterans facilities who have been doing this for years, let me share with you [a story by Maryann](#), the head of Soldiers' Angels Germany. She's just one of so many loving and strong Angels who pour their hearts into our heroes as they stand beside them in their struggles...*

*(<http://soldiersangelsgermany.blogspot.com/2010/04/true-heart-of-american-soldier.html>)*

*We all have our ways to support the heroic men and women of the U.S. Military. Some of us donate, some sew, others send emails and letters; some have time to assemble glorious care packages, others send a special backpack for the wounded via the Angel Store. There are so many ways to get involved. Please step up and help however you can ([www.soldiersangels.org](http://www.soldiersangels.org)).*

*We are in year nine of this war and if I'm feeling tired, I know you might be too. Our heroes keep focused on the mission even when they are tired, and like them, we are needed and we have a mission to fulfill. Let's stand up tall, wings spread... together we can do this. Let's ROLL!*

Wingtip to Wingtip,  
Patti Patton-Bader  
Soldiers' Angels Founder and CEO



### The True Heart of the American Soldier (by Mary Ann)

He'd gotten blown up. Sustained burns to the face and hands and suffered blast inhalation. Breathing in superheated air is not good for the bronchial tubes and lungs. He's being mechanically ventilated.

I watch him struggle even when completely sedated, but some patients have a real rough patch before extubation. To make sure a patient can breathe on his own, first the docs need to dial back on the meds.

This is called "waking him up".

Still out of it, he gradually becomes more and more aware of his pain and the discomfort of the breathing tube. He feels like he's choking. Constantly. And he's too out of it to understand why.

His hands are restrained so he can't pull the tube out. But he keeps lifting them, trying. His legs squirm. He lifts and turns his head.

Then the RT (respiratory therapy) guy comes in and tells the patient he's turning off the ventilator as a test, and if it goes well, the tube can be removed. He now has to breathe on his own, sucking in air through the narrow tube. He must be scared to death wondering why he can hardly breathe.

"You probably feel like you're breathing through a straw, right?"

The patient nods. He looks unconscious but he's tracking everything.

The RT encourages him, "This is all you, man... you're doing great. Keep going!"

After 5 minutes the RT deflates the outside of the tube so the patient can now breathe around it as well as through it, which is better, but as he slowly comes around the agony of the tube becomes unbearable.

He has to breathe like that for 20 minutes.

I keep telling him, "You're in the Army hospital in Germany. You have a tube down your throat... don't fight the tube... try to relax!" He does... but he's so dopey that he forgets after about one minute and starts struggling again.

It's time. A small group of nurses and docs gather outside his door. You hear them say, "Ok, we gonna do this guy now?"

They flow into the room, tell him they're pulling the tube, and that he should try to cough when they say 'go'.

"Ok, here we go... COUGHCOUGHCOUGHCOUGHCOUGH!!!!"

When it's out they place an oxygen mask over his face and he gags and chokes and gasps for air and coughs up huge globs of junk which they suck out with a suction tube.

He finally lays back, exhausted. People slowly leave. But his nurse stays - as always - hovering, watching his vitals, carefully checking all of his many lines and the machines connected to them.

I move back to his side and he tries to say something, but his throat's raw and he can't talk. I lean in, apologizing because I can't understand.

"How much... how much... longer?"

I know these guys. He wants to know how much longer he has to stay here before he can go back downrange.

Exchanging glances with his nurse, and deliberately misunderstanding, I tell him he'll be out of the Intensive Care Unit in a couple of days. Even in his sedated state he knows exactly what I've done and gives me the dirtiest look imaginable.

Then, "ffff... mmmm ffff..."

He's saying, "Friends... my friends..."

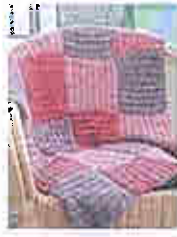
I tell him everybody from the truck's ok. He did good, everybody's ok.

His face screws up like a child's as he breaks down and cries with relief.

I watch the tears roll down over the ointment covering his face, over the seared redness of his skin, over the blisters on his nose and lips.

\* \* \*

It's hard for people on the outside to understand. They always seem to focus only on the "terrible things" that we see. But we also have to see something else: The true heart of the American Soldier.



## Guidelines for Blankets and Scarves for our Troops

1. We are doing blankets with batting, approximate size 45"-62" wide x 50"-80" Long. For wounded/ill troops—they are used on hospital beds and litters on medevac planes. PLEASE...not less than 45" wide...or longer than 80" long.
2. Knit/crochet/loom blankets should be 35" x 48".
3. Fabrics: cottons, flannels, fleece: If using fleece, the no-sew ones are great and fun to do. If using a one-sided fleece (with obvious front/back) please back it with another fabric—flannels work really well. If using the double-sided fleece, please seam bind/serge the edges to prevent fraying.
4. Colors: most recipients are men! Bright colors are good and patriotic colors work well as do browns and greens.
5. If sending your afghan/blanket to Keystone Soldiers, please roll them up tight, tie with a ribbon, tag with a note: "Made with love and hope for your recovery by \_\_\_\_\_ from Keystone Soldiers. Add your name/address/email.
6. Scarves should be 6-8 inches wide by 36 inches long. NO FRINGE! Remember to use appropriate colors such as brown-beige-green combinations, not necessarily the only colors but would fit in well with their uniforms.

Remember: if you buy yarn for large projects turn in your receipts to me.

Reminder: Summer's approaching. Neck coolers for our service people will be appreciated.





The following is taken from [www.quiltedParadise.com/](http://www.quiltedParadise.com/), a quilting newsletter.

The question proposed is as follows: What do you do with outlived quilts?

The writer who posed the question said: My daughter has a cute little baby quilt made for her by a friend. A lot of work has gone into the making of this quilt; the blocks are hand embroidered with teddy bears and it has a beautiful satin binding on it. But, DD (dear daughter) is downsizing to move and this quilt is outgrown and not used anymore (and no more babies!). It shows wear, as it was loved in its time. DD still spends a lot of time with the maker of the quilt and doesn't know what to do with the quilt but can't see keeping it. Any advice for me to pass along? It's too worn for a hospital program or any other place where they expect new quilts. I hate to see it go to a thrift store because quilts there are just too sad! I really don't want it because it would just be another thing to store. Ideas?

Responses are as follows:

How about taking a less-worn piece of the quilt and having it framed.

I would clean it and pack it away in acid free tissue. Your DD might want it back some day if she has children of her own. You may even ask the maker to "fix it up" first, then pack it away.

I still have baby blankets from my oldest son (he's 36 now) and my DD is coming to visit in a couple of days with her daughter (she's 6 months) and guess who's going to use these quilts? They don't take that much room to store and you'll never regret it nor will your DD later on! What memories you'll have.

I personally put those items away. I've saved things of my sons since he was born to give to my grandchildren someday. Items I've made that I was going to trash my son asked me to keep for him since I made it.

A couple years ago at a baby shower the father's mom gifted the new mom with his first pajamas and his baby quilt. It was very touching. By all means, save it.

I can't believe she wants to get rid of it. My son is 30 and we still fight over who owns the teddy bear he left behind when he went into the air force.

You can't get rid of it! What a treasure that will be for future generations! My youngest son has his father's baby blanket along with his own. His babies don't use them, but someday he will be able to hold it and say that their grandfather was wrapped in that blanket as an infant.

My mother-in-law saved my hubby's first baby blanket (crochet, not quilt) and a few of his first clothes. When we had our first baby (a little girl) she inherited his baby blanket. It is wonderful every time I wrap her in it to know that my husband felt the warmth and love when he was an infant, too. You will never regret saving it!

Old baby blankets are the most special thing a person can ever have. I have mine, my brothers, and all my kids'.

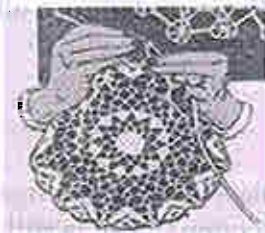


## DIFFERENT TYPES OF THREAD

Whether you're sewing, doing cross stitch or any other kind of craft using thread, this comprehensive guide will come in handy. Learn about the differences between all the different types of thread.

### Threads

- 100% Cotton Thread isn't used as often as in the old days because stronger, more durability threads are available. But for the purist, all cotton thread is still popular. This thread creates soft stitches and comes in several weights needed to sew different fabrics. There is little give or stretch to this type of thread. Best used on natural fiber woven fabrics.
- Cotton Covered Polyester Core is the most commonly used all-purpose thread. The polyester core provides strength and stretch while the cotton outer layer gives easier sew-ability.
- Floss is usually 6 strands of twisted thread and commonly used for [cross-stitch](#). You can untwist and separate the floss.
- 100% Polyester Thread has good strength with the important ability to stretch and bounce back. It is recommended for knits and sews well with wovens. Inferior polyester will appear fuzzy and produce lint. Quality long staple polyester makes a good substitute for silk thread.
- Silk Ribbon is a narrow width ribbon used for stitching that has wonderful effects including an upscale look and feel.
- Silk Thread is made from long continuous filament fibers resulting in strong and lustrous thread that can stretch easily. Quality silk thread is more expensive than other threads, but worth the price for heirloom [clothing](#) and tailoring.
- Raffia is a straw like natural material that comes in lengths and can be split for even thinner width and can be used as a thread.
- Rayon Thread is lustrous like silk, but is less durable. Use it as a substitute for silk in decorative work.
- Nylon Thread (monofilament) is strong and semi-transparent. It is designed for sewing nylon tricot and other [lingerie](#) fabrics. Avoid using a very hot iron on nylon thread.
- Metallic Threads are for decorative use. They should be used with a larger sized needle, an all-purpose thread in the bobbin, and sew slowly. Fiber content may be 60 percent polyester and 40 percent metallic.
- Basting Thread is a soft, weak lightweight thread made especially for easy removal.
- Serger Threads are designed for high-speed sewing. Slightly finer in size than other threads it has a special finish for higher speed sewing. It is available on cones, king or compact tubes.



## Crochet: Fitness for the Mind, Body & Heart

Sometimes when life knocks us down, it can be something as simple as crocheting that can help lift us out of despair.

**Paula writes:** *"I have been crocheting since I was 6 years old. My mother and grandmother were avid crocheters. I am working on duplicating a pattern for a rose doily that I have never seen done other than by the two of them.*

*"Crochet has been a wonderful solace for me when I miss my mom. After I suffered a mild stroke, it also became a healing therapy for me. I never thought that relearning a favorite pastime would be something I would have to do, but then I never thought I would have a stroke at age 44 either.*

*"Crochet re-taught me a lot about my fine-motor control and has helped me become more like the woman I was before the stroke, albeit a tad slower. My husband dragged out my crochet hooks and threads, handed them to me and said, 'Hop to it, Honey!' After wanting to strangle him (if I could have caught him), I sat and worked at it until I could manage all but a couple of the most difficult patterns and stitches. I will continue until I get those too.*

*"So please keep reminding people that just because you have health issues that might make it difficult to crochet, it doesn't mean that you have to stop! Crochet can help retrain your mind and body, and for sure, it soothes the soul. I will replicate the doily made by my mother and grandmother; and my children and grandchildren will have something made from my own hands when they are missing me years from now."*

## Marian Kinkead's Tale of Woe:

I just have to voice this dilemma. At Christmas 2008, I gave my 8-year-old grandson a beautiful (male-oriented) hand-knit sweater. He loved it even though it was a bit snug and wore it to school a couple of times; then he seemed to relegate it to "at home" wear. I was curious and asked him this fall if the sweater still fit. It did, even better than last winter because he had grown taller and slimmed down. On further questioning, however, I learned that he did not wear it to school because the other kids made fun of him and/or the sweater. I was disappointed but have kept my mouth shut; this year I purchased a gift for him. It is indeed a shame that children aren't learning respect for others and their clothing, property, etc. You might wish to let other grandmothers know of this situation, so they don't embarrass their grandchildren by giving them something they can't really use.

*Dear Marian, I feel your pain and disappointment. In a perfect world, a gift from the hands of a grandparent would have status over a purchased gift. Sadly, there are people who equate "handmade" with "inferior." The consumer-driven economy has had much to do with this attitude. Perhaps the younger generations will never learn the lessons that scarcity and poverty taught our grandparents. They may never fully appreciate the time and skill involved in a hand-knit garment.*

*Although it may not make you feel better, know that you are not alone. My own grandchildren have informed me that sweaters are just not cool. Items I have made for them have won sweepstakes prizes at our state fair yet were unworn. No photographs of the children were taken with these painstakingly knit ensembles. I think of this situation as God's way of keeping me humble! I do knit for other babies, however, and will continue as long as other mothers enjoy dressing their children in tiny garments knit with as much love as yarn. —Editor of CREATIVE KNITTING MAGAZINE*



### **START A CROCHET YEARBOOK OF YOUR OWN!!**

Keep track of all finished projects by taking a photo and writing a little something about each one. For example, you make an afghan for your daughter for Christmas. Take a picture and write on the page that you made it for her for Christmas or whatever the occasion. Insert the page into a ring binder or purchase an actual scrap book to mount it in.

## A Crochet Story

By: Amy Orford

When I was in my third year of university, I ran into a bad bout of depression. I was already attending counseling and had been to a doctor for my depression, but nothing seemed to help to pull me out of it. I had a pen pal, Derek, who went quite out of his way to check up on me and lend a listening ear. One of his many helpful suggestions was to get back into hobbies that I might have put aside. So the very first thing I did was grab a crochet hook and go hunting for yarn. I had decided that I was going to make something for my friend as a thank you for all the care he'd shown me--with winter coming I had already decided on a scarf, something nice and easy that couldn't possibly cause me any frustration. I took great care in picking out the yarn-- I remember it was a rich green Homespun that was so incredibly soft--and in no time at all, the scarf was complete and in the mail.

Well, I found out later that Derek was on tour when he received my gift. He pulled it out of the box and all of his friends burst out laughing--little did I know that he had a strange phobia about the color green! He had a friend take some pictures of him wearing it and sent them to me.

It's been about 6 years since that story took place. That pen pal and I are now married with a beautiful son. And Derek still has the scarf.



---

My knitting/crocheting/quilting is always competing with my household chores. After years and years of mind boggling juggling, I have decided to give up on housework. I have arrived at the conclusion that I can always clean up the house when I am old, but I'll never get this knitting/crocheting/quilting time back. What do you think???

### **A Quilter's Lament ...**

*submitted by Crystal Rathbun, Sundance, WY.*

I love beautiful fabrics, I hoard them.  
I spend hours and hours oohing & aahing over them.  
They look so lovely in my stash on the shelf  
I consider them my treasures, my pleasures, my wealth.

There are patterns and designs to play games with my mind  
Weaving their mystery time after time  
With loving stitches for loved ones and friends  
A never end to the expression it lends.

There are Batiks and Modas, a challenge that's true  
Those of the 30s and Depression, too  
Like an artists' palette, imagination takes shape  
And, I've decided once more, a new quilt I'll make.

So, out comes the library of books full of patterns  
I've hoarded and saved all those that matter.  
Decisions, decisions, what one shall I make?  
One of beauty, make no mistake.

But, then there's that box sitting high on the shelf  
Labeled 'Possible Quilt' and I say to myself –  
What must I have been thinking – Did my mind go astray?  
Oh – I'll make something lovely with it one day.

There is no such thing as an ugly quilt.  
It's only because I am laden with guilt  
That I find myself in this state of mind.  
What do I see when I look one last time?

A missing link that's been there all the time.  
I'll add an embellishment and my thoughts will unwind.  
It's beautiful now, I'm sure you'll agree  
I can show it with pleasure now, for all to see.

What a great legacy I'll leave behind  
And, go on to grace heaven with pieces so fine.  
To God give the glory – a talent gave He

To leave to my children, a small piece of me.



Song of Solomon 2:9-13

A V I B F U C B W T T X C W H  
R T G A M B S F D U R C C F P  
X J Q N Y O L A S E O R G G C  
F G D Q S O U A N M S V N B F  
L I M U W G D N X B E I I N X  
V A S E H E A D T R P N P X K  
Q K R T L B L L Z A R E P F O  
O S E I N A K P E C I S I Z G  
T R G N A M S L P E H N K E C  
S H S G L Y J U Q A A R S Z T  
T N K C E U P Z R B V O H R E  
G H V L D E V O L E B H A T X  
M U L R E T N I W B J T D N K  
C A O F Y V L Q L B E O O Y X  
V X U Z A Y I L R F C C W W I

APPLE  
BELOVED  
EMBRACE  
LEAPING  
ROES  
SHARON  
VALLEYS

BANNER  
DAUGHTERS  
FLOWERS  
LILY  
ROSE  
SKIPPING  
VINES

BANQUETING  
DELIGHT  
JERUSALEM  
MOUNTAINS  
SHADOW  
THORNS  
WINTER