



ISSUE 79 May 2013

patterns.com
e-news

BEST MEDICINE

THIS TITLE IS INSPIRED BY, but COMPLETELY MODIFIED FROM JENNIFER'S Beading Daily column. I have modified it for stained glass but feel its universal in nature.

Curative properties of Stained glass.

All art crafts are great for relieving stress, and can help us cope with many events which would otherwise cause us discomfort. Relieving stress boost the immune system, elevates mood, and has positive feedback on all our bodily functions (medical fact!!).

Stained glass crafting downplays **FEAR**: In beginning new projects, using new techniques we push out fear (like *moi* this month ordering lead free solder from [JohnsonMfg](#) to try on some kitchen cabinet panels that don't feel like I am poisoning myself and family with lead dust). Just moving ahead with this idea has given me a spark of new energy and the feeling of empowerment.

Stained glass crafting creates new **INTERESTS**: When hunting for new patterns, creating them ourselves, picking out glass, and finishing panels, there is a burst of excitement and satisfaction, all lifting up our spirits that we need so badly in this world of "over-information" and anxiety.

Stained glass crafting reduces **STRESS**: (ha ha except when the solder doesn't flow or a piece of glass cracks). Most of the time it is possible to receive great pleasure from stained glass, especially when one is making a panel to give as a gift, to raise charity money, to register love for the recipient, to create beauty where there is ugliness. The creating, completing, as well as the giving, are medically proven beneficial activities.

Stained glass crafting increases brain **ACTIVITY**: The mere act of grinding a single piece of glass can be meditative and at the very least, contemplative, use our fine motor skills (you know if you don't use them you lose them). hand to eye coordination, balance and senses of touch and spatial recognition (all medically proven benefits for keeping the brain active).

Stained glass crafting can boost **CONFIDENCE**: It builds confidence when we persist until projects are completed, or hung, or given away or sold. Whats more

Stained glass crafting increases our **POTENTIAL**: Practice makes perfect, and while we know there is no *PERFECT* in our cosmos and perfection is not really a desirable trait, since we are all human, and sometimes the frailties and nuances of humanness are very nice to look at indeed.

Thanks to all of you for your business, and be blessed, aka, be happy **ANYWAY**, this reduces STRESS as well (another medical fact).... we often have to loudly call it out in advance of receiving it.

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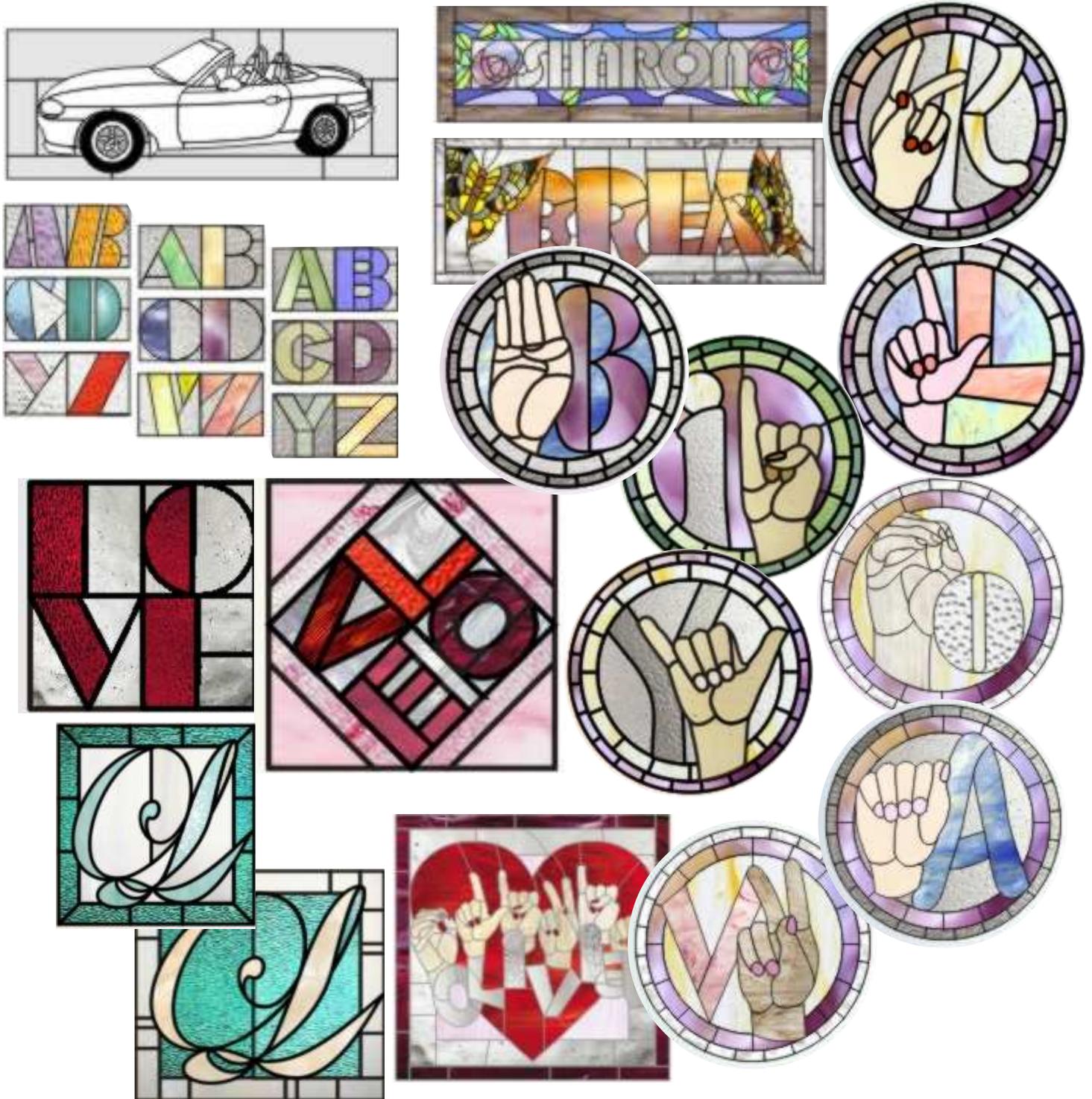
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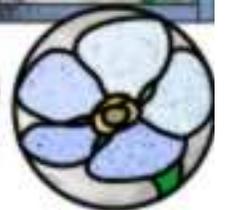
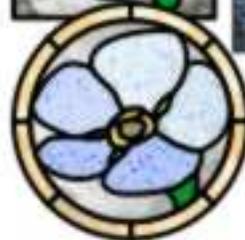
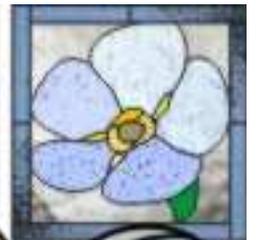
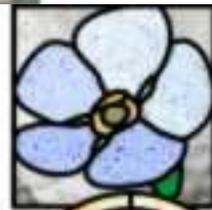
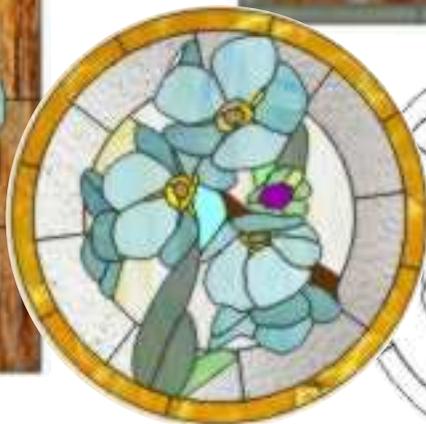
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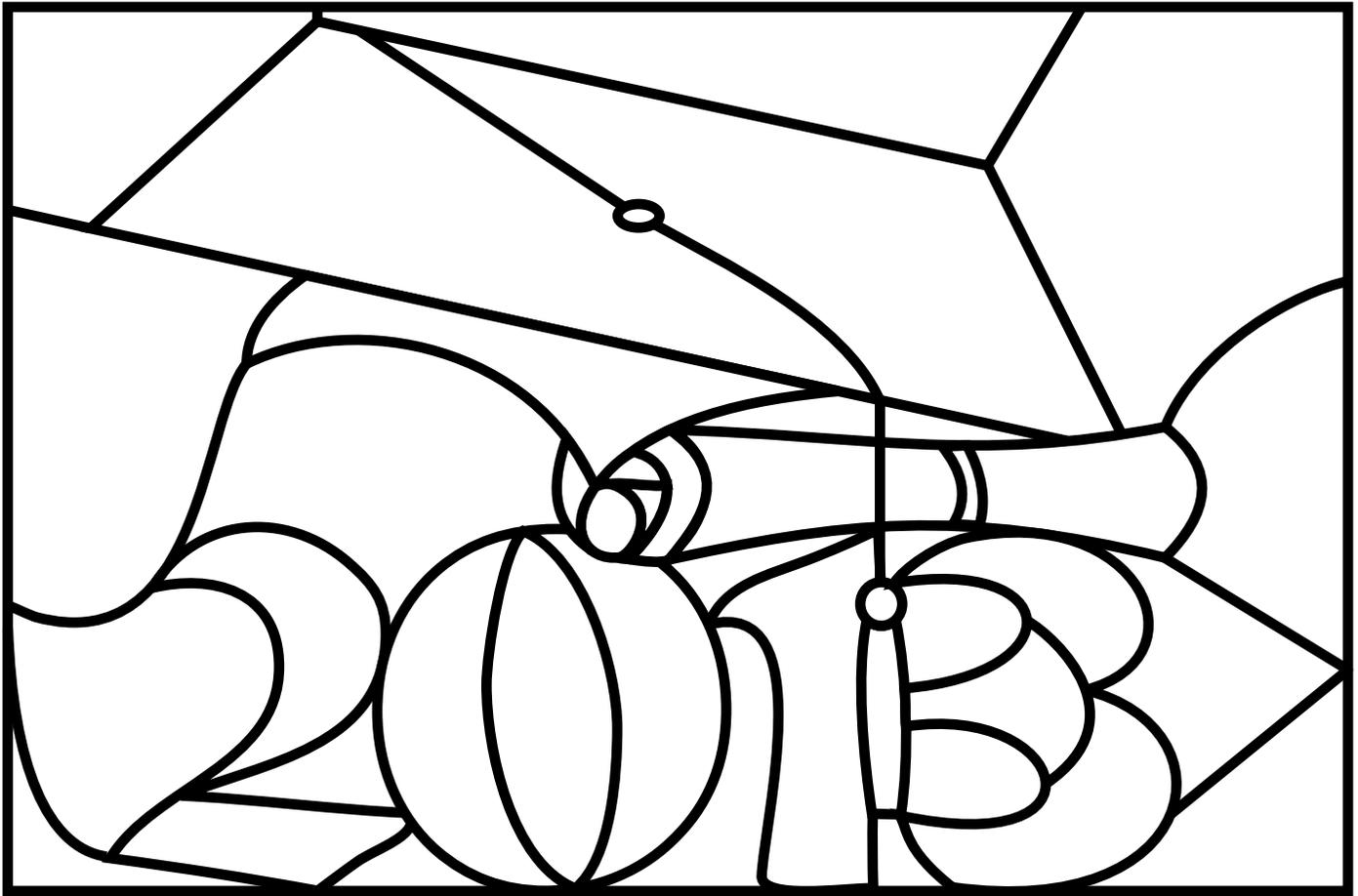
new stained glass patterns
posted in april from [PDO](#) and
[eStainedGlassPatterns.com](#)



Here is a link to a website I found helpful. You may like it too!
<http://www.glasscampus.com/tutorials/>



free pattern for may



congratulations to
all you graduates and
families

COUPON



Purchase a pattern from <http://eStainedGlassPatterns.com> and I will send you a second pattern (of your choice) free JUST SEND THE name in the comment line of the order with the word FREE.