

Patterns.com e-news



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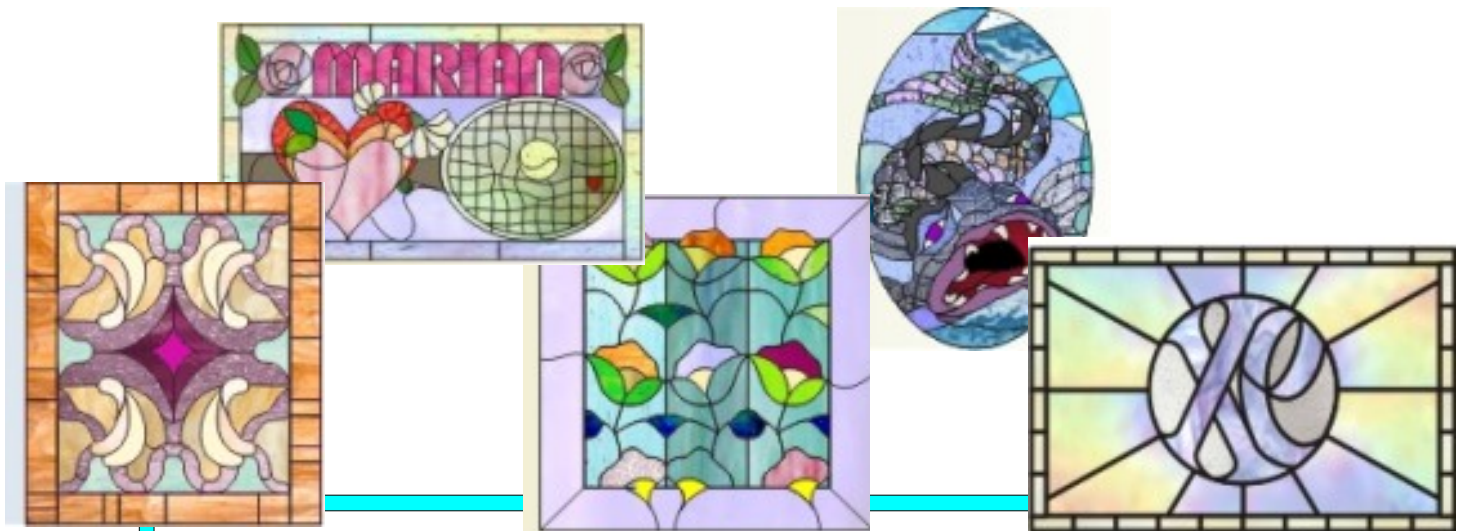
Hi all, and happy new year to you. Four days into the new year, and I am already behind (ROFLOL), and if I do my math right (never was very good at numbers), this means the christmas lights will come down about the first of April, and that I will get my spring cleaning done sometime in September. No, really, I did get the lights down on new year's day, and the house got swept this morning --- BUT, I still have that old fashioned analog TV which will "blink out" in a month, and I don't carry a cell phone (I prefer not to irradiate my brain or my groin when I talk, or carry the phone, respectively--since both those parts are becoming aged and fragile ROFLOL. I am not interested in paying for cable TV, but sometimes **DO** like to play video games). My favorite TV programs are becoming less and less frequent on public access television, and I wonder whether I should just not replace my TV at all. DVDs?? (OK, I confess I don't have a VCR or a DVD player) are certainly the thing that going to stick around for a while, and I don't even know what blue ray is. Is anyone out there considering the same things that I am. The media should not control my life. Most of us sit in front of the screen to be entertained rather than to be educated. The startling fact is that being

new patterns

entertained in front of the TV is more like "sleeping" than like being awake. So for most of us who need to expand rather than stupify those neural connections, it seems like TV may be a poor substitute for being engaged in "real live" pursuits... OK, bottom line here -- make a quilt! make a stained glass panel! a mosaic flowerpot! or try some needlework, yard work, or creative writing, music or scrapbooking, or volunteer at the local rec center. Even if one "listens" to TV from the other room, accompanying that listening with doing a craft or creative task, then "voila" double the benefit, -- listening becomes secondary, but still entertaining, and minds become more engaged, hand-brain connections enhanced, and one's neural connections and arborizations are increased (and this is a good thing (LOL)).

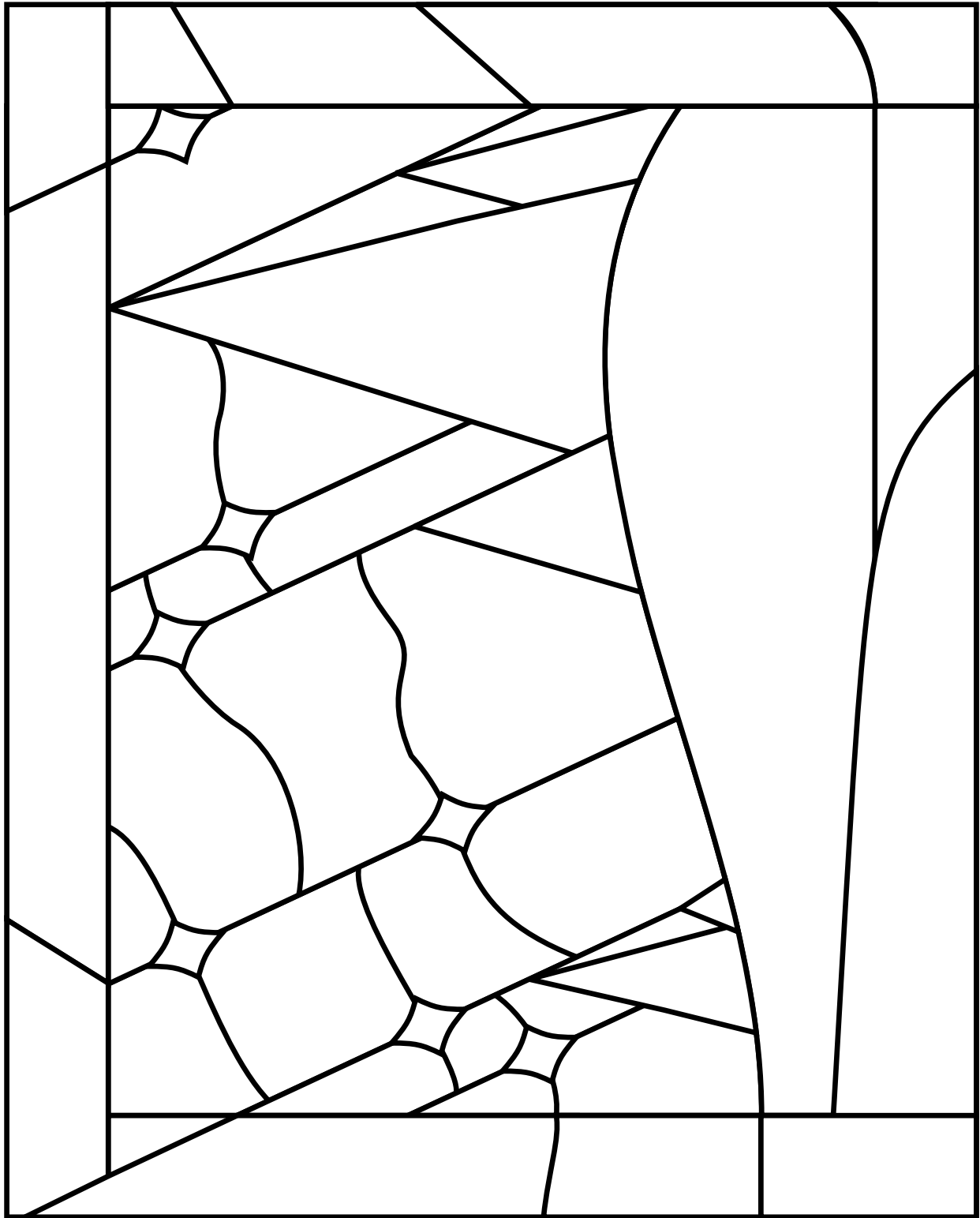
So I made a resolution to enlarge my horizons, expand my sphere of knowledge, and strengthen my body, thereby become a more active contributor to what can be a blessed and prosperous new year.

New patterns in the month of December were largely holiday related, and there were many additions. Also, I added patterns to <http://gospelglass.com> so check that website out as well. While there, visit my calendar, called "dail-e-bread" (LOL). Its a daily, upbeat one-liner which I prepare each morning to wake up my feelings of "cosmos-connectedness and gratitude, and to jump-start my zest for living".



tell me how you reached
PDQpatterns.com
for a freebie stained glass pattern
email to marian@pdqpatterns.com

pattern for January



Geometric winter trees and diamonds (rotate 90°)