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tilt tilt

Who besides me remembers the old pinball games that made such noise and flashed blinking lights and blared out the famous "tilt" beeping sounds when over-enthusiastic players leaned on the machine too hard. Ha Ha. In thinking about the PDQpatterns newsletter this month (*which probably will get hung up in "PhpList" and arrive in no one's inbox since I have not yet worked the bugs out*) I thought about how sometimes I just want to "stop" playing pinball and "sit quietly" for just one minute, and rest my brain and body. Not a single care or worry. Doesn't that sound like a delightful thing to do. I know full well that research tells us that **mindful meditation** (as I wrote for the breast cancer and the windows of susceptibility newsletter last month (<http://eh.uc.edu/mythfactchoices>)) does many wonderful things for our health. I just need to get that into my daily routine rather than thinking about how someday I will do it for real. I get busy with stained glass and mosaic, and bead patterns and the usual things in life. This begs the question, why when I know I should do something healthful, do I just continue NOT TO DO IT? That is truly mind boggling. For thousands and thousands of years many cultures have clearly stated that mindful meditation is very beneficial, and I still don't listen.

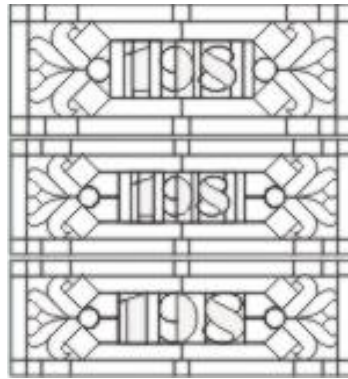
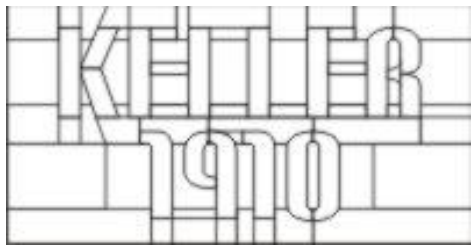
So here is the deal. For me, February 3 is still not too late to make a new year's resolution, so I am adding to the one I did make. **3 mindful minutes per day** to begin. Right after my first cup of coffee. ha ha ha. No really I will do it!!! and as a follow up to my actual new year's resolution made on January 1st, (which was to smile at everyone I meet) it is going pretty well, actually, it really is going quite well. I enjoy being the first to smile. (BTW, scientists (and philosophers) also tell us that smiling releases those marvelous endorphins). Best to you all, and thank you for your business, m

IN THIS ISSUE

TILT.....1
New Patterns.....2
Coupon.....3
Freebie.....3



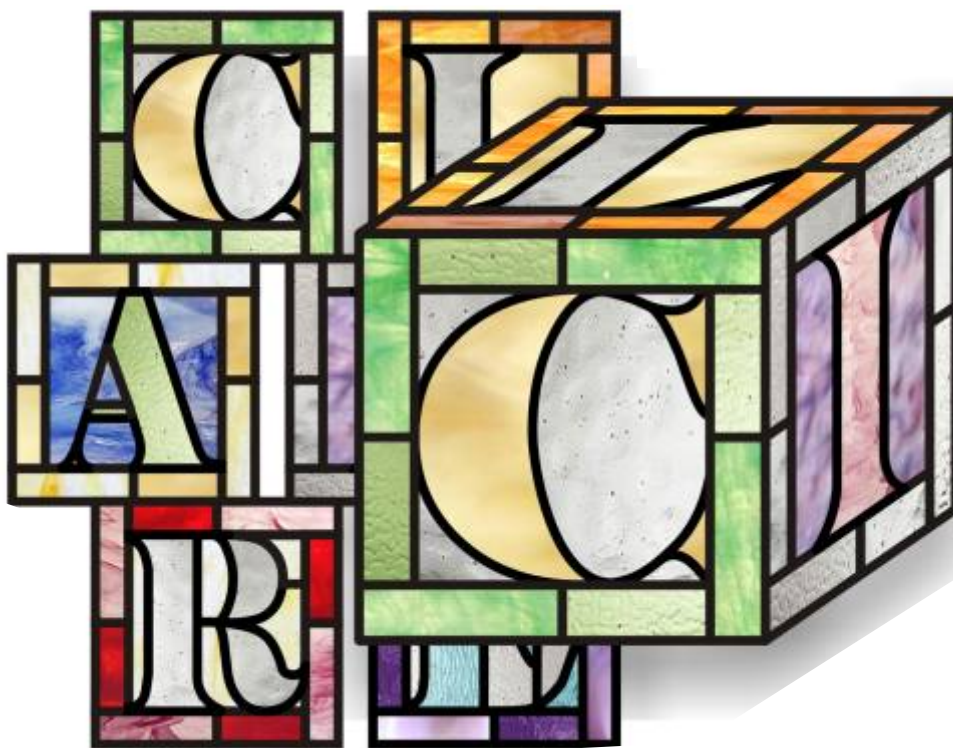
new stained glass patterns posted in January



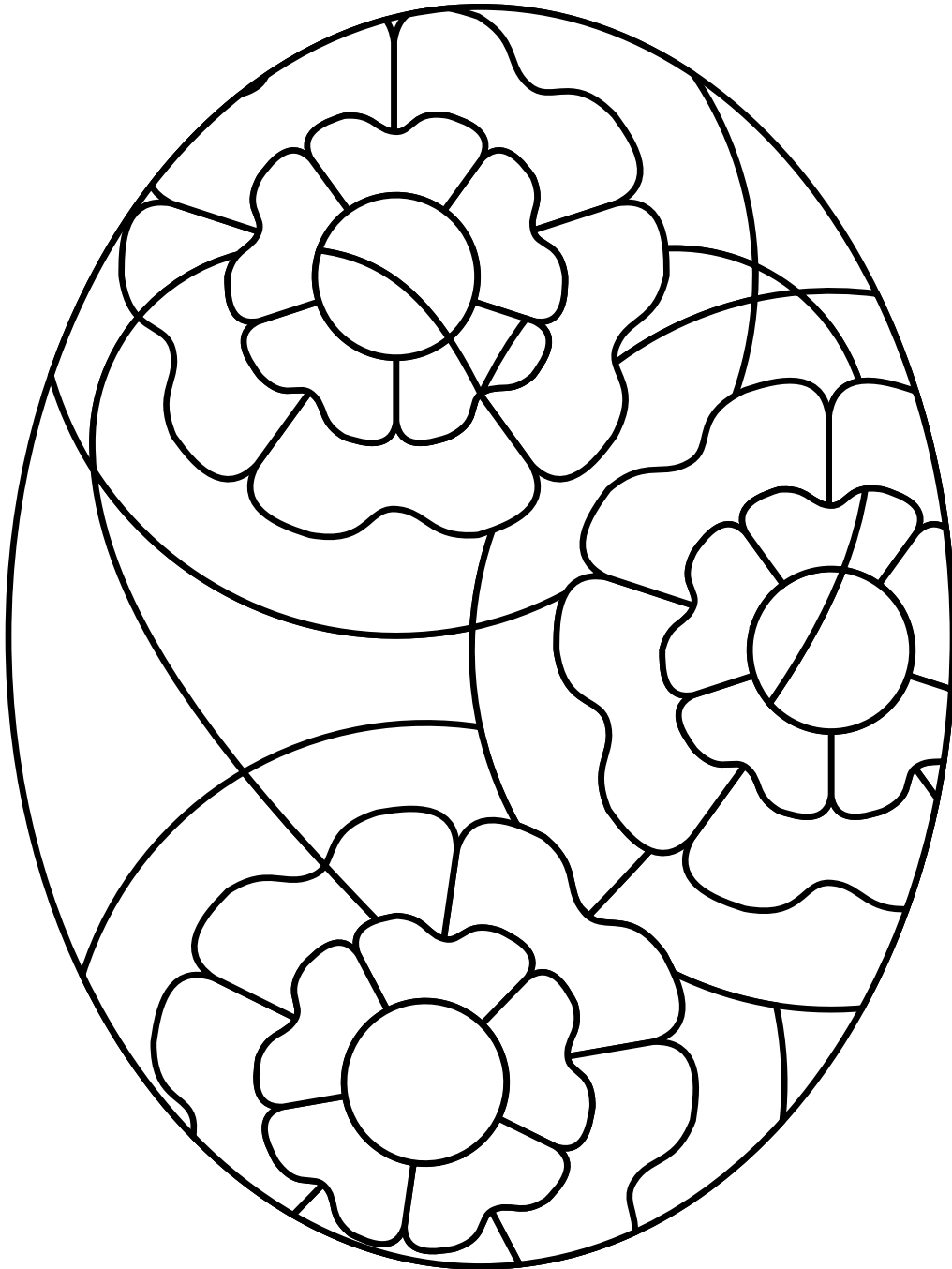
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3D box with six letters for a name (I can customize this for your choice (6 or less letters))



free pattern for february



COUPON

LIKE me on YOUR facebook (I don't have a commercial PDQ fb or twitter account) or follow [GospelGlass on twitter](#), and then send me the name of the pattern you want and I will send it free. I promise not to tweet you too much since I don't ever tweet anybody (ROFLOL)