



News to "Accent" your stitches, page 1

September 15, 2009

SHOP ACTIVITIES

BOOKMARK STITCH-ALONG
1st Saturdays 1-3 pm

WED. NIGHT SIT & STITCH
most Wednesdays 5-9 pm
Not meeting on Oct 7

SMALL PROJECT STITCH-ALONG
3rd Saturdays 1-3 pm
young stitchers welcome if
accompanied by an adult.

STITCH-AWAY EVENT
ACCENTS AWAY
STITCHERS CONNECTION
JULY 30—AUG 1, 2010

Accents Away
Stitcher's Connection

With Accents Away you can't go wrong
As you gather with friends to stitch along

SHOP SERVICES

Accents Exclusive Charts
designs by Accents available
only from Accents

Custom Framing Options
Conservation Framing
Creative techniques
Shop-choice special pricing

Personalized Charting
from \$3 - priced by difficulty
charting of elements such as
names, dates, chart rear-
rangements, special requests

Special Orders
We do our best to obtain
requested items

Finishing Services
Stockings, pillows, etc
\$20-\$35 average cost
You provide fabric & ribbons

Gift Certificates
available in any amount



WHAT DO HOLLY LEAVES, A RED BOW, AND A CANDY CANE HAVE IN COMMON?

JINGLE JANGLE JINGLE COULD IT BE MR. BINGLE

Released just in time to celebrate this years' Christmas season. New Orleans has lost so much of our memorabilia to the waters of Hurricane Katrina, that it seems fitting for us to resurrect in stitches those memories that are most precious to us. If you grew up in metro New Orleans than you know that Mr. Bingle is as much a part of Christmas as Advent, the birth of Jesus and Santa Claus. It was Mr. Bingle that brought us messages from Kris Kringle and who graced the facade of the Maison Blanche store on Canal Street. The chart is in stock in the shop, or can be found on the Accents website on the New Orleans catalog page. The cost is \$8.00



... gayle



ACCENT ON WHAT'S IN THE SHOP



Size 25 Tween Needles
smaller needle—larger eye
\$ 3.05

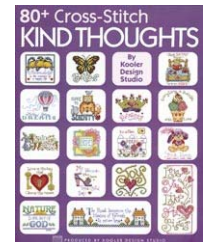
MIGHTY BRIGHT FLOOR LIGHT & MAGNIFIER

Every stitcher's home should have one



Perfect for Hurricane season
Works on AC power cord or
three (3) D batteries. If the
lights go out, you continue
stitching!

\$108.95



Kind Thoughts
small designs for stand-ups
item 3484K \$ 11.95



Pondering the thought "am I crazy or misinformed" I had my hair cut Wednesday and my hairdresser called over the gal he is training so that she could observe his technique with a round brush on my "challenging" (his words) hair. I mention this because it made me feel validated that I cannot seem to style my hair. If my hairdresser calls it challenging, then my thinking that I should be able to style my hair on my own is a wrong thought! What a freeing moment this off-hand comment by him made in my entire way of thinking about my hair and my life. Thinking a little further along those lines, and having listened to Wayne Dyer's recent WYES special on "Excuses Begone", I have come *Continued on page 2...*

Free this week: send an email to accentsinc@cox.net with "Holly Day Star Ornament" in the subject line and I'll send a pdf file of the complimentary Witches Stitches chart courtesy of Accents!
Offer expires 9/29/09



This Saturday we're stitching the 7th square in the **Year of Favor from the Lord** stitching series. We gather in the shop on the third Saturday of each month to stitch along on the project. It's very satisfying because we get to see how differently the same project can look. Some of us are stitching a quilt square and some of us are stitching the designs as a bellpull. And we'll be using different fabric types and colors.

It's not too late to join the group. Just bring your basic stitching supplies, (needles, scissors, q-snaps, etc.) and we'll get you started. The charts are free. You will need to purchase (or bring along) your fabric and your threads. If you can decide on a border color and whether you want to stitch the design as a picture or a bellpull, all you will need is one color thread to get started. We begin around 1 p.m. but suggest that you arrive a bit early in order to get the up to speed on the project materials.



CRAZY IS A STATE OF MIND—MISINFORMED IS A THOUGHT THAT CAN BE CORRECTED

Pondering *Continued...* to the conclusion that we have many untrue thoughts that may be keeping us making decisions not in our best interest. *Just to name a few of my personal excuses. . . It's hard to lose weight because my lifestyle is too erratic; I'm just one person and I have too much to do; everyone knows that exercise doesn't work unless you do it regularly; etc.* So I never start those tough to accomplish goals. Oops! There's another wrong thought - see that word "tough". I have set my mind that it will be tough before I even begin. Wrong, wrong, wrong. If I could call it easy it will become easy. It would be easy to do just one different thing each day toward accomplishing my goals. I could eat a healthy breakfast. Or I could skip just one trip to the chocolate on the Galerie Severn framing counter. Or I could ask someone to help with one of my daily tasks. You get the idea. I am not crazy nor am I misinformed any longer. Now I will think about what I think and make sure that what I think is really, really true. Think of misinformed thoughts as an optical illusion. What you see (think) is not always what is true. Notice the tiger at right. Can you find the hidden tiger in the picture. (I couldn't) Go to this website to find the answer and just a bit more comments on what's real: <http://boomeryearbook.com/blog/2009/03/23/online-optical-illusion-the-hidden-tiger/>



MARK YOUR CALENDAR—FUTURE EVENTS TO BRING YOU PEACE



1. **Advanced Meditation, a workshop** on Saturday, Sept. 19 from 9 to 5 at the Cenacle Retreat House in Metairie. Registration begins at 8:30 am. The cost of \$40 includes lunch. This non-denominational workshop focuses on deep meditation, awareness, inner attention and oneness; being in the world but not OF the world (in the words of Jesus). I would be there if it wasn't a Stitch-along weekend.

2. **An Evening with Don Tolman**, Wednesday, Oct. 7th. \$25 in advance; \$50 at the door. Time & location to be announced. A discussion on Self-Care and Self-Education.

3. Coming in 2010 - **Stitching the Spiritual into your Life, a retreat** October 29-31, 2010.

Peace on earth begins when we are forgiving rather than unforgiving



(located inside Galerie Severn)

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