



enriching ideas

for nourishing personal development

Local Resources

This Spring, consider a continuing adult education class to put a new spring in your step. What do YOU want to CHANGE?

Your Outlook- *Enliven your senses with an art class, a Cabaret concert, or Friday Night Cooking class.*

Your House- *Explore home buying options, reconsider your interior decor, build your own bookcase.*

Your Energy- *Tango into invigoration. Let Yoga help you focus. Get out in the garden. Breathe naturally.*

Your Relationships- *Let classic literature stimulate your imagination. Join the Jazz Around Town group. Become more (or less) assertive.*

Your Spirit- *Commune with great poets. Start a journal. Interact with a different culture.*

All of these classes and more are available locally!

Cambridge Center for Adult Education

42 Brattle Street in Harvard Square
<http://www.ccae.org>
617-547-6789

Boston Center for Adult Education

Commonwealth Avenue in Boston
<http://www.bcae.org>
617-267-4430

Belmont Community Education

Belmont High School
<http://www.belmont.k12.ma.us/community/education/education.htm>
617-484-4110

Lexington Continuing Education

Minuteman Regional High School
<http://www.minuteman.org/adult/pers.html>
781-861-7150

Online Resources

Wish you could have attended **Education Week**? Missing those **BYU Devotionals**? Bummed to be missing the **BYU Symposium on Christ** and the annual **Family Expo**? Have no fear! Transcripts and audio files for the past several years are available online. You can also listen to or read talks from past **General Conferences**, **Relief Society General Meetings**, **CES Firesides**, and other broadcasts. So the next time you want some enriching listening while you fold the laundry or clean out your junk drawer, just log on and feast upon the word.

1. Go to www.lds.org
2. Click on **Broadcast**
3. Click on **Audio/Video Links** or click on **Archives**

Public Library

449 Broadway, Cambridge
(617) 349-4040
<http://www.ci.cambridge.ma.us/~CPL/>

For author series, reading and discussion groups, and writers' workshops, look no further! "Reading is one of the true pleasures of life," Pres. Monson writes. "In our age of mass culture, when so much that we encounter is abridged, adapted, adulterated, shredded, and boiled down, it is mind-easing and mind-inspiring to sit down privately with a congenial book." Likewise, the Lord has counseled, "Seek ye out of the best books words of wisdom; seek learning, even by study and also by faith." Here are some tips for your next

trip to the library:

1. Request your books online beforehand, so that they will be held for you at the main pick-up counter for your next visit. This free-of-charge service reduces the amount of time you need to spend browsing with less-than-patient little ones in toe. All you need is your library card number (printed on your library card) and a PIN number, which you get, free of charge, at the main desk of the library. Then go to <http://web2.mln.lib.ma.us/>, search the library's catalog and request the books you want.
2. Check out the library's age-appropriate recommended reading lists at <http://www.ci.cambridge.ma.us/~CPL/childrens/goodreads.html>
3. Enjoy good books together as a family. Pres. Hinckley says, "I feel sorry for parents who do not read to their young children. I feel sorry for children who do not learn the wonders to be found in good books, or how stimulating an experience it is to get into the mind of a great thinker as that person expresses himself or herself, with language cultivated and polished, concerning great and important issues." Help your children to lifelong learning through these great events at the library's main branch:

TODDLER SING Calling all **babies and toddlers!** Put on your dancing shoes and head over to the library for a morning of singing and dancing! *Wednesdays, 10:30-11am or 11:30-Noon*

TIME OF WONDER Listen to stories and sing songs! There's plenty of fun and great things to do - like fingerplays, puppets, and storybooks, too!! **Children ages 2 1/2 - 3 1/2 year olds.** *Mondays, 4pm & Tuesdays, 11am*

DROP-IN STORIES Come on in out of the cold and get cozy listening to stories! Listen to one or stay for them all! **Ages 4 and older.** *Wednesdays, 3:00-3:30pm.* Children's Room

STORYVINE Grow your imagination and delight on the Storyvine! Come for a morning of stories, songs, fingerplays, and lots of other fun stuff. **Ages 3 1/2 -5 1/2 year olds.**

Guide to the projects

Quilt & Handicraft Display

Jennica

I made this wall hanging when I was at home during the Holidays. It was actually very simple to make, using strip quilting techniques and machine piecing. The most difficult part was choosing the colors. It matches our family room perfectly and adds a little "homemade" charm to our apartment. Since this was my very first attempt at quilting, I'm just happy it turned out!

Diana

The quilt is a first attempt for me after getting the quilting bug from watching "Simply Quilts" on HGTV. As you can see it's a work in progress. I've basted the layers together, but it still needs to be quilted and bound. The quilt pattern is called a "Fence Rail" and is a supposedly simple one to start with. The blocks are made by sewing long strips of fabric together, which you later cut into squares and then piece back together. Depending on how it comes out, I may hang it on a wall.

Erin

When I was in high school, my family visited Amish Country Pennsylvania a few times. On one of those trips, my mom and I picked the fabric and pattern for this quilt—a traditional Amish baby quilt. Although we planned to make it together, I confess that my mom did the lion's share of the work! Aren't moms the greatest? The raised hearts have always been my favorite part of the quilt.

Jillaire

I am an aspiring quilter. I became interested in quilting in 1999 when I worked at Old Deseret Village in Salt Lake City. It is a living history museum that interprets life in nineteenth-century pioneer Utah. Among

other skills, like candlemaking and open fire cooking, I was expected to demonstrate hand sewing to the village's visitors. I needed to have some type of project to work on and took up quilting. I liked the design element of choosing fabrics and geometric designs for piecing a quilt. I didn't know a lot about patterns, templates, and fabrics when I began, but have since purchased a book and am learning more. The quilt I brought tonight has been three years in the making since a busy senior year of college and a masters degree got in the way of finishing it. The pattern on this quilt is sometimes called "hole in the barn door." It's an amateur attempt, so the pieces and seams aren't all uniform. The entire quilt is hand sewn by me. I am determined to finish the whole thing by myself (despite Damon's requests to be allowed to help) and by hand. I plan to make it into a wall hanging.

Carey

These three quilts were all made using the strip quilting method: a very simple and fast way to piece and quilt. All the fancy designs are the result of paying someone to machine quilt them. On the green and pink quilt, one of the borders has the words "The Baldwin Family is Forever" quilted on it. The purple and pink quilt is the only one I actually made—the other two were given to me.

Also on display tonight:

Vanessa's first quilting experience—Andrew helped! And a rag rug from Grant's bedroom, that Vanessa made using a quick, simple single crochet.

Two quilts from **Star Bartlett** of the Cambridge Institute. The first is a crazy quilt/lap throw, pieced and quilted by her husband's aunt and grandmother. The second is her "Twelve Tribes of Israel" quilt, a family heirloom currently residing with Star's daughter in Maine.

Tara's knits: a hat and some chil-

dren's sweaters. Tara swears these were simple to make!

Diana's cross-stitching. Diana writes, "I've been cross-stitching since highschool. I find it really relaxing to pop a movie in the VCR and stitch while Darien naps. It's a pretty mindless, paint by the number activity, but I love to see the picture emerge. I've given a lot of pieces away over the years but still have these. The only gripe I have with cross-stitch is the prohibitive cost of custom framing. Hence, my 'unfinished' collection."

Happy Birthday Relief Society!

Our organization turns 160 years old this Sunday! What a rich heritage is ours. Consider this report from just one little Stake Relief Society from the Sanpete Stake in 1879. This is what these women did in a two year period.

Gathered 21,507 dozen Sunday eggs for charitable & philanthropic purposes
Made 504 quilts
Made 5 rugs & 3,633 yards of rag carpet
Gathered 11,000 bushels of wheat
Collected 111 books for their library
Acquired 4 acres of land
Manufactured 1,084 yards of cloth
Donated \$5,310 to temples
Helped 399 families of missionaries
Sent off \$2,925 to missionaries in the field
Made 52,550 visits to the sick
Clothed and prepared for burial 299 corpses
Built 7 Relief Society halls (yes, we used to have our own)
Held 2 bazaars
Built 1 co-op store, acquired shares in 3 stores and 2 mills and 2 threshers
Made 11,199 pounds of cheese
Donated \$5,965 to the Emigration Fund
Spent \$2,159 for surprise parties for the poor

When the Relief Society was organized, the prophet Joseph Smith challenged the women to expand their vision of the good they could do. This is still our challenge as we build the kingdom of God.