

# The Country Register

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Lisa Kennedy©



The Country Register

of TN & KY

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From the Publishers

Thank you for picking up our spring issue!  
As I am writing this Chris is outside shoveling our cars out from the biggest snowstorm we've had all year. It's safe to say I'm ready for spring! I can't wait for warmer weather, beautiful flowers, and enjoying leisurely walks instead of quick sprints to and from the car to get everywhere we need to go.  
Hopefully we won't have much longer to wait!  
Our advertisers and contributors have helped us fill this issue with fun events and great articles to enjoy while we welcome spring. I hope you all get a chance to enjoy great local shopping and events this season - make sure you let them know you heard about them in *The Country Register*!



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Life's little pleasures

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Events

March

7-14.....Greater Atlanta Quilt Shop Hop, GA (p. 3)

27-29.....Rising Sun QuiltFest, Rising Sun, IN (p. 3)

September

10-12.....Wisconsin Quilt Expo, Madison, WI (p. 3)

The Country Register Story

The Country Register began in Arizona in 1988 to provide effective and affordable advertising for shops, shows and other experiences enjoyed by a kindred of readership. Since then, the paper has spread to many other areas, all of which are listed on the opposite page. Look for the paper in your travels. To receive a sample paper from another area, mail \$3 in the USA or \$4 in Canada to that area's editor. Advertising rates are available upon request. If there is not a paper in your state and you are interested in publishing a paper, contact the editor of the Arizona paper at 602-942-8950. The Country Register is available at the shops that advertise and often at other unique locations. We hope you enjoy this bi-monthly publication and let the advertisers know.

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## Over the Teacup

by Janet Young

### Gratitude

Having survived a long, cold winter, perhaps we can all celebrate in gratitude, as the first signs of spring begin to appear. With longer days, warmer temperatures, no more ice and snow; these are all good reasons for which to be thankful.

What got me to thinking about this, was a brief blurb I read in a magazine about how a stay at home mother experienced fatigue and an overwhelming sense of isolation, as she no longer had contact with her associates at work. So, to overcome these feelings, she invited her e-mail friends to participate in sharing a daily item of gratitude. Even if it was something as little as drinking a full cup of tea without any interruptions, or as serious as narrowly being missed by a speeding car, she felt this would be a way to lift her spirits and still stay connected to her social media friends.

Perhaps without realizing it, this young mom cultivated an idea that would serve her well in making her days a little brighter. Too often we let ourselves become bogged down with the pace of living, that we don't take time to appreciate the many things that day, that were blessings in one way another. If we focus on the good, we will seek out more good. By that I mean, in the beginning it may be hard to come up with a note of gratitude. But the more we practice it, the more we will begin to see things that we have been overlooking perhaps for years. Take for instance, your health. If you have always been healthy, you just take it for granted, yet it is truly a blessing that we should never take for granted.

Teaching your children to be grateful is another gift you can give your children that will serve them well all their lives. Children watch and learn from their parents. They will notice how you respond to the cashier, or the waitperson, or to their teacher. At the dinner table, you may want to go around the table each evening and let each person say for what it is that they are thankful. This could make for interesting conversations.

Take your child to a dollar store and let him or her buy something for a less fortunate child. Volunteer together as a family at a nursing home or a soup kitchen, so that your children will learn to appreciate what they have. After all not all children are as fortunate as your child might be, and they need to know that they can serve the less fortunate.

As an adult, you may want to journal in your notebook the blessings for which you are thankful. Too often, we think of being grateful when Thanksgiving comes around. But we have so many blessings we should not delegate one day a year to express our appreciation. Besides we will forget those blessings if we do not write them down regularly.

If you are looking to celebrate spring, why not have a Gratitude Tea. This could be you inviting people who have done so much for you throughout your relationship with them, and you want to thank them for their kindness. If you are a little bit shy about expressing your feelings especially in front of others, using some fancy stationery, you may want to write each person a hand-written note expressing your appreciation and gratitude for all they have done for you. Slip the envelope under their plate or wherever you like, and at the end of the tea, ask them to pick up their plates and take the envelope addressed in calligraphy, if you or someone you know can address the envelopes for you. (The idea is to make it feel special). Or, you could host a Gratitude Tea, and ask each person to share something for which they are thankful. Of course, you want to prepare them in advance, so that they can give some meaningful thought to their answer.

However you decide to implement the act of Gratitude into your life and that of your family, I believe you will discover a new-found happiness, as together you record the many blessings that come into your lives each and every day.

*In Gratitude,  
 Janet Young*

*-Janet Young, Certified Tea and Etiquette Consultant, is a founding member of Mid-Atlantic Tea Business Association and freelance writer/national tea presenter. Visit her website at [www.overtheteacup.com](http://www.overtheteacup.com).*

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## Random Acts

by Maranda K. Jones

### Revealing

Going on a treasure hunt,  
 We wind up at the scene  
 Walking on a rainbow and looking for the green.  
 Not far from the Hundred Acre Wood,  
 We visit "A Magic Hill,"  
 Discovered by A. A. Milne, enjoyed by Jack and Jill.  
 We hear "Music like a curve of gold,"  
 Smell "Scent of pine trees in the rain,"  
 As we "Barter" with Teasdale words written in vain.  
 We see "Casey at the Bat,"  
 We mourn E.L. Thayer's strikes each one,  
 "There is no joy in Mudville," so we must move on.  
 We taste humbleness and sorrow  
 From Vachel Lindsay's dish,  
 Praying for "The Leaden-Eyed," sharing a simple wish.  
 Who dared us to "meet with Triumph and Disaster  
 And treat those two impostors just the same"?  
 The author of "If," Rudyard Kipling by name.  
 We touch this pot of gold revealed,  
 Page by page we reach its end.  
 Back to the beginning to read it again.

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**Maranda Jones' new book *Random Acts***  
**is now available at [amazon.com](http://amazon.com).**

*The book includes her reader-acclaimed articles from the last decade.*

## Become Inspired!

Decorating, Entertaining and Living in the Early American Style

### Plentiful Peace

The winter months often seem unusually long in New England. But this spectacular season can bring us the truest of blessings. Winter months often provide us with time for peaceful contemplation and quiet moments to create a warm home setting that will shelter us from the unpredictable bitter blasts that characterize a classic New England winter.

### Harmony at Home

Creating an environment that conveys warmth and solace is rewarding and worthwhile. After the holiday decorations are safely stored away, the backdrop for your decorating is like a clean canvas awaiting a perfectly painted scene. To achieve harmony in your room settings, begin with the larger pieces that you absolutely love. Consider positioning your seating arrangements in a new way for the winter to create cozy spaces to gather nearer to the fire to share stories of your winter adventures. Give some of your larger pieces a new purpose. Cupboards can be utilized to create two separate spaces to make your space look entirely different and blanket chests can be used to create distinct areas as well.

### The Comfort of Color

After all of your larger pieces are in place, consider some of the colorful elements you have that can add warmth and texture to a room. After a long day out in the cold, it is so inviting to come home to the beauty of color. Early woven textiles and carefully arranged oriental rugs lend elements of texture and color that are comforting and warm. Carefully placed decorative smalls are another way to introduce new color into a room. Antiques in early paint can be artfully displayed to create a look that is fresh and inviting. New arrangements of your favorite pieces combined with bright and vivid additions can be soulfully appealing, especially in the winter when our landscape has an absence of color.

### Enhancing your Environment

Taking time to enliven your home environment does give your spirit a true lift. This winter venture out to some of your favorite shops and think about how you can incorporate some new pieces into your winter displays. Be on the lookout for pieces that can be used in different ways. Think about adding vibrant hues to your displays to make them more appealing to the eye. By taking time to arrange your home so that it is an inviting and warm place to be, you will be providing yourself with a perfect balance to the icy blasts of the coldest season of the year.

*Annicie Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. [NewEnglandGirl2012@hotmail.com](mailto:NewEnglandGirl2012@hotmail.com)*



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*Pieces From My Heart*  
by Jan Keller  
It Happens All The Time

The worst of all possibilities has happened. Members of the family can go home. Medicine's administering hands are no longer needed and the medical professionals can move on to other patients. It happens all the time.

In fact, it's so commonplace that when a funeral procession passes us along the street, we, engrossed in our private world of worry and care, may hardly turn our heads to notice. We might not even give so much as a passing thought to those poor souls in that procession who are toting their loved one and a heavy load of grief out to some cemetery. It happens all the time. It's so usual. It's so commonplace.

It's so ordinary ... ordinary, that is, until it strikes those we care about; those we love. Then it is ordinary no more. Then it comes roaring into our experience like a runaway freight train. Then it explodes upon us with a pain and a despair of absolutely frightening intensity.

It doesn't matter what the illness or how long the suffering. In an instant—the time it takes to draw a breath or fail to draw one—the sunniest place in all the world is immediately transformed into dark and gloomy despair. At that time, when everything is so very discouraging, friends reach out with the encouraging gift of their presence.

Sometimes there may be enough in a handshake, a warm embrace, a hand on the shoulder, or a soft smile. Sometimes that's enough to keep hearts from breaking and hopes from dying. But sometimes, those gestures just aren't enough. And in those, we need to learn and remember the ministering power of tears.

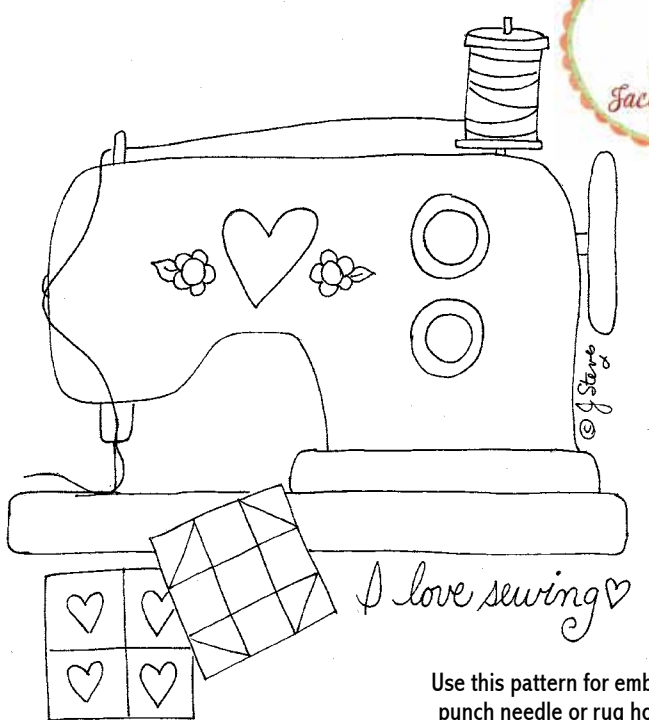
Tears are our most profound expression of sympathy for those about us, as well as our most blessed emotional release.

In life we'll all see joy and we'll all see pain—but may we never see the pain that can kill the joy of being supported by those who express their love and share their tears.

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The Unchanging Seasons of the Human Heart  
by Kerri Habben

Often when I'm wearing fingerless gloves or knitted wrist-warmers, the first response I receive is "Oh, texting gloves."

I've texted twice, both times when family in another state had just emerged from surgery. I e-mail—and Alexander Graham Bell's invention continues to work well. Most of the time, more can be achieved or resolved in a short phone conversation than in numerous e-mails. Beyond that, I like hearing peoples' voices and sensing their essences.

I don't begrudge someone's fascination with today's communication methods. They amaze me, too. I rejoice in medical advances and in how social media sites lead people to help each other.

However, I am still happiest when the motion of my fingers is about more than a programmed reaction. If we are blessed with the use of hands and minds, we have precious resources. After all, the brain is the original computer.

Thus, I gravitate to double-pointed needles that look like long toothpicks and work with skinny yarn to make tiny stitches. I use them to make the hand-knit warmth that has covered peoples' wrists for centuries. The men and women, who long ago worked close to windows for light, needed fingerless gloves when the only warmth was a fireplace or sunlight. These gloves were on battlefields to better load a musket or a cannon because, somehow, there has never been a war to end all wars. If a newspaper was to be printed, the type was once set a letter at a time. Clothing was once sewn entirely by hand since the sewing machine was yet to be invented. The cooper, who made buckets and barrels, needed steady hands—as did the wheelwright, the blacksmith and the miller. As did the spinner, the weaver and any person holding someone vulnerable and treasured. The world was as awash in uncertainty and tenderness as it is now.

At the beginning of the 1800s, the power of steam began to affect how publications were printed, how quickly fabric was woven and how far, fast and by what means people could travel. The turn of time for us today has solidified what we call the information and digital age. Then, too, the people experienced a metamorphosis in how much information they received and ultimately how they used their digits.

I knit stitch upon stitch because the first time I picked up double-pointed needles, I felt a connection to those who had lived before me. For we are very much the same.

We still grow dormant and cold in winter. We harken to spring's rebirth and its ensuing warmth. We hope through summer's emerging crops and flowers and we treasure a successful harvest in autumn. And then we start all over again, just like someone two hundred years or more years ago did.

We simply have different details that surround the passing of seasons. Details that have absolutely nothing to do with the interior hopes, joys, sorrows and affirmations of the unchanging human heart.

It is all too easy to be distracted from that which means everything by that which means nothing.

Our lives are still lived one heartbeat, one breath, one blink of an eye at a time. Whether we pass that time through creating stitches or with the tap of a smart phone button, each moment builds yet upon another.

In the 21st century view, I knit "texting" gloves. But I'm also simply doing what people have done as long as winter has come. And for as long as they have hoped for a new spring.

Kerri Habben is a writer, photographer and historian living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. She donates many of her yarn creations to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at [elksereade@earthlink.net](mailto:elksereade@earthlink.net)

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# Clarkson - Kentucky

## Meet the Cover Artist:

### Lisa Kennedy



Eighteen years ago, with her husband home watching their four children, Lisa Kennedy enrolled in an evening painting class offered through a local Community Education program. After finishing her first project, she was amazed at how natural it all came to her. Lisa comes from a talented family, both of her Grandmothers were painters. After taking this class she realized this gift had been passed on to her as well. Taking advantage of the quiet times while the kids were napping, painting quickly became her therapy.

Eventually, Lisa turned this talent into a career by selling her creations at craft shows.

She has painted on all types of surfaces from antique furniture to cookware. In 2000, after years of painting at the kitchen table, her family built her dream studio. That's when she started designing patterns for her whimsical characters to be published in magazines. The patterns and products are also available on her website.

Lisa resides in rural Michigan with her husband, Joe, and two of their four children.

To view Lisa's art prints, go to [www.PennyLanePublishing.com](http://www.PennyLanePublishing.com) or call Penny Lane Publishing at 800-273-5263 for more information.



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