
NEWSLETTER

Comforter Ministry, Inc.



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles; so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

2 Corinthians 1:3-5

A letter from Su

I am excited about this issue of the Comforter Ministry Newsletter, dear reader. Here are a few highlights within its pages -

- Invitation to **Lutheran Girl Pioneers (LGP) Leaders** to consider inviting me to give a CM presentation, share CM display...Also, some ideas for CM service projects possibly towards a LGP Sewing Badge! (Page 5)
- **Reminder** to please consider being a **Woman with a Heart for Prayer** and praying regularly for CM and CM Recipients-List on CM Web site under News Notes, and Newsletters (scroll down to list) or contact me for list.



Autumn Quilt!

Thank you, Phyllis F from Mukwonago, WI for making and donating the lovely Autumn colored quilt featured in the pic above :)

A mission of comfort and compassion, reaching out to women with cancer with God's Word and the love of the Comforter through journals and quilts.

• **Quilters** - Check out the offer from Heidi Bork if you are looking for someone to do long arm quilting (Page 7)

Thank you, Heidi!

On a personal note, I am currently experiencing several family issues and would appreciate your patience if I am not as responsive as I have been able to be in the past. Thank you, all!

Su

With a Thankful Heart . . .

I thank my God every time I remember you. Philippians 1:3-5

As of September 1, 2018, 121 Quilters/Quilt Groups from 20 states and one Canadian province have made 586 comforters that have comforted over 767* women with cancer from 38 states (USA), one Canadian province, Australia, the Caribbean, Japan, and Switzerland. As I share the following information with you, my heart overflows with thankfulness to God for each of you.

Quilters		Recipients			
Alaska	2	Alaska	4	Tennessee	2
Alaska (QG)	2	Arizona	7	Texas	90
Arizona (QG)	1	Arkansas	2	Utah	1
				Virginia	6
Arizona	2	California	20	Washington	7
California	1	Colorado	10	West Virginia	2
California (QG)	1	Connecticut	2	Wisconsin	335
Colorado	2	Florida	18	Wyoming	1
Florida	1	Georgia	5		
Illinois (QG)	1	Idaho	2		
Illinois	1	Illinois	27		
Iowa	1	Indiana	9	Australia	1
Kansas	1	Iowa	13	Caribbean	1
		Kansas	6	Japan	1
Michigan	6	Kentucky	9	Ontario, Canada	5
Minnesota	6	Michigan	45	Switzerland	1
Minnesota (QG)	2	Minnesota	73		
Nebraska	3	Mississippi	2		
		Missouri	3		
		Montana	1		
Nevada	1	Nebraska	10		
North Carolina	1	Nevada	6		
North Dakota	2	New Jersey	1		
Ohio	2	New York	4		
Ohio (QG)	1				
South Dakota (QG)	1	North Carolina	8		
		North Dakota	3		
Texas	3	Ohio	8		
Texas (QG)	2	Oklahoma	9		
		South Carolina	1		
		South Dakota	7		
Washington	1				
Wisconsin	46				
Wisconsin (QG)	16				
Wisconsin (LGP)	2				
Wyoming	1				
Ontario, Canada (QG)	1				

*Several comforters have been given on behalf of the Comforter Ministry, but I have not been given further information as to names of recipients, addresses, etc.

QG=Quilt Group

LGP=Lutheran Girl Pioneers

Prayers . . .

The prayers of a righteous man are powerful and effective. James 5:16

- ♥ Pray for a cure for CANCER
- ♥ Pray for women diagnosed with cancer-See www.comforterministry.com under News, Notes, and Newsletters and scroll down to Prayer List
- ♥ Pray for the Comforter Ministry

Gifts Received . . .

And whatever you do; whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17

- ♥ **Dad and Mom N**, Arbor Vitae, WI for helping me with the mailing of the Summer Issue of the Comforter Ministry Newsletter – **Thanks so much, Dad and Mom!**
- ♥ **Gifts of Money** received since June 1, 2018 – **Bev C**, Arbor Vitae, WI; **Bill C-WLC**, Milwaukee, WI; **Joanne R**, Lake Tomahawk, WI; **Bill and Jean C**, Milwaukee, WI; **Terri W**, Guthrie, OK; **Jan R**, Hugo, MNI; **THANK YOU! THANK YOU!**

CM Basics

Requester's Basic Instruction

- If you know of a woman with cancer whom you would like to receive a CM comforter and journal you may contact Comforter Ministry, Inc. and request they be sent to her, providing the recipient's name and complete mailing address. A cover letter will be included, stating YOU are the one requesting they be sent.

Quilter(s) Basic Instructions

- Make your quilt according to CM “Criteria for Making and Donating a Comforter” (criteria by request to CM or go to CM Website). Make sure your name, city, state and date you finished your quilt are displayed in some permanent method on the back of your quilt.
- Request CM journal, and fill out “Greetings from the Quilter” page of journal.
- Provide three (3) colored pictures (preferably all the same) of your quilt.
- Send Quilt, Journal and Pictures to Comforter Ministry, Inc.
- All materials, including postage are covered by Quilter(s).

Recipient's Basic Instructions

Between the cover letter and CM journal all details are provided and explained, including the following:

- who made the request CM comforter/journal be sent to you
- brief explanation of CM
- what to do with the comforter/journal
- when ready to do so, you or your family have several options, including 1) sending comforter/journal back to Comforter Ministry, Inc. 2) sending them on to another woman with cancer 3) keeping both – With option 1 or 2, postage is covered by recipient or recipient's family.
- what to do with the comforter/journal before sending them back to CM or on to another woman with cancer

“We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed” (2 Corinthians 4:8,9).

Thoughts to Share . . .

New Quilts Received since June 1, 2018 - Cheryl D, Algoma, WI; Kathy D, Shawano, WI; Vickie H and Faith-In-Action Quilters-Faith Lutheran, Rochester, MN; Barb S and St. Michaels Mission Quilters-St. Michaels Lutheran, Bloomington, MN; Roxanne M and Faith-In-Action Quilters, Rochester, MN; Carolyn J, Ruth H and Faith-In-Action Quilters, Rochester, MN; Patsy Grasley and New Life Quilters-New Life Lutheran, Sebring, FL; Lois A, Bancroft, MI; Phyllis F, Mukwonago, WI; Betty P, Athelstane, WI; Trinity Quilters-Trinity Lutheran, Minocqua, WI; Patsy G and St. Paul Quilters, Algoma, WI; Kay J, King, WI; Jan R, Hugo, MN. Check out the CM web site to see photos of these quilts at www.comforterministry.com, click More-Photo Gallery.

ATTENTION!

LGP (LUTHERAN GIRL PIONEER) LEADERS!

Are you looking for a new LGP “Service Project” option and/or creative idea for your girls earning an LGP Sewing Badge?

Please consider the Comforter Ministry as there are several areas where LGP could serve and/or sew -

1. **Bookmarks** - These could be made with paper (poster weight), crocheted, fabric, etc. and decorated with stamps, stickers, colored pens/pencils; Bible passage; fabric are just a few ideas. I can include bookmarks inside the Comforter Ministry Journal for the recipients to use along with their CM journal.
2. **Note Cards** (blank inside) - Be creative! I use note cards to write a personal, handwritten note to each recipient when I send her a CM quilt and journal.
3. **Pillowcases** - Use permanent ink fabric pens to write, draw, etc. Fabric pieces can be used to decorate...Use your imagination! I can use to store and protect CM quilts from dust and sunlight while waiting to be sent to a recipient.
4. **Purse-size Tissue/Fabric Holder** - Variety of fun and/or pretty fabrics are nice. CM recipients can take them with to cancer treatments or have bed-side as needed :)
5. **Quilt** - Check out the CM Web site under How the Ministry Works, and clicking How to Make and Donate a Quilt for brief criteria and instruction.
6. **Funds, Prayers for CM and CM Recipients!**

Sharing What I Know . . .

Because the Comforter Ministry's mission is to reach out to women with cancer, each Comforter Ministry Newsletter will include information about a specific cancer or a related subject. By being better informed about cancer, my hope is that readers will be aided in detecting cancer in regard to themselves and others and, if necessary, know where to go for further information and qualified assistance.

CANCER OF THE LARYNX (Part 3 of 3)

Living with a Stoma (A surgically created opening from an area inside the body to outside)

Learning to live with the changes brought about by cancer of the larynx is a special challenge. The medical team will make every effort to help you return to your normal routine as soon as possible.

If you have a stoma, you will need to learn how to care for it:

- Before leaving the hospital, you will learn to remove and clean the trach tube, suction the trach, and care for the skin around the stoma.
- If the air is too dry, as it may be in heated buildings in the winter, the tissues of the windpipe and lungs may produce extra mucus. Also, the skin around the stoma may get sore. Keeping the skin around the stoma clean and using a humidifier at home or at the office can lessen these problems.
- It is very dangerous for water to get into the windpipe and lungs through the stoma. Wearing a special plastic stoma shield or holding a washcloth over the stoma keeps water out when showering or shaving. Other types of stoma covers - such as scarves, neckties, and specially made covers - help keep moisture in and around the stoma. They help filter smoke and dust from the air before it enters the stoma. They also catch any fluids that come out of the windpipe when you cough or sneeze. Many people choose to wear something over their stoma even after the area heals. Stoma covers can be attractive as well as useful.
- When shaving, men should keep in mind that the neck may be numb for several months after surgery. To avoid nicks and cuts, it may be best to use an electric shaver until the numbness goes away.

People with stomas work in almost every type of business and can do nearly all of the things they did before. However, they cannot hold their breath, so straining and heavy lifting may be difficult. Also, swimming and water skiing are not possible without special instruction and equipment to keep water from entering the stoma.

Some people may feel self-conscious about the way they look and speak. They may be concerned about how other people feel about them. They may be concerned about how their sexual relationships may be affected. Many people find that talking about these concerns helps them. Counseling or support groups may also be helpful.

Learning to Speak Again

Within a week or so after a **partial laryngectomy**, you will be able to talk in the usual way. After a **total laryngectomy**, however, you must learn to speak in a new way. A speech pathologist usually meets with you before surgery to explain the methods that can be used. In many cases, speech lessons start before you leave the hospital.

Talking is part of nearly everything we do, so it's natural to be scared if your voice box must be removed. Losing the ability to talk - even for a short time - is hard. Patients and their families and friends need understanding and support during this time.

Words to Share...

Su, Thank you for giving me an opportunity to serve our Lord. Jan R - Hugo, MN

Thank YOU, Jan! I have always hoped CM quilters felt this way about their choice to help this ministry/mission by making and donating their labors of love. I pray you ALL feel this way, dear quilters!

QUILTERS, please NOTE

***** DO YOU HAVE A TOP MADE THAT YOU WOULD LOVE TO DONATE, BUT IT NEEDS TO BE LONG ARMED? HEIDI BORK HAS OFFERED TO LONG ARM UP TO TWO QUILTS PER MONTH ON A FIRST COME, FIRST SERVED BASIS. AS THE TOP MAKER, YOU WOULD BE RESPONSIBLE FOR MAKING THE TOP, PROVIDING A BACK THAT IS 4” LARGER THAN THE TOP IN ALL DIRECTIONS AND SHIPPING TO HEIDI IN NEENAH, WI. SHE WILL PROVIDE THE BATTING, LONG ARM QUILTING, AND RETURN SHIPPING TO YOU. IF INTERESTED CONTACT HER AT

Quilterazzi@gmail.com or 920.205.7213

In our time of need the Spirit surrounds us with His love and fills our hearts with peace. My prayer for you is that as you wrap yourself in this comforter you will be reminded the Father of compassion and the God of all comfort surrounds you with love. “My God will meet all your needs according to his glorious riches in Christ Jesus.” Philippians 4:19 - Elenore G - Jose, CA

Thank you, Elenore, for allowing me to share your “Greetings from the Quilter” words from the CM Journal :)

CAN YOU HELP?

Have you been considering making a donation to Comforter Ministry Inc?

Right NOW I am needing to print CM Journals. The cost is approximately \$6.00/ journal. I am hoping to order 100 in the Very Near Future and am looking for maybe several generous souls who may wish to help off set the printing of the journals. If you are interested in helping CM in this particular way, please contact me ASAP.

REMEMBER - IF YOU KNOW OF A WOMAN DIAGNOSED WITH CANCER AND WOULD LIKE ME TO SEND HER A COMFORTER MINISTRY QUILT AND JOURNAL, PLEASE CONTACT ME.

Words of Comfort...

This meditation and several to follow in future newsletters are reprinted with permission from a book written by Reverend Mark Gass. *Be Still 45 Days of Living in God's Stillness* is a “deeply personal devotion book...Pastor Mark Gass shares his 42-day journey at the bedside of his wife as she lay in a coma after surgery on a brain tumor. E-mails shared with his congregation and a network of supporters take readers inside the journey of a family holding on to Jesus’ reminder to ‘Be still’ in all of life’s troubles...” Let me know if you would like a copy of this book by Pastor Mark Gass.

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

DAY 33

In most cases, worrying about something does more damage to the worrier than the actual thing itself does. In fact, modern medical research has proven that worry breaks down resistance to disease. More than that, it actually diseases the nervous system-particularly that of the digestive organs and the heart. Surely, Jesus knew this when he encouraged in his Sermon on the Mount: “Do Not worry...Who of you by worrying can add a single hour to his life?”

In 1929, retail giant J. C. Penney was lost crippled by worry. With business highly unstable, he spent his nights awake, worrying, and soon contracts shingles. In the hospital, Penney was treated with tranquilizing medicine, but it was no help. He still worried. One night, fearing that he would die before morning, he began writing farewell letters to his wife, son and friends. But the next morning, as he was lying in bed, he heard singing from the hospital chapel next door: “No matter what may be the test, God will take care of you...” Suddenly, he leaped up, thinking: “It is real! God loves and cares for me.” in no time, he had jumped out of his bed and entered the chapel. He stated that it was if he were a little bird suddenly freed to fly out of the dungeon into the sunlight, from hell to paradise.

There was one a little girl who was taken to the doctor for a minor but painful operation. When all was ready, the kindly doctor said, “This will hurt, but you may cry or scream as much as you please.” The little girl looked up at him, smiling, and said “I would rather sing,” which she did with her sweet, childish voice, passing through her brief ordeal without a sigh, groan or tear.

The passage from Matthew above is a special verse of mine. I often share it with people in the hospital or in the midst of crisis. Living in the stillness of the Lord means that we also see Jesus in this special light. Picture Jesus, as I do, standing there with his arms outstretched. His eyes-those eyes that emanate love more than any while his arms are strong to carry. “Come to me,” Jesus beckons. “Come with all your sins, all your temptations, all your hardships, your sicknesses and diseases, your sorrow and your care; drop them at my feet and let me take care of it.”

I heard the voice of Jesus say, “Come unto me and rest; Lay down, O weary one, lay down Your head on my breast.”

I came to Jesus as I was, Weary and worn and sad; I found in him a resting place, And he has made me glad.

I heard the voice of Jesus say, “Behold, I freely give The living water, thirsty one; Stoop down and drink and live.”

I came to Jesus, and I drank Of that life-giving stream; My thirst was quenched, my soul revived, And now I live in him.

(Christian Worship #338)