



What's Humming?

Popular Patterns

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A New Twist—Layer Cake French Braid



Jelly Roll French Braid



Be My Valentine Table Runner/ Wall Hanging



Happy Hunting



February 2015

All my love and best wishes for you!



Surprising Health Benefits of Quilting - By [Jillynn Stevens, Ph.D., MSW](#)

Have you seen the article about how Quilting is actually good for our health? This article has been making its way around Facebook.

You know that quilting makes you feel good, but now there's scientific evidence to back up what you've always suspected- not only does quilting make you happy, it's actually good for your health. Researchers at the University of Glasgow pub-

lished their findings in the peer-reviewed *Journal of Public Health* after conducting qualitative research using a local quilting group as their source. The end result? "Quilting seemed to possess some distinct properties for enhancing well-being that would not be replicable through outdoor/physical activity." In other words, that's dry research speak for saying quilting gives you a workout you're not going to find in your local step class.

The biggest perk? When

you're happy and doing something you love, your brain gets saturated with dopamine and serotonin, otherwise known as happy chemicals-especially when you're doing "meaningful work" using your hands. According to Kelly Lambert, PhD and a member of the neuroscience department at Randolph-Macon College, quilting complements these conditions perfectly.

<http://ezinearticles.com/?Surprising-Health-Benefits-of-Quilting&id=8297639>

What's New!



Downloadable Patterns
Don't forget you can now get any of my patterns in

a PDF format.

Once you purchase the pattern, it is emailed to you so you can print it yourself. If you just can't wait for the pattern to be mailed to you, this is a perfect solution.

Just go to Patterns, and then Downloadable Patterns from the Home page on my website.

Happy Quilting!



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Welcome to Pure Joy Patterns (Pure Joy Designs).

That's me, Sharon McCurdy, in the photo. I have been creating patterns for a long time, though not as a business. Years ago, I would make clothing using my own designs. Back in those days, I did a lot of machine appliqué, which I still love today.

When I was introduced to quilting, my world changed. I found myself creating patterns and samples for the quilt shop where I **was working. That's when my love of designing and writing (I wrote software manuals as a technical writer), finally came together...and** the rest, I guess you could say, is history.

Everyone always asks where I came up with the name "Pure Joy Designs". Well, my mother's name was Joye. Years ago, my sister and her husband (owners of [Wire Works Custom Jewelry](#)) made Mom a necklace that read "100% Pure Joye". I always loved the necklace and decided to use the concept as my company name. Additionally, Pure Joy is a daily reminder of Mom, who passed

What's Happening?

Keep you fingers crossed. We have another contract on the house in Texas. Hopefully, this one will go through. Closing is set for Saint Patrick's Day.

Things will begin to green up here. **I know I'm ready for Spring.** I really feel for all of you who have had a horrible Winter with all the snow. I moved a few rose bushes here this week, but have many more to trim over the next couple of weeks.

Lots of planting to do, but it's still a little early for that.

Have you checked out the fabric on my website lately.

Here are some of the new fabrics.



Rambling Rose
by
Sandy Gervais



Lady Slipper Lodge
By
Holly Taylor



Bon Voyage
By
French General

Atelier
By
3 Sisters

