

In The Loop

CCC MOPS Newsletter

Volume 8

Issue 1

September 2008



What Is MOPS?

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire ... to be the best mothers they can be!

The Story of MOPS

Eight women. The number was small, but the need was great. The first MOPS meeting took place in February 1973 in Wheat Ridge, Colorado.

For two hours, while their children received care, these mothers talked, laughed, ate, had a craft, and ended with a short devotional. In this humble beginning, the seeds of the MOPS concept and format were planted. Through friendship, creative outlets, and instruction, the women began to understand that “mothering matters.”

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Adventures in Mothering

The MOPS International theme for 2008-09 is **ADVENTURES IN MOTHERING**. This theme will equip us as moms to learn more about ourselves as we go through the adventure of motherhood. We will learn how we can celebrate and embrace the fun in the experiences, even in the midst of daily mom life that stretches us emotionally and spiritually.

The metaphor for **ADVENTURES IN MOTHERING** is an amusement park. With the sights, sounds, tastes, and smells of the amusement park, motherhood might feel like a sensory overload. But our MOPS group will enjoy this together and learn more about ourselves as women, moms, and leaders.

Encouragement is
oxygen to the
soul.

George Adams

“...how wide and long and high and deep is the love of Christ...” *EPA 3:18*

Ladies and Gentlemen, Children of All Ages...

Mommy and Me

September 23—Lunch Date @ Del Campo Park, 11:45 am—1:45 pm. Bring your own lunch.

October 9th—Playdate, Apple Hill

October 28th—Lunch Date @ Gibbons Park, 11:45 am—1:45 pm. Bring your own lunch.

Mom's Night Out

September 25—Meet at Madison Station for yogurt and some mom-me time, 7 pm—8 pm.

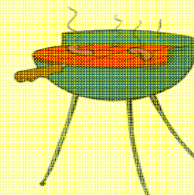
October 20—Meet at Madison Station for yogurt and some mom-me time, 7 pm—8 pm.

November 18—Location TBD

Family Fun

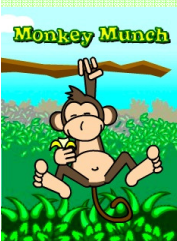
Wednesday Night Small Groups at CCC. Childcare available and time to connect with other parents in your "life stage". 7 pm—8:30 pm

October 11—Fall Family BBQ



Sweet as Cotton Candy

Monkey Munch



An old recipe made famous by Jon and Kate Plus 8. If you are crunched for time, running to a soccer game or Back to School night and need a snack, this is quick and easy. Kids can help too!

Ingredients

9 cups of Chex cereal
1 cup of chocolate chips
1/2 cup of peanut butter
1/4 cup butter
1 teaspoon vanilla extract
1 1/2 cups of powdered sugar

Directions

1. Microwave chips, peanut butter and butter, uncovered on

high for 1 minute. Stir

2. Stir in vanilla
3. Pour over cereal in bowl. Stir
4. Pour in 2-gallon Ziploc freezer bag.
5. Add powder sugar.
6. Seal bag, shake to cover.
7. Spread the mixture out on wax paper to cool. Store in airtight container in refrigerator.

Time Flies When You're Having Fun!



Happy Birthday

Sabrina Ballastero 9-1

Kim Burke 9-9

Tamara Plummer 9-22



Look Who's Expecting

Leslie Armenta—October 9

Meg Helton—November 9

G'Anna Burke—Fall 2008

Courtney Phelps—December 12

Brandi Brooks—December 28

Janet Horel—April 2009

Tiffany Wolin—April 2009

Here's the Scoop

Mommy Lessons

Chatting with an elderly woman in the supermarket check-out, I joked that I just might drive around for an hour on the way home to keep my snoozing newborn asleep. She laughed, adding, "Not with the price of gas, you won't!"

What that woman didn't realize was that, to the exhausted mother of a newborn, a sleeping baby is priceless. \$4 a gallon for gas? Fill me up. Heck, go ahead and triple the price. It's worth it to hear that glorious sound of snoring in the back seat. Three months into this roller-coaster ride of motherhood, I've learned more than I ever did in four years at college. I feel as if I've earned a bachelor's degree in parenting, and yet something tells me that, years from now, there still will be more to learn. I've read entire books, scoured magazine articles and searched the web for answers. Some weeks it's about feeding. Other weeks, it's sleep training. And yet, with all that information, there were some things I simply had to learn on my own. Here are some of the lessons parenthood has to offer:

- The human bladder can hold out much longer than you ever imagined.
- Daily showers are overrated.
- Playing endless rounds of Pat-A-Cake can be more fun than a raging

party on a Saturday night, so long as you have the right little person to play it with.

- A jumbo pack of Pampers has 88 diapers. That only sounds like a lot.
- People say dumb things; They ask when the baby is due, long after you've given birth. They say, "What a sweet little girl" to a child decked out in navy blue race cars and footballs.
- You can survive without steady amounts of food and sleep for lengthy periods of time. You aren't pleasant to be around, but it's doable.
- A seven-pound person without the ability to speak, walk or form complete thoughts is somehow able to undo even the best-laid plans.
- A numb arm and cramped neck are a small price to pay for a baby who isn't crying.
- Your spouse is far more extraordinary person than you realized on your wedding day.
- If ever you said, "I would never do that," you will be forced to eat your words.

By Elizabeth Davies

- Thought you wouldn't let your child cry in the grocery store? Once you've spent 30 minutes changing, dressing, and loading your child into the car, then driving 15 minutes to the store and simultaneously spending 40 minutes shaking a rattle with one hand while picking out produce with the other—you're not about to go home empty-handed.
- Time speeds up once you have a child. Somehow, 24 hours pass in a flash—even if you've spent most of it awake.
- The external stuff just doesn't matter, so long as you're making memories with the people you love.

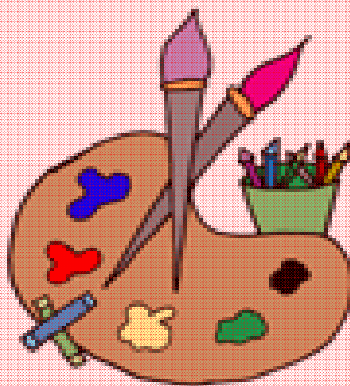
It's entirely likely that, long after I'm gone, my son will remember me as a woman who had spit-up on her shoulder, wrinkles in her clothes, and a layer of dust on her furniture. I'm okay with that.

Elizabeth Davies is a longtime journalist and has appeared in newspapers across the country. She traded in chaos of a newsroom for the excitement of life with children. She attends a MOPS group in Dubuque, Iowa.

Clowning Around: Home Made Finger Paints

Pudding Finger Paint

You will need instant vanilla pudding and food coloring. Mix the pudding according to directions. Add food coloring for desired color. You are ready to paint. Completely edible!



Kool-Aid Finger Paint

- You will need:
- 2 cups flour
 - 2 packs unsweetened Kool-Aid
 - 1/2 cup salt
 - 3 cups boiling water
 - 3 Tbsp. oil

Mix wet into dry.

SEPTEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Sabrina Ballesterero's Birthday	2	3	4 MOPS	5	6	7
8	9 MOPS Meeting Kim Burke's Birthday	10	11	12	13	14
15	16	17	18	19	20	21
22 Tamara Plummer's Birthday	23 MOPS Meeting Lunch Playdate @ Del Campo Park	24	25 Mom's Night Out @ Madison Station	26	27	28
29	30					

Want to get more connected?

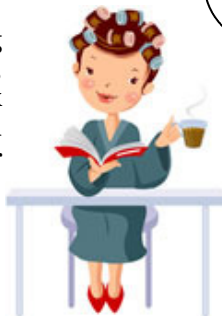
Please join us in Wednesday Small Groups, where we can connect as couples and grow spiritually, while our children are cared for and encouraged as well. Groups are formed by "life stages", where you have the opportunity to develop friendships with other parents of preschoolers. Your coordinator is even helping lead a newcomer's group for those of you who are new to MOPS or CCC!

The 1st, 3rd and 5th Tuesday mornings you can join Laura Anderson and Jana Michaelsen at CCC for "Feet to Faith"; Part Bible Study and part Service. If you have questions email Laura at lacupoftea@comcast.net Childcare is available by emailing Julann at djmcanlis@comcast.net.

Bible Studies are starting soon. Monday nights beginning 9/15 from 7-9pm "Living Beyond Yourself" Beth Moore's study on the Fruit of The Spirit. Email mdlyns@aol.com to reserve your workbook. They will be \$20. The study will be in the new building upstairs Room M1.

Need your hair cut or colored? How about a waxing or need to get your nails done? Christine Dymek, owner and stylist at Styles 'n More, is giving back 10% of EVERY salon service back to MOPS. All you have to do is pamper yourself and tell them it is for MOPS. Friends and Family get the same "deal".

Styles 'n More
7538 Fair Oaks Blvd. Carmichael
916-481-3864



Christ Community Church
5025 Manzanita Avenue
Carmichael, CA 95608

Juggling Act

MOPS Leadership Team	
Coordinator	Janet Horel
Co-Coordinator	Courtney Phelps
Creative Activities Team Leader	
	Marcia Smith
Creative Activities Assistant	
	Vickie Turnquist
Discussion Group Team Leader	
	Tiffany Wolin
Finance Team Leader	
	Brandi Brooks
Fundraising	
	Jackie Ehtesham
GrandMop	
	Elsie Anderson
Hospitality Team Leader	
	Coco Gumucal
Hospitality-Care Team	
	Rose Laeber
Hospitality-Social Events	
	Tina Pierce
Mentor Moms	
	Cathy Davie
	Joan Evans
	Liz Hankins
	Alice McKinley
	Janet Peterson
	Diane Rust
MOPPETS	
	Julie Jones
Publicity	
	Deanna McDaniel
Speaker Coordinator	
	Amy Broxham
Special Events	
	Jill Gardiner
Table Leaders	
	Sabrina Ballesterero
	Helen Chun
	Amy Copeland
	Becky Moos
	Angel Payne
	Tamara Plummer