



MOPS BUCKET

the HOME factor—BEGIN HERE, GO THERE

“...he lives with you and will be in you.”- John 14:17

SEPTEMBER 2007

VOLUME 4, ISSUE 1

UPCOMING events:

GT Bray Splash Park

August 21
10am- until

MOPS Night Out/ Date Night

August 24
5:30-8:30 pm

MOPS Meeting: Welcome Back!

September 14
9:30- 11:30 am

WELCOME HOME: THE HOME FACTOR

In our homes of origin many of us learned the deepest lessons about relationship, developed life routines and acquired our tastes and preferences.

And now, as moms, we long to create homes where our families can thrive and grow — and we can too.

Our homes must be safe places – physically and also emotionally

safe. In them we bond, we eat and play and rest together, we decorate and provision our special home spaces. The theme **the**

HOME factor: BEGIN HERE ... GO THERE enriches our perspective and hones our abilities to create a cocoon of home.

But at its healthiest, our home experience should fill us and launch us into wider circles of investment and influence where we interact with our world. We return HOME to re-connect and

refuel — but we'll move from the HOME outwards to make a difference.

The heart of the HOME is also a

picture of God's desire to interact with us and deeply love us where we really live. He desires to make his home in our hearts. He expresses it this way in the theme verse: "...he lives with you and will be in you." John 14:17

Three key elements of this theme to explore throughout the year:

- Our homes are where we bond, cocoon, build inwardly.
- Our homes are where we refuel so that we can live fully in the world beyond.
- Our homes are a picture of Jesus' dwelling within us.

Don't forget to bring \$5 for the meeting and \$20 for MOPS International Registration!



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HOUSEKEEPING— announcements, BIRTHDAYS, anniversaries

August:

- 2- Sarah Nieson
- 4- Brandi Spencer
- 6- Jamee Burch
- 20- Laila Wilkerson

September:

- 1- Pauline Aguilar
- 3- Christina Lavers
- 10- Becky Pipino
- 11-Kate Butterworth
- 18- Erica Smentowski
- 30- Kristine Reeves

Anniversaries:

- | | |
|-----------------------------------|-----------------------------------|
| Aug 20- Sondra & Larry Hellberg | Sept 9- Dawn & Mark Burt |
| Sept 3- Christine & Andrew Lavers | Sept 19- Muffie & Steve Abbott |
| Sept 9- Bettina & Michael Bade | Sept 26- Cathy & Richard Zebracki |



MOPS BUCKET

By wisdom

a house is built, and

through understanding

it is established;

through knowledge

its rooms are filled with

rare and beautiful

treasures.

Proverbs 24:3-4



HELP!

This year I need your help!!! I would like this to be the best possible newsletter, but I can't do it without you!

Please e-mail me with your suggestions, ideas, articles, pictures of outings, recipes, and stories about your children.

Thank you in advance for your help!

wbbcmops@gmail.com

WELCOME MAT- INTRODUCING MOPS MOMS

Meet your 2007-8 Steering Committee! We are looking forward to getting to know each and everyone of you! We can't wait for this year to start! I asked these ladies a couple of questions: Husband, Children, How long they have attended MOPS, and How long they have been on Steering. These were their answers:



Grace Hager, Coordinator and Finance:

Married to Mark, has Kallen, 8, Gianna, 6 3/4,

Elijah, 2 1/2, and Mahalia, 1 1/2. Grace has been coming to MOPS for 4 years. This is her 2 year of Steering. She has previously done Finance and Publicity.



Margaret Kotchey, Discussion Groups:

Margaret is married to Jason and has two boys, Zachary, 6, and Adam, 4 3/4. She has been coming to WBBC MOPS since it was started three years ago. This is her first year to

be on Steering.



Gwen Jankovich, Hospitality:

Gwen is married to Johnathon and has two

boys Gideon, 4, and Graceson, 2. She is also due with their third child in December. This is her 2nd year coming to WBBC MOPS. It will also be her 1st full year on Steering Committee. Previously, Gwen was on Steering in PA.



Arwen Blankinship, MOPPETS:

Arwen is married to Randy and they have

2 children: Reed, 5, and Cassidy, 2 3/4. This is Arwen's 6th year attending MOPS- only her first full year here and 5 others in TX. Arwen is not a newbie to Steering either. She has served previously in TX as the Finance Leader and the

Coordinator.

Ashley Brandes, Publicity:

Married to Tyler has Benjamin, 3 1/2, Warren, 1. She has been coming to WBBC MOPS since fall 2005.

Before her family moved to Palmetto, she attended MOPS in Clearwater. This is her first year on the Steering Committee.



Dawn Burt, Creative Activities:

Married to Mark and they have

Madison, 5, and Christian, 2. This will be Dawn's 4th year at WBBC MOPS. She has attended another group in Bradenton before settling here. Dawn has served on Steering Committee for 4 years. Previously, she was the Crafts & Hospitality Leaders.

THE LIVING ROOM-

Taking Time for Personal Growth by Mary Byers

One of the paradoxes of motherhood is that what we need as mothers is often the first thing we give up in order to be mothers. This is certainly true of making time for our own spiritual and personal growth. We often forego it in order to focus more fully on our children. It's a dilemma: see to your own needs, or see to theirs.

When my youngest child was in pre-school, I decided to take tap dancing lessons. Doing so was the first time since the birth of my children that I acknowledged I didn't cease to exist the moment they were born—and admitted I could continue to have a life outside my role as "mom." It's a lesson my mom modeled for me, but until I was a mother myself, I didn't understand it.

A theater major in college, my mom continued to be active in community theater, doing one play a year, so as not to lose touch with her roots. (I have fond memories of seeing her as the Blue Fairy in *Pinocchio!*) Recently, she shared with me why she did it. Here's what she said:

"I did it to prove that there was still a 'me' inside of 'mother.' I always made sure the homework was in process, that everyone's needs were met, then I set out to fill my own need, that of expressing myself as a person. It released the artistic angst within me, and since I felt fulfilled and alive and vibrant, I am sure I was a much better mother. I felt like I was a person in my own right."

A search for the "me" in mother. It's a lesson we can learn from. If we're not looking for the "me" in mother, we end up simply seeing the "other" in mother.

We don't have to give ourselves over completely to our children. It is possible to continue to exist separately from them, even as we are existing for them. You still have things to learn. Things to experience. Things to do. And it's important that your children know this. Self-growth is the way we show our children that life doesn't stop just because we are adults—that the process of becoming who God intends us to be is lifelong.

PHYSICAL, SPIRITUAL, AND EMOTIONAL WELL-BEING

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The lesson is best shared by modeling. It may be as simple as letting your children see you reading a book. Or studying your Bible. Or looking up something in the dictionary. Or digging in your garden. Or knitting your first scarf. Or beading a bracelet. Or identifying a bird in your backyard. Or decorating a cake. Or making a soufflé. Or organizing a school party. *What they see is not important. That they see it is.*

Though modeling growth for your children is important for them, it's also important for you. Your own growth is like a well of cool, refreshing water. When you are filled with energy, enthusiasm, and excitement, you can let your kids and spouse drink from your well without worrying if there will be enough water for everyone. You know there will be. And though you might have to fight for the time to see to your own growth, knowing your well is full makes the fight worth it, because when we see to our own spiritual and personal growth, we can, by extension, see to the growth of our children.

When was the last time you and your husband went out on a real date night? I bet you have trouble remembering. This month here are some suggestions to getting back to spending time with and getting to know your husband.

Visit an Arcade

Grab a roll of quarters or a ten dollar bill. For ten bucks, you and your honey can have a lot of fun playing video games, ski-ball, pulling prizes with the crane game, playing pinball, or maybe even shooting some hoops or a couple of games of pool.

Lively Indoor Fun

If the weather won't cooperate, you can still indulge in indoor fun, just try something different. Instead of a typical night at the movies try something a little more lively, as in live entertainment. Visit a comedy club and check out some local stand up comedians, visit a lounge that features a live band, or check out a karaoke bar (you might even decide to participate instead of just watching the show).

Get Moving

Find a place that rents bikes for riding tours and rent a bicycle built for two. This is a great way to spend an afternoon laughing, talking, enjoying the scenery and the fresh air, and getting in some exercise. If you can't find a tandem bike, rent two bicycles (or take your own bikes out to a riding trail). If this doesn't work for you, try going horseback riding together.

Now, get out there and go on a Date Night!

Source: www.marriage.families.com

FAMILY ROOM: BUBBLE art

Needed: Bubble Solution, Food Coloring, Straws, Bowls, White Paper

Directions: Combine food coloring and the bubble solution in a bowl. Have children use straws to blow into the mixture until it froths. Gently lay a piece of white paper over the bubbles, which will stick to the paper. Watch as they collapse and leave a colorful pattern.



MOPS convention

SEPTEMBER 20-22

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...be encouraged and equipped in building a strong **HOME** foundation.

...explore how to launch compassionate people into the global community to change lives around the **PLANET**.

There's still time if you want to attend! Please contact Grace Hager at gahager@tampabay.rr.com if you are interested in attending this life-changing event.

CHECK OUT THESE WEBSITES:

<http://www.the-generous-wife.com>—Receive daily tips by email on how to be a better wife to your spouse or read them daily online.

<http://www.pluggedinonline.com>—Movie, music & video game reviews from a Biblical perspective.

<http://listen.family.org/daily/>—Can't catch Focus on the Family on the radio? Download it daily to your computer or MP3 player and listen as you can!

<http://www.mychurchlibrary.org/>—Christian book reviews, both fiction and non-fiction.

THE POWDER ROOM- BEAUTY AND SELF-WORTH TIPS

- | | |
|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. To dry nail polish in a hurry, spray nails with PAM Oil Spray. | It also stretches your regular lotion for a better value. |
| 2. Olive oil can be added to any bath as a skin softener. | 7. To prevent hairpins from falling out, first bend one prong in a "V" about half-way up and insert into your hair. |
| 3. Toner/Astringent— use witch hazel instead. | 8. Old lipstick tubes, thoroughly cleansed, are great for purse-sized pill boxes or pins. |
| 4. Cut back on the amount of shampoo you use. Do the same with toothpaste. Manufacturers want you to use more so you buy more. | 9. Use hydrogen peroxide as an inexpensive nail bleach. |
| 5. Keep your pantyhose in the freezer. They will last longer. | 10. For an excellent facial, mix dry oatmeal and water into a paste and spread on your face. Lie down and let it dry. Wash it off with warm water. |
| 6. For a great lotion, mix one part Vaseline and one part regular facial lotion. | |

Source: Mom's Source-
[www.momssource.com/
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783/](http://www.momssource.com/Frugal_Living/Health_&Beauty/10_Fun_&Frugal_Beauty_Tips_200608183783/)

THE FRONT YARD-

LOCAL AND WORLD OUTREACH



Most bible studies start later in the fall. Please let me know when yours is starting to inform the MOPS group!

**West Bradenton
 BAPTIST CHURCH MOPS**

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 wbbcmops

Coordinator: Grace Hager-
 941.792.1703

e-mail:

wbbcmops@gmail.com

Meeting Times

MOPS

2ND FRIDAY MORNING

9:30—11:30 a.m.

PLAYGROUP

EVERY THURSDAY
 MORNING

9:30—11 a.m.

THE KITCHEN CORNER

Great to make ahead and easy to hide healthy ingredients for the pickiest eaters!

Chicken 'n' Spinach Pasta Bake

Makes 4-6 servings

Prep: 15 minutes

Bake: 1 hour

8 oz uncooked rigatoni

1 T. olive oil

1 cup finely chopped onion (about 1 medium)

1 (10 oz.) package frozen chopped spinach, thawed

3 cups cubed cooked chicken breasts

1 (14.5 oz) can Italian-style diced tomatoes

1 (8 oz) container chive-and-onion cream cheese

1/2 t. salt

1/2 t. pepper

1 1/2 cups (6 oz) shredded mozzarella cheese

1. Prepare rigatoni according to package directions.

2. Meanwhile, spread oil on bottom of an 11 x 7 inch baking dish; add onion in a single layer.

3. Bake at 375° F for 15 minutes or just until tender. Transfer onion to a large bowl and set aside.

4. Drain chopped spinach well, pressing between layers of paper towels.

5. Stir rigatoni, spinach, chicken, and next

THE BACKYARD—Fun and recreation

August 2007—

Aug 17: 7-11pm Third Friday Jam Downtown After Seven, Lemon Ave downtown Sarasota, 7-11pm, FREE

Aug. 18: 8:30am - 10:30am — Robinson Preserve Sneak Peek Tour- Reservations are required. Please call 941-748-4501 ext. 4605. FREE

Aug. 18: Little Bookworms Bookstore presents "Music is Instrumental" Class: 3rd Saturday of every month at 1:00 p.m. Children ages 1-6. 8111 Lakewood Main Street #103

941-907-3808 FREE

Aug. 21: GT Splash Park—10am. Our MOPS group will be meeting and eating lunch at the splash park. 5502 33rd Ave. Drive West. Cost: \$2.75 per person.

Aug. 24: Date Night— MOPS will be providing childcare from

5:30 to 8:30 pm. The cost is \$8 per child. Please RSVP to Susan @ 750-0280 or sabutts@verizon.net

Aug. 24: Friday Fest on the Bay- 5-9pm The event is a community celebration bringing together everyone who enjoys great music, food, fun, and the beautiful Sarasota Bay-front. Location: Sarasota Bay at the Van Wezel Performing Arts Hall Information: 941.953.3368 FREE

September 2007- 30 Days of Discovery- 2 for 1 admission for Florida Residents all month!! Participating Attractions- Crowley Museum and Nature Center, GWIZ Hands-on Science Museum, Historic Spanish Point, Mote Aquarium, Ringling Museum of Art, Selby Gardens and South Florida Museum. 957-1877 for more info
Sept 9- \$3 day at Lowery Park Zoo 9:30am -5pm. Visit more than 1,800 animals and learn about endangered species.

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- at my home after school hours

Please Contact: Trish Graham
 @ 792-5215

4 ingredients into onion in bowl. Spoon mixture into baking dish, and sprinkle evenly with shredded mozzarella cheese.

6. Bake covered at 375° for 30 minutes; uncover and bake 15 more minutes or until bubbly.

Notes: I used Barilla Plus Pasta; it is a great way to get some healthy stuff in your family without them knowing it! I also used Philadelphia regular cream cheese. I think you can really tell a difference between it and the light. I also love using Nature's Seasoning (an all seasoning mix) instead of salt and pepper. It gives it something extra. Enjoy!