

THE DAILY PLANET

Where Super Moms Get Their Information

FEBRUARY 2010

**SAVE THE
DATE!**

February 25

**MOPS
Scrapbooking
Event**

March 11

**Next MOPS
Meeting**



It is not how much we do,
but how much love we put
in the doing.

It is not how much we
give, but how much love
we put in the giving.

--Mother Teresa

**Farmington
MOPS**
Mothers of Preschoolers

Love...According to Children

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.

Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.

Love is when someone hurts you. And you get so mad but you don't yell at them because you know it would hurt their feelings.

Love is what makes you smile when you're tired.

Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.

Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and Daddy are like that. They look gross when they kiss.

If you want to learn to love better, you should start with a friend who you don't like to play with.

When you tell someone something bad about yourself and you're scared they won't love you anymore. But then you get surprised because not only do they still love you, they love you even more.

There are two kinds of love- Our love & God's love. But God makes both kinds of them. Love is important to God.

Love is when you tell a guy you like his shirt, then he wears it everyday.

During my piano recital, I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.

My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.

Love is when mommy gives daddy the best piece of chicken.

Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford.

Love is when your puppy licks your face even after you left him alone all day.

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.

When you love somebody, your eyelashes go up and down and little stars come out of you.

Love is when mommy sees daddy on the toilet and she doesn't think it's gross.

You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget, and it's good for them to get reminded.

Verse of the Week

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." (1 Corinthians 13:4-8a)



Crockpot Corner

Chops with Fruit Stuffing

"All I really need is love, but a little chocolate now and then doesn't hurt!"

-Lucy [Peanuts, by Charles M. Schulz]

Directions:

- In a large skillet, brown pork chops in oil on both sides. In a large bowl, combine the remaining ingredients.
- Place half of the stuffing mixture in a 3 quart slow cooker. Top with pork and remaining stuffing mixture. Cover and cook on low for 3 hours or until a meat thermometer reads 160 degrees.

Yields: 6 servings

Ingredients:

- 6 boneless pork chops (1/2 inch thick each)
- 1 tablespoon canola oil
- 1 package (6 oz) herb stuffing mix
- 2 celery ribs, chopped
- 1 medium tart apple, peeled and chopped
- 1 cup dried cherries or cranberries
- 1/2 cup chopped onion
- 2/3 cup chicken broth
- 1/4 cup butter, melted



Inspirational Moments

Moment with our Mentor

by Cindy Powell, Farmington MOPS Mentor Mom

I sat in the tub with bubbles up to my neck, and prayed desperately. Our marriage was a mess, and things were coming to a crisis. For the hundredth time, I reviewed my actions, and couldn't see any fault on my part. As tears ran down my face, I prayed earnestly that God would save and restore our marriage, and show me if there was anything I could do.

My eyes fell on the book I brought to read in the tub—*Created to be His Helpmeet*, by Debi Pearl. My ladies' Bible study leader had given me a copy. As I picked it up, an expectant hush fell on my heart. I knew God was about to speak to me...

During the next several months, our ladies group studied this book a chapter at a time, and did the exercises at the end of each chapter. The first exercise was on joyfulness. We read many Scriptures on joy, and I learned that joy was a command. "In everything give thanks." It was a choice. "This is the day that the Lord has made. I WILL rejoice and be glad in it."

All that month I worked on avoiding complaining, and speaking words of contentment, and choosing every day, minute by minute, to be joyful. I learned that when I complained, my husband felt rebuked. It was his goal to make me happy, but I had been frowning and worried and mournful around him for a long time. He began to feel that nothing he did would ever be good enough, so why should he try any more? When I began smile at him with shining eyes, when he saw my face glowing and satisfied, he said in his heart, "There IS hope that I might do a good job as a husband after all."

The next lesson was gratefulness. Our class learned about a husband's deep need for respect and honor. "Let the wife see that she reverence her husband." (Eph 5:33) We learned that God gave each husband an instinctive knowledge that he is supposed to be the leader of his home. He craves from his wife an affirmation of that position. When it is threatened, he may be angry, withdraw, become unreasonable, become uncooperative, or worst of all, he may look elsewhere for affirmation. We learned that God places in a man's heart a deep desire for his wife's approval. After all, she knows him best, and if she fails to admire him, what hope does he have of succeeding anywhere else? I began to see that perhaps I WAS responsible for some of my husband's behavior. Instead of honor, I had given him complaints and disapproval.

For our project that month, I was to make a list every day of the things I was grateful to my husband for, and TELL him. My heart was still aching and raw from all the hurts of the past. It was beyond me to speak the words. So I decided to WRITE DOWN my list. I bought a small notebook. Every day I wrote the date and listed the things I was grateful for, and left it on the kitchen counter for him. The first day, I had to work 30 minutes to come up with three things (the daily goal being seven). I had focused on his few faults for so long, I was blind to his many positive traits. The second day, the list was longer, and came a bit more easily. By the end of the month, it was a cinch. I was learning to watch for things to approve of. The faults that had troubled me before were still there, but I was less and less aware of them. My focus had changed.

And did my marriage change? Of course it did! Slowly, slowly, I began to notice small changes in my husband. He remembered to hold the door for me, and to pull out my chair at the table. He brought me flowers. He followed me around, held my hand, and began to say endearing things. He abandoned habits he knew irritated me, and was suddenly interested in the list of things that needed doing around the house.

I don't have space to tell you the other exercises and lessons learned. Maybe another time. Or, better yet, maybe you might like to do some exercises yourself, and give your husband the best VALENTINE'S gift of all—joyfulness and respect!



Family Matters

Valentine's Day Ideas for the Entire Family!

Fancy Dinner for Four: Several years ago as Valentine's Day approached, I felt a little sad that my husband and I wouldn't be able to have a traditional, romantic dinner for two. With two kids, one on the way, and a single income, an expensive dinner wasn't an option. So I decided instead to have a romantic dinner for the whole family. I cut my own heart-shaped confetti from red and pink construction paper, created a special valentine for each family member, and decorated the table with Hershey's Kisses and ribbon curls. I used my mother's gold-trimmed china, crystal wine glasses, and candles to set the mood. We even served the food in heart-shaped dishes and cut-glass bowls, and baked a heart-shaped chocolate cake for dessert. The whole family loved it!

Scavenger Hunt: Organize a treasure hunt on Valentine's Day. Write up little notes about how you feel for them and what they mean to you and place them around your house along with a candy heart or other treat. Add a riddle at the end of each note about where to find the next note. At the last note, have something special waiting there, say a teddy bear or other toy or treat. Make sure that you hide the notes when none of the little ones are watching, or else all the fun is going to be spoiled.

Balloon Goodies: Buy some red balloons and have them filled with candies. Add a folded-up Valentine's message and inflate each balloon. Attach a paper heart to the string of each balloon, with a note to your loved ones. Then leave them in spots where they are to be found by those you have addressed. It will be a nice Valentine morning surprise. Also, decorate the ceilings by hanging heart shape balloons of colors red, pink, purple and white - the traditional Valentine's Day colors.



KIDS' SPACE www.familyfun.com

Materials

- Kitchen sponge
- Scissors
- Three-inch clay pot
- Acrylic paint
- Potting soil
- Plastic baggie
- Packet of sweet pea seeds
- Ribbon



Instructions

1. Cut heart shapes from a kitchen sponge with the scissors.
2. Using acrylic paints, sponge-print a design onto the pot. Allow to dry.
3. Place potting soil, seeds and planting instructions into the pot and wrap the whole thing in a ribbon.



OUT AND ABOUT



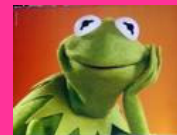
Authors of *Men are Like Waffles, Women are Like Spaghetti*, Pam and Bill Farrel, are coming to Farmington!

Saturday, February 13, 2010

9:00 am – 4:00 pm @ the Civic Center
The Farrels will be teaching about relationships and how men and women can delight in our God-given differences. They will help couples better understand each other and use our differences to the advantage of our relationships and families. The Farrels will help us learn practical and Biblical tools for communication, conflict resolution, and adding sparks for long-lasting love. Tickets are available now at First United Methodist Church at a discounted price: \$30 – buy one get one FREE! Prices will be \$30 per person at the door, so get your tickets now! Call Jennifer Ahl at 505-327-0363 for tickets and details!

Toddler Playdate at the E3 Children's Museum & Science Center every Wednesday from 10:00am-noon. Visit Tots Turf with your crawler, toddling walker, and climber. Playdates are designed for families with young children to develop early motor skills and find new playmates.

It's Easy Being Green



1. **Use smaller appliances for smaller jobs.** If you're making an open-faced sandwich, warming up leftovers or eating those frozen and ready-to-cook cookies, then skip the oven and use your toaster oven instead. It uses less energy to heat up. Additionally, your microwave can be used to steam, reheat and even to make eggs, melt chocolate and warm up canned foods in much less time and with much less energy.
2. **Use a Slow Cooker.** When you are making soups, stews and even roasts, consider using a slow cooker instead of cooking them for hours on top of the stove. Slow cookers use less energy and you can cook your meals during low energy times in your home.

You can **save TONS of energy** focusing your attentions and habits on **JUST** your kitchen habits!

10 Tips to live by, for Heart-Healthy Families

1. Keep portions small, to have less wasted food, and avoid obesity.

2. Watch calories to maintain a healthy weight.

3. Provide kids nutritious snack choices, ready to grab on the go.



4. Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.



5. Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.

6. Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.

7. Make the dinner occasion a family get-together occasion, and turn the TV off while eating.



8. Offer your family plenty of fruits and vegetables every day.



9. Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least 2 servings of fish per week in place of fatty meats.

10. Choose whole grain foods as a good source of fiber.



Source: www.FamilyatHeart.org

MOPS NEWS



MOPS Scrapbooking Event!

February 25, 9:30 AM

Northside Church of Christ

We will have mini scrapbooks and supplies—feel free to use those or bring your own supplies (and pictures!) Children are welcome!

Cell Phones for Soldiers

Please bring all your old cell phones and cell phone accessories (no cell phone cases). We will be sending them off in the spring to help send phone cards overseas to our military personnel so they can call home. The website for more info is cellphonesforsoldiers.com.



Our next MOPS meeting will be **March 11!** We look forward to seeing you!

ChildHaven Fundraiser

We are going to have moms and children donate any change each month to a bottle we have at the front table to raise money for ChildHaven. Our goal is to fill it full of change throughout the whole year and then we will give ChildHaven a check in the amount we raise.

MOPS 2009-2010 Steering Team

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Do you have an article, book review, announcement or recipe you would like to submit to the MOPS **DAILY PLANET** newsletter? Send it to Jennifer Jackson at jacksonj002@yahoo.com.

Check us out, we're on the web! <http://www.orgsites.com/nm/farmingtonmops>