

Welcome to Farmington MOPS!

THE ADVENTURE GUIDE

"...HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST..."

Save the Date!

MOPS Exercise Class:
Monday mornings at 9AM

MOPS Playdate @ E3 Museum:
January 22

MOPS Meeting:
February 12



"Of all the rights of women, the greatest is to be a mother."

-Lin Yutang

If You Give a Mom a Cookie....

She's going to want a latte to go with it.

But before she gets a latte, she has to find her toddler's pink ladybug boots.



To find the ladybug boots, she has to venture into the playroom.

When she tries to straighten up the playroom, she finds daddy's left shoe, the salad bowl, and an open package of graham crackers. She also finds her cell phone.

So she'll yell at her toddler about the cell phone and wake up the baby from his morning nap.

But if she goes in to pick up the baby, the cell phone will ring.

When she answers, it will be the doctors' office reminding her that she had an appointment this morning and would she like to reschedule, say, sometime in November.

While she's trying to mentally re-create her calendar, the baby will start to cry. Then her toddler will run to see what's the matter and find the graham crackers.

When she finds the graham crackers, there'll be crumbs all over the playroom. So the mom will get the broom from the hall closet and notice that Daddy forgot to buy diapers last night as she asked.

But she will find her toddler's pink ladybug boots.

And when she finds the pink ladybug boots, she'll remember her emergency stash of diapers in the car.

So she'll wrestle her toddler and her baby into their car seats and drive to the store to buy more diapers and more milk.

While she's buying the milk, she'll remember that she wanted that latte.

And if she manages to order without a tantrum or poop episode from either of her kids...

Then she's going to need another cookie.

By Julie Tilsner (inspired by Laura Joffe Numeroff's If You Give a Mouse a Cookie)

ISSUE

05

January
2009

Verse of the Week

"I will praise You, for I am fearfully and wonderfully made." Psalms 139:14

FROM THE KITCHEN



Apple Butter

- 9-10 Apples
 - 1 Cup Apple Cider
 - 2 tsp apple pie spice (or 1/2 tsp each nutmeg and allspice and 1 tsp cinnamon)
1. Peel and core the apples, then cut them into 1 inch chunks. (Don't worry about making them perfectly sized). Place the apples in a large, nonreactive saucepan and pour the cider over them. Cover the pot and cook for about 30 minutes over low heat or until the apples are soft.
 2. Cool the mixture until it is only warm to the touch. Divide it into two batches and puree each in the bowl of a food processor or blender. (At this point, you will have an unsweetened applesauce, which makes excellent baby food).
 3. Pour all of the pureed fruit into a 13 x 9 x 2 inch baking dish, spread evenly, sprinkle with the apple pie spice, and stir well. Bake in a preheated 300 degree oven for 2 to 3 hours or until your apple butter is deep brown and thick. Stir the puree every 20 minutes. Cool the apple butter and then scoop it into a clean jar with a sealable lid. It will keep for up to 2 months in your refrigerator. Spread it on toast, crackers, or sandwiches. Makes 1-1/2 cups.

HEALTH MATTERS

Keeping Motivated to Exercise (WebMD)

How you start an exercise program may greatly determine whether you stick with it. If you have started programs in the past only to quit a month later, pay careful attention to the following tips:

- Set realistic goals. Don't try to run a marathon or lose 10 pounds in a month.
- Begin slowly and try a number of different exercises. Limit the length of each session.
- Use visualization daily: Picture yourself enjoying your workout and then feeling great when you've finished.
- Schedule exercise and make it a top priority in your life. Write it down on your calendar and keep a daily exercise log.
- Identify one exercise that you enjoy doing on most days. If you're traveling, maintain some kind of routine. Find a fitness center at the hotel, go for a swim, or take a long walk. You can also try strengthening exercises such as push-ups, sit-ups, calf raises, and lunges.
- Don't feel guilty when you miss a session or two. Negative feelings will only hinder your motivation. Getting back on track will make you feel better.
- If boredom is hindering your routine, try doing new exercises, pick a new sport, or recruit an exercise partner. The key is finding something you like and sticking with it.
- Distractions -- such as reading, listening to music, or watching television while you work out -- can also help keep you motivated. Try exercising at a different time of day, or break up a workout schedule to include aerobic exercise in the morning and strength training at night.

Other tips include:

- Buying an exercise tape that you find entertaining.
- Scheduling several sessions with a personal trainer.
- Joining an exercise class that has a lively instructor.

Overall, it's important to not get discouraged if you miss a week or two of exercise. It's never too late to get started again. When your program gets derailed, try to figure out what went wrong and learn from your mistakes. Best of luck and keep exercising!

KID'S CORNER

Sparkling Ice Crystals (familyfun.com)

1. Cut 6 pipe cleaners in half to create 12 pieces. Hold 11 pieces together and tightly wrap the last piece around the middle of the bundle, as shown, twisting its ends to secure it.
2. Spread the pipe cleaner pieces into a starburst shape and thread about 5 beads onto each pipe cleaner half as shown.
3. Using the needle, thread the pom-poms on the fishing line, then tie the snowflake to one end of the line.



CRAFT MATERIALS:

- 12-inch white iridescent pipe
- Clear tri or sunburst beads
- Needle and fishing line
- White iridescent pom-poms

HOUSEHOLD TIPS AND TRICKS



The 11-Step Plan for Organizing Your Closet by Brook Noel

1. Grab all of your dirty clothes and clean them. This includes dry cleaned clothes, too!
2. Take anything that is off-season, fold it neatly, and pack it away in labeled storage containers.
3. Grab a box and remove all the hangers from your closet that don't have clothes on them.
4. Now arrange all your hangers so that they are facing the same direction. This will help avoid tangles that require advanced yoga skills in order to extricate yourself.
5. Decide what is going to be on hangers and what is going to be stacked. Are you going to hang sweaters or fold them? T-shirts and light cottons? Pants? I love to hang just about everything, as I find it gets less wrinkled.
6. Now that you have decided, go ahead and put everything in its proper place, hanging like items together.
7. You knew the "use it or lose it" talk was coming. I saved this for after the sorting process so that you could easily see what all you have (how many black skirts does one person need?) Take all those clothes you don't wear and get them out of your closet. Here are a few options for removal:
 - If you have a bunch of clothes from when you were a different size than you are now and you anticipate needing them in the future, fold them all neatly and put them in a Rubbermaid container with the size clearly marked on the outside.
 - If you aren't sure whether to keep something or get rid of it, try it on. Go look in a full-length mirror. How do you feel? If you find yourself smiling, promote the article to a hanger. If you find yourself experiencing disassociate disorder, give it away. If you are impartial, grab a Rubbermaid and toss it inside. In six months, repeat the experiment. (Many professional organizers suggest that if you haven't worn something within a year, let it go. I find that often I don't wear something because I have forgotten I own it or simply can't find it! That's why I suggest the try-it-on experiment.)
 - If you have a hard time letting go of something because it was expensive, a gift, or you have some other attachment, the best cure is to give it a good home. Place in a bag and deliver these items in person to a homeless shelter or woman's shelter. You'll never regret your decision. If you need extra cash, there is another alternative. Become an eBay junkie. You'll be amazed at what a silk shirt and other nice clothes will auction for. The key is to be descriptive and take a good photograph.
8. Remove anything in your closet that you wear only once a year. If you have a few fancy outfits or suits that you rarely wear, get them out of your working space. Put them in a hall closet. The goal is to get your closet to the point that anything you grab will be something you can wear — and feel great in!

INSPIRATIONAL MOMENTS

One-Woman Juggler by Nicole Hill

Like most women today, I lead an active life. Often, I feel like a one-woman juggling act. Sometimes, it gets out of control—or, rather, I get out of control.

Recently, I found myself waking up in the morning, dreading to face the new day and my seemingly endless chores and duties. My prayer time was suffering because I felt so overwhelmed with pressures and responsibilities. Yet, I kept taking on more and more.

Then, one morning, I glanced down at a note pad a friend had given me for Christmas. It said, *One day at a time*. Seeking God's guidance, I sat down and made a list of the things I truly needed to accomplish that day. I didn't worry about what I had failed to do yesterday, or what I hoped to do tomorrow. I just concentrated on today.

As the day progressed (beginning with a renewed and refreshed prayer time), I found time to straighten my home, attend a friend's funeral, visit with a neighbor, do my marketing, work in the garden, and even spend a little time on my writing. As I climbed into bed that night, I looked at my list and smiled. I was right on schedule.

Lord, help me to remember it's not by my power, nor by my might, but by your Spirit that we accomplish anything worthwhile. Amen.

COMMUNITY GUIDE

Baby Dinosaurs "Hatching"

15 new "hands on" dinosaur exhibits. Now-March 15 at the E3 Children's Museum.

BIG BOOKS Story Time & Activity

Every Saturday in January from 10:00 AM -11:00 AM

Location: Story Time Room & Laboratory
Amber and Morissa will read from the BIG BOOK collection followed by a fun craft (some assistance may be needed) and an activity!

Toddler Playdate @ E3 Museum.

Every Wednesday, 10AM. Ages 5 and younger only.

Art projects on the 2nd and 4th Wednesdays.



FAMILY TIME

Childhood Fears by Traci Pedone and Susan Ligon (focusonthefamily.com)

Fear and anxiety lower your child's confidence and self-esteem if he doesn't know how to overcome them. Set the stage for him to enjoy a freer, more fulfilling life.

- Increase your child's understanding of how these unwelcome fears can keep him from enjoying life. Common foes include fear of the dark and separation anxiety.
- Give him strategies for defeating them. Specifically:
 1. Communicate and pray with him about his phobias.
 2. Evaluate the atmosphere in your household. Determine whether you are contributing to your children's anxieties by living at a hectic pace or allowing a high level of stress at home.

Regardless of the root of our children's fears, it is crucial that we validate their concerns. When a child knows he has his parents on his team — and knows he is taken seriously — he has more confidence to combat his fears.

Ways to Communicate

All of us have fears, many of which are centered on new experiences. As adults, we've developed coping mechanisms to aid us in dealing with fears and concerns. For our children, the world is full of new experiences. How can we help them over these hurdles?

Pray — Be sure to ask for God's help and intervention in your child's heart. Faith is the source of profound courage and peace.

Be There — Sometimes it's important to say very little and just be present. Hugs are worth a thousand words.

Listen — Have you truly "heard" what your child is trying to communicate? Doing so may save him a great deal of tears and frustration. Children sometimes have a hard time identifying their fears or nervousness, much less verbalizing them.

Be Honest — Our children need to know that we have fears, too. This will help them feel less isolated and embarrassed. We then can share with them some of the ways we've learned to cope with our anxieties.

Be Observant — Are there contributing factors that may be adding to the fear your child is feeling? Is he hungry, tired or overscheduled? Often a simple snack or nap works wonders.

MOPS 2008-2009 Steering Team

Leslie Halliburton, Coordinator, 947-3679

junglegym@hotmail.com

Cindy Powell, Mentor Mom, 327-3695

powell3inhouston@yahoo.com

Robin Flores, Discussion Group Leader, 564-3709

starkflores@msn.com

Erica Rawson, Hospitality, 326-5180

rawson5180@msn.com

Chris Severns, MOPPETS, 334-1835

cseverns1961@msn.com

Jennifer Jackson, Publicity, 326-5588

jacksonj002@yahoo.com

Jonna Cronk, Special Events, 327-9649

jonnamose@yahoo.com

Samantha Homer, Creative Activities, 402-4755

mikensamh@hotmail.com

Farmington MOPS is online! Check out our website at www.orgsites.com/nm/farmingtonmops



Beginning in January we will be starting a weekly exercise class for the moms at MOPS. The class will meet on Mondays at Northside Church of Christ and will start at 9:00AM and last for an hour. The cost is free. Children are welcome. They can join in with us or do something else as long as they behave. We hope you all can make it! Call Samantha Homer at 402-4755 if you have any questions.

Bring your little ones and join us for fun and fellowship at the E3 Children's Museum for a MOPS Playdate!

Thursday, January 22, 10-noon

The E3 Children's Museum is located on Orchard Ave.

Get your MOPS Cookbooks! We still have plenty to sell! A beautiful Pampered Chef platter will be awarded to the MOPS mom who sells the most books! All proceeds go back to our MOPS group. Only \$10 per book!

MOPS NEWS

Better Moms Make A Better World