

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 and
Wednesday
mornings at
9AM**

**Next MOPS
Meeting:
April 9**



**"Babies are
such a nice way
to start people."**

Don Herold

Farmington MOPS welcomes our speakers,
Debbie Engels from Moms in Touch and
Linda Culler of Parents as Teachers and
Love and Logic.

Debbie Engels
505) 326-2973

Moms In Touch, International
www.momsintouch.org

Linda Culler
Program Manager

Parents As Teachers and Love and Logic
Farmington Municipal Schools
(505)330-4252

ISSUE

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You Know You're Really a Mom When...

You count the number of sprinkles on each kid's cupcake to make sure they are equal.
You want to take out a contract on the kid who broke your child's favorite toy and made him/
her cry.

You have time to shave only one leg.

You hide in the bathroom to be alone.

Your child throws up and you catch it.

Someone else's kid throws up at a party and you keep eating.

You consider finger paint to be a controlled substance.

You mastered the art of placing food on a plate without anything touching.

Your child insists that you read "Once Upon a Potty" out loud in the lobby of the doctor's office
and you do it.

You hire a baby sitter because you haven't been out with your husband in ages, then you spend
half the night talking about and checking on the kids.

You hope ketchup is a vegetable because it's the only one your child eats.

You find yourself cutting your husband's sandwiches into unusual shapes.

You fast-forward through the scene when the hunter shoots Bambi's mother.

You obsess when your child clings to you upon parting during his first month at school, then you
obsess when he skips in without looking back.

You can't bear to give away baby clothes--it's so final.

You hear your mother's voice coming out of your mouth.

Verse of the Week

"Guide me in your truth and teach me, for you are my God, my Savior and
my hope is in you all day long." Psalm 25:5

FROM THE KITCHEN



Chicken Dinner in a Pocket

(My family LOVES this recipe. And the cleanup is so easy!)

- Aluminum foil
- 4 boneless chicken breast halves, skinned
- 2 medium potato, sliced
- 1 onion sliced
- Baby carrots
- 1/4 tsp dried dill weed
- 1/4 tsp salt
- Dash black pepper
- Dash Louisiana Hot Sauce (optional)

Using 2 layers, make 2 stacks of aluminum foil large enough to wrap ingredients and fold over. Place 1 breast on each stack of foil; divide potato, onion, carrots, dill, salt, pepper, and hot sauce evenly between the 2 stacks. Bring sides of 1 sheet of foil up around chicken and vegetables folding over to seal. Then bring second sheet of foil up in opposite direction, folding over to seal. Repeat for second dinner. Bake in 400 degree oven for 45-50 minutes.

HEALTH MATTERS

10 More Good Reasons to Exercise

By Denise Kessler

- 1. Feel more confident** Exercise may be one of the best self-esteem enhancers there is - and one of the easiest. After all, who can't make time for a 10-minute brisk walk?
- 2. Build brainpower** Aerobic exercise not only helps your body feel spry, it also quickens your mind. Being physically active increases blood flow to the brain, making your mind work more efficiently.
- 3. Stop cheating on your diet** New findings suggest that exercise may be the best antidote to binge eating, a problem often brought on by stress. When tension hits, many women reach for a sweet snack. But a study at California State University in Long Beach found that people felt less tense and more energetic after taking a brisk, 12-minute walk than they did after eating a candy bar.
- 4. Sleep better** The key to restful slumber may be as simple as taking a brisk walk four days a week. Research showed that adults who walked or did aerobics for 30 to 40 minutes fell asleep twice as fast and slept longer than those who didn't exercise.
- 5. Get a creative boost** A study at Middlesex University in London, England, found that regular exercise may enhance creative thinking by increasing the flow of nutrients to certain areas of the brain.
- 6. Stand taller** Doing strength training and flexibility exercises that improve posture can increase your height by up to a quarter-inch in a mere 12 weeks.
- 7. Ward off colds**
- 8. Save money** Being fit can actually reduce your medical bills.
- 9. Improve your hearing** Kathleen Hutchinson, Ph.D., and her colleagues at Miami University in Oxford, Ohio, found that physically fit people who exercise regularly have stronger blood circulation, which may offer some protection against hearing loss.
- 10. Deliver on time** Studies have shown that pregnant women who do at least three hours of aerobic exercise a week improve their chances of on-time delivery. In addition, having stronger muscles may shorten labor time.

KID'S CORNER

Lion and Lamb Note Holders (familyfun.com)

1. For each, start by cutting a few dozen 1/8-inch-wide strips of colored paper, each at least 4 inches long. Curl each strip tightly around a toothpick.



2. Next, cover a rounded, 3-inch card stock body with glue and attach the curls. Cut out a card stock face and ears, adding googly eyes and other facial features, and glue them all in place. Allow the glue to dry.



3. For the legs, which also serve as note holders, glue 2 clothespins to the back of the body. Stand the critter on a table or attach magnetic strips to the back and stick it to your fridge, then post your message in the clips.



CRAFT MATERIALS:

- Colored paper
- Toothpick
- Card stock
- Glue
- Googly eyes
- Clothes pins (2 per note)
- Magnetic strip (optional)

HOUSEHOLD TIPS AND TRICKS

Why It Pays to Get Organized (And How to Pay Your Bills on Time)

By Aby Garvey

Step 1: Designate a single, specific spot for the bills.

Your designated spot can be a basket on your kitchen counter or an in-box in your office. The ideal spot is the place where your bills are most consistently landing. The difference is now you'll add a container—a basket, file folder, or in-box—just for the bills. Nothing else can go in this particular container and you habitually put your bills here and only here.

Step 2: Pull your bills out of the mail every day.

When you go through the mail, separate your bills from the rest of the mail and put them in their designated spot. Bills are the most important items in your mail because if they aren't handled in a timely manner, they cost you money. So, you don't have to go through and read all your mail every single day. Instead, start by pulling out the bills and putting them where they go.

Step 3: Decide on a bill paying schedule.

There are a number of ways to approach this decision. You could select specific days of the month to pay the bills based on your paycheck schedule. For example, if you get paid every other Friday, you could choose to pay your bills on the following Monday. Or, you could choose to pay bills every single Thursday. The important thing is to decide on your schedule, and then, set up reminders until you get into the habit of paying your bills on this new time schedule.

Step 4: Make it easy to *remember* to pay your bills.

For this, you need to know yourself and what works for you. If you're good about using your calendar to manage your tasks for the day, (and you look at your calendar consistently) add your bill paying dates to your calendar.

If you don't use your calendar consistently, think about the habits or routines you already have established. For example, if you use a note pad to create new to-do list every day, start a week's worth of to-do lists in your pad and add "pay bills" to Thursday (or whatever day you've decided as your bill paying day.) When Thursday rolls around, pay your bills, and then, make your next seven to-do lists, adding "pay bills" to next Thursday's list.

If you prefer visual reminders, make yourself a big note that says "Is it Thursday? If so, pay your bills!" and put this somewhere that you will see it often, maybe right above your bill paying basket!

Step 5: Make it easy to *pay* your bills.

All of the above steps can be skipped if you set up online banking with automatic bill pay. With this, you schedule to pay your bills as soon they come due and everything happens on autopilot. However, if you prefer a manual bill paying method, so you can track where your money is going, or if you prefer to pay bills with checks, you can still make life easier on yourself. Create a bill paying mini zone, by collecting your bill paying supplies together in a designated spot or container. If they'll fit in your bills to be paid container, even better! Then, when it comes time to pay the bills, grab your bill paying supplies and your bills. Paying bills will be a breeze.

Step 6: Make it fun.

...or at least as fun as possible. Select a bill paying basket you love. Get colorful file folders for your bills to be paid. Next time you get checks, splurge on your favorite design. Designate your favorite pen as your bill paying pen. Simple pleasures go a long way to making an unpleasant task just a notch more enjoyable.

INSPIRATIONAL MOMENTS

The Value of God's Word:

The Bible is the only Book in which you can actually communicate with the Author every time you read it.

10 Reasons to pick up your Bible today:

1. The enemy of your soul does not want you to be a person of the Word.
2. The Bible is a priceless treasure.
3. The Bible is your resource for absolute truth.
4. The Bible is your manual for living.
5. As a child of God, you should keep up on all the blessings your Heavenly Father desires for all his children.
6. The Word of God is powerful.
7. The Scriptures should be your "food for thought."
8. Those who neglect the written Word of God will soon have serious questions about the living Word: Jesus Christ.
9. Every person has a desire to know about the future.
10. How would you like to hear God speak to you?

After all, the Bible, is the World's #1 Best Seller!

COMMUNITY GUIDE

Spring Break!
No school from
March 23-27

**Lucky Leprechaun
St. Patrick's Day
Celebration**

Sycamore Park Comm Center
1051 Sycamore St.

March 17 from 4-6 PM

Be lucky and celebrate this holiday with games and refreshments. Be sure to wear something green! All ages welcome. This program is free!

**Spring Break Week
Farmington Public
Library**

March 23-27

Story Time @ 11AM

Craft @ 11:30

Movie @ 12 Noon

**Toddler Playdate
@ E3 Museum.**

Every Wednesday,
10AM. Ages 5 and
younger only. Art
projects on the 2nd
and 4th Wednes-
days.

**Women's Expo
April 4th
Farmington Civic
Center from
10AM-4PM**

FAMILY MATTERS

Raising Christian Children (from Christian Marriage & Family Ministry)

- Pray for your family everyday. Give thanks to God always for the family he has blessed you with!
- Begin at birth by saying bedtime prayers with your children. You will be amazed how quickly they pick them up and begin to say prayers with you! Help them to know Jesus as early as possible.
- Read to your children bible stories from a children's bible for their age group. Family time together, sharing the bible, can be a wonderful experience.
- Have patience with your children. Our world sadly goes much faster than theirs.
- Always build confidence in your child whatever you do!
- Listen to them, don't just hear what they are saying. Give them your attention and direct eye contact when they speak to you. Your children will let you know what concerns or problems they have and what you may need to bring to the Lord in intercessory prayer for them. This is such an important way in which to show them how much you value them, and will also teach them to pray for others.
- Watch over your children diligently! Know where they are, who they associate with, what they are watching on T.V., listen to the music they are playing...get involved and stay involved. This is not dress rehearsal! You only get a small amount of time to raise your children. Train them with good Christian moral values.
- Give you children responsibility early in life. Children love to "help" at a very early age. They may not do things quite the way YOU would, but this is not the lesson they are learning. Children trained in responsibility grow up to be self reliant. Today's work ethic is a prime example of lack of responsibility in the home. Teach them to respect proper authority.
- Keep control over the home! Your children must know who is in control.
- Love your children unceasingly! Hug them as much as possible. Praise them always! Nothing delights a child more than praise from his parents. Let them know just how much you love them!
- Spend time enjoying your children. Get down on their level and see the world they see! It's marvelous to bring out the child in Mom and Dad! Seek to have as much family time as you can.
- Have a "happy home." Laugh a lot! Proper humor is good for the soul. Always look for the positive. This is a great attribute to give your children.

MOPS 2008-2009 Steering Team

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

Terisa Tengler's daughter, Rachel, will be traveling to Guatemala for a Focus on the Family Mission Trip. She needs to raise \$3500.00 for her trip expenses. If you would like to hire Rachel as a babysitter (she is a WONDERFUL babysitter and works with our MOPPETS program!) make a tax deductible donation or find out other ways to support Rachel, please contact Terisa at 326-5078 or photomom.terisa@yahoo.com.

The MOPS weekly exercise class meets on Mondays and Wednesdays at Northside Church of Christ at 9:00AM and lasts 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!

Get your MOPS Cookbooks! We still have plenty to sell! All proceeds go back to our MOPS group. Only \$10 per book!

MOPS NEWS

Better Moms Make A Better World