

Welcome to Farmington MOPS!

# THE ADVENTURE GUIDE

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

## Save the Date!

**November 15**  
**MOPS**  
**Community Service Project with**  
**New Beginnings**

**December 11th**  
**Next MOPS**  
**Meeting**



"I WANT MY CHILDREN  
TO HAVE ALL THE  
THINGS I COULDN'T AF-  
FORD. THEN I WANT TO  
MOVE IN WITH THEM."  
PHYLLIS DILLER

### *Christians*

By Maya Angelou

When I say... "I am a Christian"  
I'm not shouting "I'm clean livin'."  
I'm whispering "I was lost,  
Now I'm found and forgiven."

When I say... "I am a Christian"  
I don't speak of this with pride.  
I'm confessing that I stumble  
and need Christ to be my guide.

When I say... "I am a Christian"  
I'm not trying to be strong.  
I'm professing that I'm weak  
And need His strength to carry on.

When I say... "I am a Christian"  
I'm not bragging of success.  
I'm admitting I have failed  
And need God to clean my mess.

When I say... "I am a Christian"  
I'm not claiming to be perfect,  
My flaws are far too visible  
But, God believes I am worth it.

When I say... "I am a Christian"  
I still feel the sting of pain.  
I have my share of heartaches  
So I call upon His name.

When I say... "I am a Christian"  
I'm not holier than thou,  
I'm just a simple sinner  
Who received God's good grace, somehow!

**Farmington MOPS is online! Check out our website at**  
**[www.orgsites.com/nm/farmingtonmops](http://www.orgsites.com/nm/farmingtonmops)**

Keep updated on events, check out past issues of The Adventure Guide, and share information about MOPS with friends who are interested in attending our group!

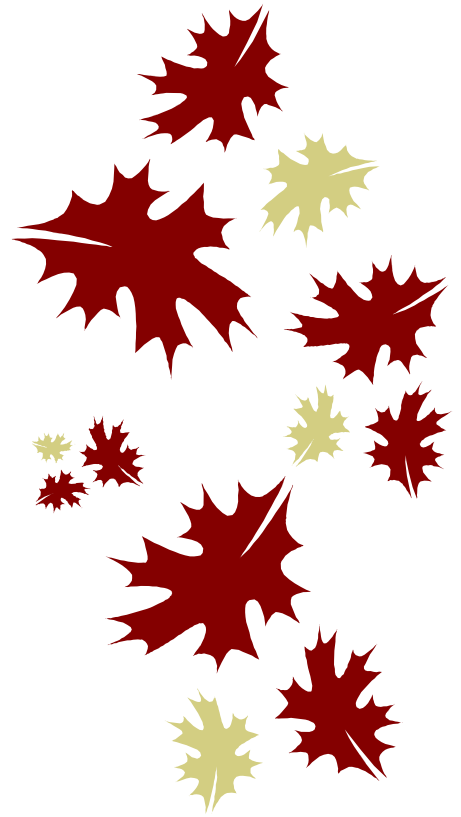
### Verse of the Week

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

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## Cranberry Streusel Sweet Potatoes

- 6 medium sweet potatoes, peeled
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/2 cup soft bread crumbs (1 slice)
- 1/4 cup dried cranberries
- 1/4 cup coarsely chopped pecans
- 2 tablespoons butter or margarine, melted

1. Place sweet potatoes in 3-quart saucepan; add enough water to cover. Cover and heat to boiling; reduce heat. Simmer covered 20-25 minutes or until tender; drain. Shake potatoes in saucepan over low heat to dry.
2. Heat oven to 350 degrees. Mash potatoes with 2 tablespoons butter and the salt until no lumps remain. Spoon into ungreased 1-quart casserole. Mix remaining ingredients; sprinkle over potatoes.
3. Bake uncovered about 30 minutes or until heated through and streusel mixture is golden brown.



## Eating Healthy on a Budget by Liz Weiss and Janice Bissex

### Ways to trim your food bill — and your waistline

If you're working with a tight budget, you're in luck because shopping for healthy foods can actually help you save money at the supermarket. A study published in the *Journal of the American Dietetic Association* back in 2002 found that consumers were able to cut their weekly food bill when they purchased fewer extras such as soft drinks, chips, baked goods, and other high-calorie items. But buying fewer sugary, salty snacks isn't the only way to stretch your food dollar. Try some of these other cost-cutting strategies:

**Plan Meals Around Weekly Specials** — Peruse the food section of your newspaper each week to spot the best buys and then plan your family dinners around them. By going to the supermarket with a well-organized grocery list based on the ingredients you'll need for your recipes that week, you're more likely to fill your cart with the sale items you know you'll use while avoiding impulse items such as prepared foods, which tend to be more pricey.

**Buy Produce in Season** — Produce at its peak is a smart buy. Take corn for example. Purchased in the summertime, corn costs a lot less than buying out of season — it tastes a lot better too. Other ways to save on fruits and veggies include buying only the amount you know you'll use (there's nothing worse than throwing away spoiled produce) and comparing the price between frozen, canned and fresh produce to spot the best buy.

**Be Picky About Protein** — Besides the usual protein foods of chicken, beef, pork, and seafood, try some less expensive vegetarian sources of protein, which includes tofu and legumes such as lentils and beans. A can of protein-rich beans can cost as little as fifty cents, and their versatility can't be beat. They can also add value to the meat you may already have on hand. A pound of ground beef, for instance, will yield four 4-ounce hamburgers. Mix in a can of mashed black beans (mash the beans until smooth with a potato masher) and you'll get eight juicy burgers!

**Turn to Generic** — Generic brands are often a lot less expensive than brand-name products. If, for example, a brand-name cereal has the same nutritional value as the generic one and your family likes them both, it's often a better bet to go with the generic. Even if you have a coupon for the well-known brand, chances are the generic cereal will still be cheaper.

**Cook From Scratch** — It's often tempting to pick up a pizza or drive by your local fast food joint when it's 6 p.m. and your cupboards are bare. By planning ahead though, you can avoid those costly traps. While it's a common misconception that nutritious, home-cooked meals cost more than takeout, a simple calculation proves otherwise.

## KID'S CORNER

### Thankful Tree (familyfun.com)



- Flowerpot
- Art sand (sold at craft supply stores)
- Bare tree branch
- Colored craft foam
- Scissors
- Permanent marker
- Large ornament hanger or straightened paper clip
- Fill a flowerpot with sand and set in a shapely bare tree branch.
- Next, cut a pile of leaf shapes from colored craft foam.
- As your guests arrive, have them take a leaf and, with a permanent marker, write their name and the date on one side and something they're grateful for on the other.
- To decorate your tree, push a large ornament hanger or straightened paper clip through the stem of each leaf and hang it in place.

## Paycheck to Paycheck Reality Check

by Kimberly Danger

For those living paycheck to paycheck, the cycle of getting paid only to have it spent by months' end seems endless. You may wonder how you'll ever break free. It's time to take control of your own financial life and do something about it.

### Pay Yourself First

"How can I save when there's nothing left at the end of the month?" you may ask. Don't pay yourself at the END of the month. Pay yourself first. Make it a priority over everything else. If you're not doing so, you're stealing your own peace of mind and financial security. Whether you can save \$50 a month or \$500, like Nike says - you need to find a way to JUST DO IT. Start now, no matter how small your contributions. As you get raises, increase your savings.

### Recognize the Difference Between Needs and Wants

So many people say they can't possibly save any more than they already do, yet they continue to pay for things that aren't absolutely necessary. In today's society, the line between wants and needs is more blurred than ever. Today's family is digging themselves jeopardizing their financial security buying "essentials" like cable TV, cell phones, and a gym memberships.

If you can't make ends meet, do you have or have purchased any of these things recently?

Cable TV  
Kids' activities, including preschool  
Preschool  
Cell phones  
Gym memberships  
Salon services like manicures, pedicures, tanning, hair coloring  
Vacations  
Dinners out (including fast food)  
Computers and Internet (unless you're working from home, they're a luxury too)  
Big houses  
New cars

All of the things listed above are wants, not needs. You can get by without them. Unfortunately most Americans today see them as necessities, and aren't willing to give them up, even if it compromises their financial well-being.

### Fund Your Own Emergencies

Emergencies happen. Cars break down. Kids get sick. People lose jobs. Those are simple facts of life. It's not a matter of IF they happen, it's more of a WHEN. Don't act like a victim when life happens to you, but instead be prepared. Have the foresight to plan ahead for the times when life kicks you from behind. Sock away money for a rainy day, fund your own emergencies, eliminate debt, and plan ahead for your future. By doing these three things, you'll not only be on the road to financial success, you'll feel empowered in the process.

## PearBudget.com

Budgeting is really boring, right? And complicated? We have too many things going on in our lives to sit in front of a computer that's telling us we don't have enough money. Sarah and Charlie Park (parents to 4-year-old Lucy and 18-month twins Kate and Frances) felt like that was the case for them...and yet they knew they needed to keep an eye on their spending. So they created **PearBudget.com**, a really simple online budgeting tool. It's been praised by blogs like *Simple Mom* and *Lifehacker*, and has even been featured in the *Wall Street Journal*. You can set up your own budget for free at PearBudget.com and if you decide to keep using it after the free trial, it's only \$3 a month (less than a latte!). As the November raffle prize, Sarah and Charlie are offering TWO free, lifetime subscriptions to MOPS moms in Farmington! Head over to PearBudget.com and see what really simple budgeting is like!



November 19

## Reel Readers: Dinner and a Movie at the Farmington Public Library (6 p.m.)

*The Other Boleyn Girl* (PG-13)

- Read the book by Philippa Gregory
- Bring your own carry-out dinner to enjoy while you watch the movie.
- Talk about the book and film.
- Win fabulous prizes!

NOVEMBER 22

## FARMINGTON HIGH SCHOOL KELLY GREENS ARTS AND CRAFTS FAIR

This annual craft fair is the largest craft fair in the region. Hours are from 9am to 3:30pm at Farmington High School. For information call 505-324-0352 x1424.

NOV 28 - DEC 31

## 9th ANNUAL FANTASY OF LIGHTS HOLIDAY SHOW

Lighted sculptures featuring a winter wonderland of gingerbread children, holiday ice skaters and the Grinch hauling away your gifts. Riverside Park in Aztec, NM, opens at 6:00pm nightly.

# HOUSEHOLD TIPS AND TRICKS

## Activity Bags Packed and Ready to Go! By Wendy Frederick

Our daughters are involved in a lot of activities. Their interests range from gymnastics to horseback riding to soccer and more. My husband is not home until later in the evening, so it's up to me to get them to their activities on time, and fully equipped as well! To tangle through the mess of accessories each girl needs, I put several hooks on the wall next to the washer and dryer. Then I went to K-mart and bought large, colorful beach totes. With a black magic marker, I wrote the name of one activity on each tote and hung them on the hooks. As I wash their clothes, I put them in each tote. Each child knows to put their accessories in the correct bag when they get home, such as soccer shoes and riding helmets. Then, when we have to leave for their lessons, we just grab the bag and off we go! This little adjustment has made our hectic lives much easier!



## MOPS Community Service Project!

Nov. 15 at 2:10 p.m. Movie: Appaloosa  
\$6.00 Matinee price

We would like to do a Community Service project and we selected New Beginnings as our outreach. New Beginnings is a home for abused women and their children. They rarely get to see a movie so we would like to take them to the movies. There are currently 7 women in the shelter with 10 children. Help pay to take a woman out and see the movie with her or help with child care while the mother sees the movie. We will be doing a craft with the kids. Questions? Email or call Jonna Cronk ([jonnamos@yaho.com](mailto:jonnamos@yaho.com) or 327-9649)

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Do you have an article, book review, announcement or recipe you would like to submit to THE ADVENTURE GUIDE newsletter? Send it to Jennifer Jackson at [jacksonj002@yahoo.com](mailto:jacksonj002@yahoo.com)

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

MOPS NEWS

Better Moms Make A Better World