

Welcome to Farmington MOPS!

# THE ADVENTURE GUIDE

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

## Save the Date!

October 17  
Sutherland Farms  
Pumpkin Patch  
Trip

October 20  
MOPS Ladies  
Night Out: Pie  
Night!

November 13  
Next MOPS Meet-  
ing!



ENJOY the little things in life...For one day, you will look back and REALIZE they were the BIG THINGS.  
~Robert Brault

## Meet Our Speaker!

Debbie Fentiman is the chairman for women's ministries at First United Methodist Church in Farmington. She has a passion for children and women's ministries. Her desire is to see the stirring in the hearts of God's people so they will rise up and serve Him. Debbie and her husband Jim reside in Farmington New Mexico and they have two children, Sarah 15 and Laurie 9.

Four of our Farmington MOPS Steering Team members travelled to Dallas, TX this past weekend to attend the MOPS International Convention. What an amazing and blessed experience shared by 4500 MOPS moms. There were incredible musical artists (Jaci Velasquez, Plumb, Avalon, Salvador, Go Fish), informative speakers, and great workshops. **The MOPS Convention is open to ALL MOPS moms, so plan now if you would like to attend next year, September 25-27, 2009 in Nashville, TN!** Robin, Erica and Jennifer would like to give a HUGE THANKS to Leslie for making this year's trip possible! We love you!



ISSUE

02

October  
2008

## MOPS Fees for the 2008-2009 year:

**MOPS International Fee: \$23.95 for the year.** Due at the time of registration. **Please pay this so your spot will be held if we need to go to a waiting list!**

Need help? Ask Leslie about scholarship assistance!

**Monthly meeting fee: \$5.00 per meeting.** This can be paid all at once, or at each meeting. This is necessary to help us pay for childcare workers, supplies, printing costs, etc.

## Verse of the Week

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled. (John 14:27)

# FROM THE KITCHEN

Here is a freezer Relish! recipe I have tried and give it 5+ stars!! ~ Erica Rawson

## Citrus-Glazed Pork Tenderloin

Prep time: 5 minutes

- 1 1/2 pounds pork tenderloin
- 2 tablespoons ketchup
- 2 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 1/4 cup orange juice
- 1 teaspoon hot sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon soy sauce (low sodium)
- 2 teaspoons curry powder

[1] In a small bowl, whisk together the ketchup, hoisin sauce, vinegar, zest of orange, orange juice, hot sauce, sesame oil, soy sauce and curry. Place the meat in a large zip-top bag and pour the marinade over the top. Turn to coat, affix the cooking label and place in the freezer.

per serving: 296 calories; 47 grams protein; 9 grams total fat; 0 grams fiber; 3 grams saturated fat; 3 grams carbohydrates; 146 mgs cholesterol; 265 mgs sodium

## Pumpkin Brownies

Prep and cook time: 45 minutes

- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/2 cup canola oil
- 1 cup canned pumpkin
- 2 eggs
- 1/4 walnuts, chopped
- Frosting
- 1 cup confectioners' sugar
- 3 tablespoon butter, softened
- 1/2 of a 3 ounce package cream cheese
- 1 1/2 teaspoons milk
- 1/2 teaspoon vanilla extract

Preheat oven to 350 degrees.

1. Spray an 8x8 inch pan with cooking spray, set aside. In a large mixing bowl, combine all ingredients, except walnuts. Using an electric mixer beat on low speed until combined.
2. Beat for 2 minutes on medium speed. Stir in walnuts, pour into prepared pan.
3. Bake for 25 to 30 minutes, until a toothpick inserted in the center comes out clean. Cool completely. Frost and cut after bars are cool.
4. In a small bowl combine all frosting ingredients. Mix until smooth.
5. When the frosting is set, cut the brownies and place foil over the top of the pan. Place in the cooler.

We offer the plan to get you out of your dinner rut for good and to prepare healthy and creative dinners, every night. You choose your weekly recipes, the grocery list is tabulated, shop once a week and have all of the ingredients needed for five meals.

Each week you choose five entrees to make for the week.

All dinners are kitchen-tested (no more disasters) and take 30 minutes or less prep.

The comprehensive grocery list makes grocery shopping a snap.

5 dinners and sides cost less than \$85 per week. You will notice substantial grocery savings!

A Relish! subscription is only \$7 per month.

Monthly freezer menus are included in the subscription, plus much more (such as seasonal menu & party ideas, lunch ideas, etc...)

You could copy and paste the grocery list or menu if you want.

There are lots of "simple gourmet" items. **This is wonderful!**

**For a free one week trial:**

Go to: [www.relishrelish.com](http://www.relishrelish.com)

Click on : "Redeem a Voucher"

Enter: freetrial

Sign up & get a one week free trial.

**We are giving away two subscriptions at our MOPS meeting!!!!**



# HEALTH MATTERS

## Green Peas: A Vitamin Powerhouse

by Meredith Stantion (WebMD)

Reach for a handful of peas and make a dent in your daily dose of vitamin requirements. This green legume is loaded with A, B-1, B-6, C, and a supersized serving of osteoporosis-fighting K. One cup of boiled green peas has 46% of your RDA of vitamin K-1, known for maintaining bone health and helping blood to clot to prevent bleeding. Peas are high in fiber and low in fat and contain no cholesterol. Plus, they're a good source of vegetable protein.

Did you know that a 100-calorie serving (about 3/4 cup) has more protein than 1/4 cup of almonds or a tablespoon of peanut butter? No wonder peas were favored by the ancient Egyptians, who buried them in their tombs for use in the afterlife. Were you the kind of kid who pushed them, uneaten, around your plate? It's time to reconsider this vitamin powerhouse. Give peas a chance.

# INSPIRATIONAL MOMENTS

## A Message of Hope Testimonies from Mothers Who Miscarried By Emily Smith

Nothing is worse for a mother than the pain of losing a child. If you've experienced a miscarriage, you know this is true even though you were never given the opportunity to get to know the precious life inside you. Yet, while your grief will never fully fade, God promises the pain you feel now is not the end of the story. He says in 1 Corinthians 13:12 that you see His plan only as a poor reflection in a mirror, but one day you will understand fully. And even without all the answers, God invites you to live in the hope of His love and faithfulness to you.

**Cynthia and Devin are both medical professionals. Still, their understanding of the human body couldn't fully shield them from the pain of experiencing three miscarriages. Only a firm belief in God's goodness and loving control could provide the comfort they sought.**

With each one, when it was happening I thought, *I'll always remember this date*. But while I don't remember the exact dates, I do remember the emotions.

The first miscarriage happened in 1993, when Devin and I had been married two years and were ready to start a family. I got pregnant quickly. We were so excited we told everyone we were expecting. We didn't know any better.

I lost the first baby after about seven weeks. I was more upset than Devin because it was so early the pregnancy didn't seem as real to him. But he was very understanding and took me on a getaway trip. I was kind of embarrassed. When you've told people you're pregnant, it's hard to have to say later that you're not anymore. I learned to wait much longer with my later pregnancies before making any announcements!

Soon after the miscarriage I got pregnant again, and we had a son. Then, in 1997, I miscarried for a second time. My husband and I flip-flopped in our response. Devin took it much harder than I did because now he knew what he was missing, and he'd really been looking forward to having another child. But again, I got pregnant soon after the miscarriage, and God blessed us with another son.

We weren't even trying to have a third child when I got pregnant in 1999. Since it was a surprise, I immediately thought, *This must be God's plan. He must want us to have three children*. But it wasn't to be. I went about 12 weeks before miscarrying, and it was more difficult than the other two, both physically and emotionally. It was disturbing to me because we hadn't even planned to get pregnant, and then God allowed another miscarriage.

But as with my other losses, I tried to fall back on my experience as a nurse and remember that miscarriage is a natural biological response. It's easy to think, *Did I do something to cause this?* But usually there's nothing anyone can do. Most important, I had to remember that all things happen according to God's will. I often think when I hear couples talking about their family plans — how many kids they want, how far apart they want to space them — they need to remember it's not our choice. We have to simply wait on God.

I love Jeremiah 1:5, which says, "Before I formed you in the womb I knew you." It comforts me to know God has always known the children I lost. Even though the world didn't consider them "viable," God gave them souls from the very beginning. I look forward to the day when I get to heaven, because then I'll have five children, not two.

**"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled" (John 14:27).**

# COMMUNITY GUIDE

Trunk or Treat @  
Northside Church of  
Christ. October 31,  
5:30-8 PM

Kid's Fall Festival @  
First Baptist Church,  
Farmington. October  
31, 6-8 PM

Women United in  
Christ Conference  
presents  
**Women of  
Truth**

**October 18th**  
at the Community  
Concert Hall at Fort  
Lewis College in Du-  
rango.

The guest speaker  
is **Sylvia Harney**.  
Sylvia overcame a  
difficult childhood  
and depression by  
"putting my entire  
life in God's enor-  
mous, trustworthy  
hand. I ask Him to  
guide, shelter and  
protect, then I just  
stay in His Word,  
trust Him and show  
up expecting Him to  
be there! I live each  
day as a 'brand new  
morning, a gift from  
God's own hand."

Sylvia is the author  
of the books *Married  
Beyond Recognition*  
and *Every Time I Go  
Home I Break Out in  
Relatives*.

Tickets can be pur-  
chased online at  
[www.womenunitedi  
nchrist.com](http://www.womenunitedi<br/>nchrist.com)



# KIDS CORNER

## Pumpkin Roll ([FamilyFun.com](http://FamilyFun.com))

Make your bathroom a little more festive this Fall with toilet paper rolls!



1. Set each roll in the center of a 22- by 18-inch piece of fabric, gather the fabric around it, and tuck the edges into the top hole (A).
2. For a stem, roll a strip of brown paper bag and glue the edge (B).
3. For a vine, glue one end of a pipe cleaner to a felt leaf, then curl the pipe cleaner around the stem (C). Insert the stem in the hole.



### CRAFT MATERIALS:

- Toilet tissue rolls
- Orange fabric or tissue paper
- Brown paper bag
- Glue
- 12-inch green pipe cleaners
- Green felt leaves

# HOUSEHOLD TIPS AND TRICKS

Do you feel as if you're constantly running around at the last minute, trying to find the right diaper bag? Are you weary of climbing the stairs countless times to change diapers? Here are a few mom-tested tips to reduce clutter and make your days easier:

1. **Use a hanging sweater organizer to store diaper bags in a conveniently located closet.** Find a sturdy canvas sweater organizer, clear out space in the front hall closet, and load it up. Use the top cubby to store small toys, books, and snacks, so you can load up the diaper bags in one stop.
2. **Hang a shoe organizer on the inside of the closet door.** Use the clear plastic pockets for storing mittens, gloves, and hats in the winter. In the summer, the winter accessories make way for summer hats, sunscreen, and sunglasses.
3. **Set up a changing station on each floor of your home.** While a nursery is obviously the most convenient place for nighttime changes, it may not be quite so convenient during the day. Buy an extra changing pad and set up a diaper station downstairs—we use the top of the dryer in the laundry room. Fill a basket with diapers, wipes, diaper cream, pain relievers, thermometers, tissues, spare onesies, burp cloths, and a few little toys. Don't forget to have trash can nearby!
4. **Reuse those empty wipes containers.** Besides holding small necessities in the changing area, use them for storing small items for older children. The tubs are great for crayons, markers, magnets, and hair accessories.

## MOPS 2008-2009 Steering Team

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### Moppet Workers Needed!

If you know someone who loves children and would like to make some extra money every month, we are in need of more Moppet workers. If we do not have enough workers, we will have to limit the number of mom's who can attend, and we don't want to turn anyone away if we don't have to! So please help, and pass this on to friends, grandmothers, babysitters and your church childcare workers! Call Chris Severns for more information: 334-1835 or [cseverns1961@msn.com](mailto:cseverns1961@msn.com).

Do you know a mom who needs MOPS? Or just want to spread the word while grocery shopping or playing with the kids at the park? Pick up brochures or business cards at the front table to give away!

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)

## MOPS Mom's Night Out

We will be learning how to make homemade apple pies!

Northside Church of Christ

October, 20th at 7PM

The cost is \$5 for supplies.

Please RSVP to Jonna Cronk at [jonnamos@yahoo.com](mailto:jonnamos@yahoo.com) (327-9649) so we will have enough supplies!

Bring your little ones and join us for a trip to Sutherland Farms

October 17 at 11:30AM

The cost is \$4.00 for everyone ages 2 and over. This includes the price of a small pumpkin.

We will meet at the farm, located in Aztec.

Bring a sack lunch, and we can eat there! Call Samantha Homer @ 402-4755 if you have any questions!



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