

Welcome to Farmington MOPS!

THE ADVENTURE GUIDE

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

ISSUE

01

September
2008

**Save the
Date!**

**September
20th**

**MOPS Ladies
Night Out at Los
Hermanitos!**

**October 9th
Next MOPS
Meeting!**



**"There is nothing
more important
than shaping a
young life."
~Rick Warren**

WELCOME TO MOPS!!

Good morning ladies! I would like to be the first to welcome you to MOPS! I hope you all had a very restful summer and are geared up and ready to go for the GREAT year we have in store for you.

Our theme this year at MOPS is Adventures in Mothering. Maybe your life as a mom feels like a merry-go-round as you go round and round and up and down-but don't seem to get anywhere. That is what we are here for—to refresh you and to tackle the crazy adventure of motherhood together! We as a Steering Team and as a group want to come along side you during this FUN yet challenging time in your life. Hot food, crafts, great speakers, friendship and childcare are part of what you will experience at MOPS!! I look forward to meeting you all and getting to know you even better. If you have any questions, comments or concerns, please feel free to contact me. I would be more than happy to help in any way I can.

In His Love,

Leslie Halliburton, Coordinator

MOPS Fees for the 2008-2009 year:

MOPS International Fee: \$23.95 for the year. Due at the time of registration. Need help?
Ask Leslie about scholarship assistance!

Monthly meeting fee: \$5.00 per month. 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

"If you forgive people in their wrongdoing, your heavenly Father will forgive you as well." Matthew 6:14

Simple Lunch Box Recipes:

Pineapple Kabobs

Ingredients:

- Pineapple chunks (1/2-inch pieces)
- Marble cheese cubes (1/2 inch pieces)
- Slices of ham cut into 1-inch squares
- Toothpicks

Directions:

Assemble the mini-kabobs on a toothpick in the following manner: Ham square, pineapple chunk, ham square and a cheese cube.

Veggie version: Substitute teriyaki-flavored baked tofu for the ham/cheese. Baked tofu can easily be sliced into small cubes and is very tasty with the pineapple.

Trail Mix

Directions:

Combine any or all of these ingredients in an airtight container and toss gently to mix. Store airtight. Lasts for weeks.

Ingredients:

Dry snacks: cereal (low in sugar – under 5g per serving), small pretzels, graham cracker or rice cake pieces, or animal crackers.

Dried fruits: Cherries, apricots, raisins, mangoes or coconut flakes (Tip: big pieces of dried fruit can be cut up easily using kitchen shears).

Nuts and seeds: sliced almonds, pecan pieces, cashew pieces, pumpkin seeds, sunflower seeds or peanut pieces.

Check out:

www.freshbaby.com and subscribe to their Fresh Ideas newsletter to get monthly ideas, tips and activities for developing your family's healthy eating habits!

More Than Potpourri

by Patty Wysong

My teenage son walked in the door and asked what smelled so good. Knowing this child of mine, I told him his sister had made a birthday cake, thinking that would make him lick his chops, but his response surprised me. "Oh. I thought I smelled something fruity, maybe peachy." He was less than happy when I told him that was just the liquid potpourri and there were no peaches in the house, let alone in the oven.

I rather smugly thought to myself, "Yes! Mission accomplished. It no longer smells like a closed up house with a hint of his smelly socks." When I glanced at his face I saw a different message, it said, "All smell and no substance stinks!"

Sometimes I get so caught up in the smell good part that I don't even think about substance. But that's the most important part of the equation. I want to be more than just a pleasing aroma, more than just potpourri. I want to make sure I have a pie sitting on the counter ready to serve to my family and friends and to anyone that comes to my door and into my life.

Life is about more than just knowing the right words to say, doing the right things at the right time, wearing the right clothing for the occasion. It's about walking the talk. Living out what I say I believe. It's about having more than a smoke screen to hold on to when the going gets rough, and more than just meaningless platitudes when my friends need a lifeline.

How can I do that?

***By spending time in, and meditating on God's Word. *By being in constant communion with Christ in prayer, talking with Him, but also listening for His voice. *By abiding in Jesus.**

"Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you, unless you abide in Me. I am the vine you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing." John 15:4-5

Lord, help me to bear fruit for You and not be just a fruity potpourri that smells good but has no substance to it.

Patty Wysong is a Christian wife and homeschool mom of 5 who is passionate about wrapping lessons in pretty packages that will point others to God. Blog: <http://pattywysong.blogspot.com>

Article Source: <http://www.faithwriters.com>

KIDS CORNER

Notable Notebooks from FamilyFun.com

1. **Stripes** Simply stick alternating strips of duct tape across the cover of a loose-leaf binder, overlapping them slightly.

2. **Swirls** Unroll some electrical tape (it's slightly elastic, making it the best choice for curves) and press it in place, stretching it to make curves as you stick it down.

3. **Letters and Numbers** Use a permanent marker to write block-style numbers and letters on waxed or parchment paper. Keeping the paper right side up (so the letters read correctly), cover the letters and numbers with duct tape, then turn over the paper and cut them out.

4. **Shapes** Stick pieces of duct tape or electrical tape onto waxed or parchment paper. Turn over the paper and use a permanent marker to draw designs, such as our flowers and cacti, on the back. Cut out the shapes. (We used a hole punch to create our flower centers.) Peel away the paper and stick your designs in place. You can also draw on details with permanent marker.



CRAFT MATERIALS:

- Duct tape
- Electrical tape
- Permanent marker
- Waxed or parchment paper

HEALTH MATTERS

KIDS AND BREAKFAST

Do your kids eat breakfast?

By many reports, 40% of kids don't.

But everyone knows that breakfast is the most important meal of the day, right?

Here is some proof:

- The State of Minnesota Breakfast Study showed that students who ate breakfast before starting school had a general increase in math grades and reading scores, increased student attention, reduced nurse visits, and improved student behavior.
- Children who eat a healthy breakfast meet their daily nutritional needs, keep their weight under control, have lower blood cholesterol levels, attend school more frequently, and make fewer trips to the school nurses office complaining of tummy aches.
- Kids who eat breakfast are more likely than children who skip breakfast to consume foods with adequate levels of minerals, such as calcium, phosphorus, magnesium, and vitamins, such as riboflavin, vitamins A, C, and B12, and folate.
- Kids who skip breakfast do not make up for the missed calories at other meals.

So why aren't your kids eating breakfast each day?

Most likely it is because your family is already rushed in the morning and you don't feel like you have time to provide a nutritious breakfast. But remember that breakfast doesn't have to mean home-made waffles or french toast every day. There are many quick and easy breakfasts that you can give your kids that are also nutritious.

According to the American Dietetic Association, these can include:

- ready-to-eat cereal with fruit and milk
- toasted bagel with cheese
- fruit-filled breakfast bar and yogurt
- toasted waffle topped with fruit and yogurt
- fruit smoothie (fruit and milk whirled in a blender)
- peanut butter on whole-wheat toast

If you can't provide a healthy breakfast for your child at home, you might also look at breakfasts offered at your child's school or daycare.

FAMILY GUIDE

Prayer Box (from *Wonderfully Made* by Debbie Marrie)

Encourage your children to build a habit of faith-filled prayers by making a prayer box with you. Choose any sturdy cardboard, wood or wicker container to decorate. It should have an opening where you can put in papers on which your family can write topics of prayer. Decorate the prayer box with tissue or wrapping paper, stickers, yarn, buttons or beads—whatever you have handy and your child wants to work with. Give the box a name and keep it in a central spot in the house. When someone mentions a prayer concern or praise, write a few words, or have your child draw a picture about the concern or praise; then drop it in the box. At a later date—a month later, a holiday, etc.—read the prayer and praise slips and see how God has been working on your behalf all along. When faith is being tested, you can also write Scripture verses that underscore your faith, so you can remain fervent as you wait for God's answer.

COMMUNITY GUIDE

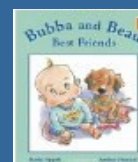
Mom to Mom Bible Study @ First Baptist Church in Farmington begins Wed, September 17 from 9:30-11AM. Childcare provided. Call the church office at 325-4528 to sign up!

Fall Story Times @ the Main Library (Ages 5 & under): Mon, Tues, Thus, Fri at 9:30AM and Wed at 1PM.

Family Art Saturday @ the E3 Children's Museum. Saturday, September 27, 1-4PM. All ages are welcome with adult supervision. Drop in for a FREE Art session!

Children's Author Visit!

Kathi Appelt, author of many wonderful children's books, is coming to the Main Library on Sept 29, 6-7PM in the Story Time Room. She will be speaking and you will be able to purchase her books at the event. Stock up for Christmas gifts! Families welcome!



HOUSEHOLD TIPS AND TRICKS

Solution to Controlling Chaos (www.familyfun.com)

Like most kids, my girls come home from school daily with folders full of papers, artwork, and keepsakes. We handle it with portfolios. When school supplies are on sale in August, buy one inch 3-ring binders with a clear view front for each child. Also grab some page protectors. Insert 15+ page protectors in each binder and you're ready! As the papers come in, we determine which are "keepers" and slide them right in the protector, in order, front to back. In go award certificates, thank you notes from teachers, ribbons from track-and-field day and those sweet cards and creative pieces of art given to moms and dads (that find their way to the bottom of a drawer. Admit it!) I put report cards, class pics, newspaper clippings and tests in there, too. If I can squeeze it in a protector, it's in! I do punch holes in a few big items. Once picture day has come and gone, I have the girls create a cover using their school pic and some stickers and they write the school year, their age, grade, etc. On the binder edge, I also add a little pic of them and the year/grade so that it's easy to find on a shelf. No more boxes or tubs to sort through at the end of a school year. Most of us know that doesn't ever happen! Even my kindergartener can choose what to save and knows where to put it!

MOPS Steering Team

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MOPS Mom's Night Out

September 25, 7PM @

Los Hermanitos (located at Middle Fork Square). Please call or email Jonna Cronk (327-9649 or jonnamose@yahoo.com) if you plan to attend, so we can make reservations before the event! Come and relax and get to know other MOPS moms while leaving the kids at home!

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



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

Better Moms Make A Better World