



A Mom's World

Sarver MOPS

September - October '09

New Beginnings

Steering Team

Coordinator:
Sherri Smith

Asst Coordinator:
Tanya Schachte

Devotion/Discussion:
Melissa Maloney

Finance:
Erin Roos

Hospitality:
Michele Williams

Activities:
Jennifer Grabowski

MOPPETS:
Maria Malkin,
Kim Vivirito,
Stephanie Judy

Publicity:
Kathy McLafferty,
Whitney Vavra

Mentor Moms:
Jane Stiller, Laura
Delaney, Sherry
Maroni

We have started an exciting new chapter in our MOPS world. We have moved our meetings to Christ Community Fellowship in Sarver. We hope that this move will be able to draw more members in from the surrounding community.



Upcoming Events

First Moms Night Out (MNO): **Sept 24.** Eat 'n Park in Natrona Heights at 6:30pm.

First Family Outing: **Oct 3.** Apple Festival at CCF's pavilion from 11-4pm. There will be games for all ages. Meat/Drink/Tableware provided. Please bring a Salad/Side or Dessert. Face-painting from 1-3pm. Sign up if interested.

First Night MOPS: **Oct 8.** Invite your working moms to meet at CCF from 7-9pm. Every 2nd Thur.

MOPS & POPS: **Oct 17.** Gateway Clipper. \$15.

MNO: **Oct 23.** Game Night 7pm. Place TBA.

Halloween/Harvest Party: **Oct 28.** TBA. Instead of playgroup.

New Book Study: *Holy Spirit.* Sign up with Jane today if interested.

Playgroup: 4th Wednesday of every month. At Pittsburgh Mills Mall from 10-12pm.

Idlewild Tickets: Discounted price \$11 for Hallowboo. Fri and Sat. Sept 26 though end of October. Contact Kathy.

Exercise: Bethel Methodist in Lower Burrell. M/W/F. 4:15-5:15. Contact Kim.

Websites of the Month

Our Sarver MOPS website:
www.orgsites.com/pa/mops/

www.swapmamas.com/
A bartering bonanza - Give a little, get a little, and best of all - Keep your hard-earned cash!

www.kidscorner.net
Help your children learn and retain Bible concepts. Includes family devotionals, parents discussion guides, Bible Corner, activities and quizzes.

Holy Spirit

Focus on Parenting™, brings together the experiences of Dr. Kevin Leman, Larry Fowler, Phil Vischer, Elisa Morgan, Mark Holmen, Ron Luce, Juli Slattery, and Bob Waliszewski to bring you the most collectively broad panel of wisdom and knowledge for raising Godly children than any other single-day event ever offered.

On Saturday, November 14, join Focus on the Family®, the premier parenting ministry, as parents, church leaders, and the world's most respected voices gather together to offer wisdom about:

- equipping parents to know and serve God
- learning together how to experience the beauty of God's design for family
- building effective safeguards in the home
- instilling Christ-like character in your children
- being salt and light in your family's community

You'll find everything you need to face the joys and challenges of parenting with confidence. You'll find everything you need to help your family thrive—every step of the way

For more information contact Jane Stiller.

Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.

Nutrition Corner

Easy breakfasts that youngsters love.

Egg Cup: Spray the inside of a mug with a nonstick spray. Whisk two eggs with a little low-fat milk, and pour into the mug. Stir in the pieces of low-fat cheese and ham. Microwave for 1.5-2 minutes, until the eggs are set.

Pineapple sundae: Scoop non-fat vanilla yogurt into a clear glass. Top with pineapple chunks and mandarin oranges (canned in their own juice and drained).

Roll-ups: Top a whole wheat tortilla with fillings like low-fat cream cheese and sliced cucumbers or refried beans and shredded cheddar cheese. Roll tortilla into small pieces.

