



Issue 10, February 19th, 2008 "Joy Edition"

Good morning Ladies! Enjoy our Business Fair! Here is a little information about the Moms, and their businesses, represented here today.

Jenae Cartwright is a Director with The Pampered Chef. When asked about her business, Jenae replied, "We sell quality kitchen tools that make being in the kitchen less stressful, and quick too!" Jenae started her business in March of 2006. Before then, she was an Assistant Manager at a bank, working long hours and handling a stressful work environment. Jenae adds, "So what a difference it was going into business for myself, getting to stay home with my daughter all day, then making money for a few hours in the evening while teaching others how to really enjoy quick meal making! I myself, hate cooking. So what I love is that I've not only learned some great tips from my new experiences, but the tools I sell really DO make a difference in other people's lives--not only those who use them in their kitchens, but those who have joined my team and are seeing the results in their own budget and family life!" You may reach Jenae at 253-709-2034, chefjenae@hotmail.com or her website www.pamperedchef.biz/jenaecartwright

Brenda Garinger has been an Avon Independent Sales Rep. since January 2008. She needed to work part time and during times when her husband was available to watch their twins. "I was not finding much that would fit those requirements nor pay very good. Realizing how this would take away from our family time, I choose Avon when God brought the opportunity to my kitchen table one day through a lovely lady selling Avon." Brenda says she enjoys flexibility that Avon offers, "I can set my own schedule, change it, earn as much or just enough!" Her website is www.youravon.com/bgaringer, her email address is bizeeness@comcast.net or she can be contacted by phone 253-929-6627.

Liz Hall has been practicing dentistry for nearly 4 years, the past 2 years have been at PuyallupValley Dental Care. Liz says "I provide personalized care for families and individuals of all ages. I focus on education and prevention, so every patient is able to make educated choices concerning their oral health. I am lucky enough to practice in an office where patient comfort is paramount. This includes televisions with headphones, massage chairs, warm towels at the end of your appointment, and much more!" What Liz says she enjoys most "I enjoy treating families at the same life stage as myself. As a mom of a young child, I feel I can relate to other parents. I enjoy influencing young children to have positive views of dentistry." The office number is 253-841-3173 or check out their website www.puyallupvalleydental.com

Jenny Heck is in the first year of starting her photography business. It started as a hobby and passion for capturing all of the precious moments of her three children. Jenny says "we wanted to make sure that we had a visual record of how wonderful they were at each stage in their development. What started as a passion for capturing the memories that we are making as a family has now translated into a desire to use my passion and talents to help other families do the same."

Contact: jennyheck@comcast.net, or by phone 206.841.4527

Dana Morrell has been a consultant Southern Living at home for almost 2 years. The company started in 2001 and is the direct sales company of the Southern Living magazine. For those who may not be familiar with the magazine, it has been around for 40 years and focuses on hospitality and the art of living gracefully. Dana says she joined the company because "I fell in love with the products! The products are beautiful and great quality." Check out the website at www.southernlivingathome.com and contact Dana at www.dmorrell66@comcast.net

The Living Room

...where you experience life and spiritual growth



Dear Moms,

On February 5, our Joy group had the privilege of hearing Sherry Haake speak to us about Love Languages. Wasn't that fun? I'm sure you Peace gals enjoyed it as well. Our table had a good time chatting about our love languages and those of our husbands. For some, this was a new subject. It seems that if we can be aware of the love language of our husband, we might be more understanding and appreciative of who he is. We might recognize why he does or says certain things. One of our gals said that once she and her husband learned each other's love language, that it really changed their relationship.

If you haven't done it already, treat yourself to doing the little quiz that Sherry gave out for us to use. Find out your own love language and that of your husband and learn how to use them!! Then try them on your children, but I would suggest doing it on you and your spouse first. Since Valentine's Day is right around the corner, this would be a great time for you and your Valentine to talk about this together. Be sure and set aside some time for the two of you to do something special together. Keeping your marriage alive and secure not only is good for you, but is one of the best gifts you can give to your children as they grow up.

I would like to finish my note to you with words from that wonderful Scripture from 1 Corinthians 13:

Love is patient, love is kind.
It does not envy, it does not boast,
it is not proud. It is not rude, it is not
selfseeking, it is not easily angered,
it keeps no record of wrongs. Love does
not delight in evil but rejoices with the
truth. It always protects, always trusts,
always hopes, always perseveres.
Love never fails.

Love and Happy Valentine's Day!

Susan



Housekeeping

MOPS announcements, reminders, etc.



Bulletin Board

Thank you for your help with the Senegal Mission Trip!

The women going on the Senegal Mission Trip will be speaking to moms there about the importance of taking care of themselves and in turn will be able to provide better care to their family.

With your generous donations of first aid supplies, the Senegal Mission Team was able to put together 21 quart-sized bags for first aid kits!

Thank you!

Recipe Book Contest:
Due Feb. 26th!!!

For each recipe you submit to

Email Leesa Ostrander
lmo200@hotmail.com

You will be entered into a drawing to win your recipe book for free!

This promises to be a great recipe book, but **WE NEED YOUR RECIPES!!!**

Brunch Next MOPS will be brought by

Blue: Main Dish
Green: Salad/Dessert

Thank you Pink and Purple tables for bringing brunch today!

How Does Mom/Dad show you she/he loves you?

Hailey age 8

Mom: "By taking me to cool places, like the Hannah Montana concert"

Dad: "By playing games with me even when he's too busy"

Anna age 8

Mom: "She helps me do my homework"

Dad: "He takes me to do cool stuff"

Paige age 4

"My dad plays Xbox with me and does tick-tock (turns her upside down and swings her by her ankles)"

Levi age 7

"I clean my room."

Ryan age 6

"Because you tell me you love me and kisses!"

Evan age 7

"You kiss me in the morning before school, you give me hugs when I come home from school and you rub my back at bedtime."

Erica age 5

"You do things with me, we play games and we go places together"



For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.

Ephesians 2:8, 9



February Birthdays:

Jenae Cartwright	2/1
Barb Olander	2/19
Sue Little	2/22
Eleena Olander	2/22
Carolyn Williams	2/24
Nancy Montgomery	2/28



The Office

The world at your fingertips



How Can I Get My Kids and Myself Better Organized?

Busy lives require planning. If you're like most parents, you probably feel overwhelmed at times with all that needs to be done and the lack of time you have to do it all. Your kids probably feel overwhelmed at times, too.

Here are 8 tried-and-true secrets for getting you and your kids organized.

1. **Make written lists.** Research shows that writing things down actually helps planning and memory. Show your kids how to make "to-do lists" using words or pictures. They can discover firsthand how great it feels to cross things off the list as they complete the tasks.
2. **Set priorities.** You can't do everything—or at least not everything at the same time. What is most important? What can wait? Help your kids prioritize school assignments and other tasks. (Sometimes the things that can wait are so appealing that they can be used as "breaks" from the stuff that's at the top of the list.)
3. **Break down tasks into baby steps.** Activities that seem daunting when you look at them as a whole are more doable in small increments. Divide your big goals into small, concrete tasks. You can help your kids do the same thing. Does cleaning their rooms seem overwhelming? Encourage them to begin by sorting one toy shelf. The assignment too much? Help them start by writing an outline.
4. **Designate a time.** Clear a specific time for a task so that you don't get distracted or feel as if you should be doing something else.
5. **Set clear limits.** Set a timer for 20 minutes and see how much you can accomplish. Alternatively, take just one of the baby steps on your list and stop when you're finished.
6. **Listen to music.** Select appropriate music to either help you get moving or soothe your anxiety while you tackle that long-postponed action.
7. **Get others involved.** Make getting organized a team effort. Working together will help you motivate one another.
8. **Reward yourself.** Everyone needs positive reinforcement. Enjoy the sense of accomplishment that comes with having taken even a small step.



There are many tools that can help you "get it together." Calendars, appointment books, filing cabinets, files, containers and bins, electronic organizers, and smart phones can all help. But if you're organizing electronically, you may want to print out a monthly calendar so you can see the big picture. And posting a family wall calendar keeps everyone in the loop.

In the Playhouse

...serving in MOPPETS childcare rotation



February 19th – Joy

Amy Scherr
Amy Mesec
Alicia Rogers
Janet Hewa

March 4th – Joy

Lindsay McCabe
Becky Elfers
Amy Roark
Rachel Vinson
Janet Hewa
Heather Seven

February 26th – Peace

Krista Williams
Renee Clark
Amie Cross
Jenny Heck
Leslie Hager
Carolyn Stehling



In the Oven

Expectant Mothers...



Courtney Palady	due June 14th
Naomi Gera	due July 8th
Michelle Moore	due August 4th
Katy Turner	due August 22nd



The Craft Room

...expressing your uniqueness and creativity



Relaxing Bath Salt Instructions:

In baggie mix:

1/2 Cup of salt
2T of Olive oil
2 drops of essential oil (scent of your choice)

Seal bag and mix well. Put the baggie in the to go box.
Attach the instruction sheet to card stock, hole punch and tie to box.

