



Issue 11 February 26th, 2008

Peace Edition



Good morning. This morning we are privileged to have a mom, who relocated from this MOPS program, back as our speaker!

Karie Lee has been married for 8 ½ years, and has three children Braden 6, Kelan 4, and Kenzie 2. She currently lives in Murfreesboro, TN, which is about 30 minutes south of Nashville. Before she became a mother, she graduated from Southwest Baptist University in Missouri. After school she was a High School English teacher in Missouri, then a Jr. High school Language Arts and Social Studies/American Government teacher in Phoenix AZ. Next she became an outside sales person for Best Access Systems where she sold locks.

When asked what current hobbies she enjoys she replied: "Now, in my spare time, (HA!) I scrapbook, clean and organize the house and love to entertain! And moving seems to be a predominant theme over the last few years, but I would not say that I like it, just that I'm efficient at it!"

When Karie was in MOPS, her favorite part was the interaction with other amazing women who were in the same stage of life, and, "of course, the FABULOUS speakers". It was tough for her to choose a favorite bible verse, so she settled on a couple: **Colossians 3:13-15** and **2Timothy 3:16**. (See page 3 to read scriptures.)

Our final question was "Is there anything else you'd like to have the moms know? Her heartfelt reply, " Bear with me, I am not a speaker!"

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The Living Room

...where you experience life and spiritual growth



Good morning ladies. I hope you receive a real blessing and encouragement for being in MOPS today. The topic of ACCEPTANCE has been on my mind for the last week or so. I looked it up in the dictionary and found these definitions. ACCEPTANCE = the act of receiving, to submit to, be resigned to, approving reception. Do you find it difficult to accept some of the situations, trials, or circumstances God is allowing in your life?

We as mothers are a lot like God in that we ask and expect our children to obey us and accept our decisions about many things that affect their lives everyday, i.e.; what they should and should not put in their bodies, what they can and cannot wear, where they can and cannot go. We try to help them prioritize their day to accomplish what is needed for school, work and down time. Why do we do this? It is the process of being a parent. We brought them into this world and have joyfully accepted the responsibility that goes along with that birth even if they may not like what we say or do at the moment but we ask them to trust us.

God is no different. In James 4:7a He says, "Submit yourselves, then to God....." and in Romans 13:1 He says "Everyone must submit himself [or herself] to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God." There are authorities in the home as well as in government. Husband is under the authority of God, wife is under the authority of the husband, and children are under the authority of the parents. That is the way God designed it and if anyone of these is out of kilter the home is in chaos. Just as we have a responsibility to our family, so God has a responsibility to each of His children. He asks us to trust Him in everything - EVERYTHING. Trust Him with our children, our husbands and their job opportunities, our health, wealth, other family members and even where we are to live. Where we lived was a difficult one for me as an Army wife. But I finally learned to trust God even in this. In fact I took Him literally when He said through Paul in Philippians 4:11 (King James Version) "Not that I speak in respect of want: for I have learned, in whatsoever STATE I am, therewith to be content. [or to accept]." We traveled a lot and had duty assignments in many states and countries. It was a great comfort to me knowing God, not the Army had sent us there. I accepted His plan for me at that time of my life.



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Some people are all hung up on this free will thing and we as humans being responsible for our lives. True, we are responsible for the decisions we make and must learn how to make proper ones in all phases of our lives. But we must commit our lives to the one who created us and knows more than we do. He can see the beginning and end of things and knows what the consequences of those decisions will be. He asks us to trust His leading. We present our desires to Him, commit ourselves to His will and leave the final outcome in His hand.

Do you really believe God is who He says He is? That He is more than able to accomplish what concerns you? Then put your belief to the test and stop fighting and complaining about those issues in your life that you don't understand. Place your whole being in the very capable hand of the one who created you and loves you dearly. Can you do it?

Jeremiah 29:11-14a say "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,....."

ACCEPT GOD AT HIS WORD.

God bless you all

Judy D



The Library

...for your reading enjoyment, Book Reviews etc.

Looking for a Good Book? Try 'The Good Book.'

Colossians 3:13-15 "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the LORD forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him."

Timothy 3:16-17 "All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

In the Nursery

...a cure for SIDS?



What is the cause of SIDS?

SIDS-FAQs Answer: Reputable studies show that gaseous poisoning caused by microbiological generation of highly toxic gases from certain chemicals in the baby's crib and in certain types of bedding is the true cause of crib death. This explanation is the only one that answers all of the questions posed concerning cot death.

What law was passed that perpetuated crib death after 1950?

SIDS-FAQs Answer: Since 1946, governments of industrialized countries have mandated the use of fire retardant chemicals in mattresses. Phosphorus and antimony are the most commonly used chemicals to meet the fire retardant mandate. Arsenic was also later added as a preservative. It also, unknown to them, causes a potential chain-reaction of events: naturally forming fungus in a baby mattress can combine with these chemicals when a baby's body temperature rises. This can and does create arsine, phosphine and/or stibine gases. These gases are more toxic than carbon monoxide.

Why did cot death come to the fore in about 1960?

SIDS-FAQs Answer: Because prior to that, and for at least 50 years previously, Plunket INSISTED on baby mattresses being covered with a sheet of rubber! They gave this advice for reasons of hygiene, but it also prevented cot death. Rubber sheets are still commonly used in Russian and Salvic countries, and cot death is far less in those countries, even today. A BabeSafe mattress cover has been molecularly structured to eliminate these poisonous gases from reaching your baby.

Why SIDS (Sudden Infant Death Syndrome) being called "cot death"?

There are no observable or described symptoms of crib death - the only commonality is death itself. Therefore, the term SIDS is incorrect and should be abandoned. It is highly misleading, and has added greatly to the confusion, which surrounds this topic; because it perpetuates the incorrect assumption that cot death has a medical cause. The term SIDS was first proposed by Dr. Beckwith in 1968, but he recently wrote: "If a prize were to be given to the worst definition of a condition, the term [Sudden Infant Death Syndrome] would be a strong contender."

Is smoking a cause? Or is it hand-me-down mattresses?

SIDS-FAQs Answer:

No cause-and-effect relationship between smoking and cot death has been established. There are socio-economic parallels. Put another way, cot death is more common among poorer families, and so is smoking (as many studies have shown). However, it does not follow that smoking is, therefore, a cot death risk factor. It is not smoking but the re-use of mattresses, which causes the high SIDS rate among lower socio-economic families. The continued re-use of mattresses from one baby to the next increases the fungal growth, which produces the gases, which cause cot death. The rising rate of crib death among babies who sleep on re-used mattresses has been confirmed by research carried out by the Scottish Cot Death Trust: "Case-control study of sudden infant death syndrome in Scotland, 1992-5", British Medical Journal 1997:314:1516-20. The finding was confirmed again in a subsequent study by the Scottish Cot Death Trust (reported in the British Medical Journal in 2002).

What conclusions and possible solutions can we draw?

SIDS-FAQs Answer:

- The toxic gas explanation for cot death explains and is compatible with every known feature of cot death.
- An intervention based on this explanation has proved to be 100% successful over a ten-year period.
- This technique has been used overseas for about 7 years and in 32 countries. Not ONE cot death has been reported by any of those users.
- **A BabeSafe mattress cover has been molecularly structured to eliminate these poisonous gases from reaching your baby.**
- **If you want to order a mattress cover** our local source is SIDS Prevention
 - PO Box 288 Lynden, WA 98264; 360-354-6964
 - www.SIDS-prevention-baby.com

In the Playhouse

...serving in MOPPETS childcare rotation.



February 26th – Peace
Krista Williams
Renee Clark
Amie Cross
Jenny Heck
Leslie Hager
Carolyn Stehling
Courtney Palady

March 18th – Joy
Iris Westwood
Heather Seven
Leesa Ostrander
Amy Scherr
Katy Turner
Megan Flynn-Raab

April 15th – Peace
Hwan Hein
Liz Hall
Courtney Palady
Brenda Garinger
Amber Molen
Noha Habashi
Amber Wong
Erin Pakney

April 22nd – Joy
Heather Seven
Amy Scherr
Sarah Moser
Rachel Vinson
Leesa Ostrander

March 4th – Joy
Lindsay McCabe
Becky Elfers
Amy Roark
Rachel Vinson
Janet Hewa
Heather Seven

April 1st – Peace
Krista Williams
Hwan Hein
Teresa Williams
Amber Molen
Trish Burton
Erin Pakney
Amber Wong
Eelena Olander

March 11th – Peace
Amie Cross
Dana Morrell
Amber Molen
Heather Wilson
Kirsten Haines
Tamara Trujillo

April 8th – Joy
Iris Westwood
Heather Elwell
Amy Mesec
Alicia Rogers
Carolyn Williams
Megan Flynn-Raab

Thank you to all who volunteered to take an extra turn in childcare rotation to fill our vacant spots!

We have 5 vacant spots for moms to work during the MOPPETS Thank You Brunch on Tuesday, May 27th. Please contact Candace Allen or Julie Watson if you wish to volunteer.

Housekeeping

MOPS announcements, reminders, etc.



Thanks to Blue and Green for Brunch today.

Next MOPS
Yellow Table please bring Main Dish
Orange Table please bring Salad/Dessert

Visions of sugarplums still dancing
in your head?

We all have favorite Christmas memory or tradition. Please send your uplifting Christmas stories, testimonies or Christmas traditions while they are still fresh in your head! Please send them to Jenifer Keltto KLTO@comcast.net to be used for an upcoming MOPS project in December '08 (how's that for planning ahead?)

Recipe Book Contest
has been extended until
March 11th!!!

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!!!**