



Issue 13 April 1st and 8th, 2008

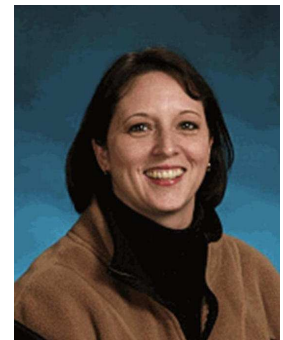
Good Morning Ladies! We welcome Annette Wheeler who is here to speak to us about kindergarten readiness. Annette is a single mom of a very handsome 15-year-old son who she says is the world's greatest kid! "I love my son, he's awesome and we have an absolute blast!"

Annette has worked for Cascade Christian Schools since August 1998. They are an Association of Christian Schools International accredited school system. Cascade Christian Schools is it's own school district with 3 Early Childhood centers, 3 Elementary schools and a Jr./Sr. High. Annette says she loves her job; "I have the opportunity to work with and teach children (and their parents) to help them grow and develop their God-given potential. I absolutely love the fact that I can stop and pray anytime, anywhere- while at work-and pray with and for people. I love that the people I work with are here to serve Christ and minister to others using their gifts and talents." She was hired as a childcare 3's lead teacher, become Program Supervisor and is now Assistant Director.

Annette has been working professionally in Early Education since 1988 and worked with children at the age of 12 (babysitting & high school assistant in her school's mom & me program.) She began attending early ed. conferences & workshops in high school, became Early Ed. (certified) through Bates Voc. Tech. in 1989; first Early Ed. job was as a lead teaching position at age 18. Lead teacher ever since. Participated in the WA. State Journeyman's program for Early Ed. in 99'-2000 and received her Child Development Associates in 2000.

When asked about her favorite bible verse, Annette says "Romans 8:28 is my original favorite verse from the time I was little and first realized what Bible verses meant. As I've grown older and life has brought me through some things, my new favorite verse is another version of Romans 8:28 and that is Jeremiah 29:11: "For I know the plans I have for you....says the Lord." They both mean to me the same basic thing. One says that *when* (not *if*) you go through things; they will all work out for God's glory if you trust, believe and serve Him. The other says that you go through things and *because* God has a plan and purpose for your life, only He knows what that plan is, what the end result will be and what characteristic He is wants to produce in you as a result of the trial."

Annette's favorite color is purple. She truly believes that Dark Chocolate is the only kind of chocolate that God intended for mankind to have. (Because it's her fav!) She keeps 3 bowls of chocolate in her office for staff each labeled with a different gas pump sign: Regular= Milk Chocolate; Unleaded= Sugar Free Chocolate & Premium= Dark Chocolate. She's all about having fun and love to joke around and make people smile/laugh. Three words that describe Annette's work ethics: Integrity, Excellence & Accountability- everything that she does falls under one or more of those categories.



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The Living Room

...where you experience life and spiritual growth



I have become aware of late (pun intended) of the absolute need for sleep for our bodies to function, our souls to sing and our spirits to thrive. This pondering started with a 60 Minutes episode about sleep deprivation and its link to diabetes and increased hunger issues.

And God reminds us so clearly of this truth in Psalm 127 which says,

Unless the Lord builds the house,
They labor in vain who build it:
Unless the Lord guards the city,
The watchman keeps awake in vain.
It is vain for you to rise early,
To retire late,
To eat the bread of painful labors;
For the Lord give to His beloved even in his sleep

"Way back when" before becoming a mom I worked the night shift at Auburn General. When I was transferred to days and asked what the difference was I blurted, "I feel like I've died and gone to heaven!"

That, my dear moms, was small potatoes in comparison to what God brought into our lives on August 22, 1982. Timothy John and Philip Aaron arrived by the grace of God four weeks early. After three weeks in the NICU they came home and the marathon began! Amazingly (to me) Auburn General called sometime in those first three months asking if I would be coming back. "Are you kidding me," I cried out, "I'm not even sleeping through the night!" At a year old they finally slept all the way through. When Daniel Joseph arrived 2 years, 9 months and 1 day later another nine months of feeding and waking up took place. This time I wised up and took time after the late night feeding to make time alone with Jesus. When God blessed us with Annalise Joy 2 years 8 months and 3 days after Daniel, I said, "Girl, I give you six weeks to sleep through the night." God graciously brought it about. He knew I didn't have it in me to let my babies cry it out. Maybe you are like me. Living on adrenaline isn't easy.

These days a group of us are helping a new mom, Khumar Ibrar, who birthed quadruplets on December 27 three sons, Omar and Mustafa and Ibrahim and one daughter, Sana. Ibrahim is still in Valley Medical Center. He'll be coming home this weekend, probably on oxygen. The other three are growing strong and are up to 9-10 pounds. And as we all remember, babies change their own schedules every so often. Sometimes it's streamlined and sometimes it's just not! Khumar and her husband, Mohammed, are so very tired. They get two hour stretches of sleep at night before someone wakes to be fed. Would you pray for the simple pleasure of sleep for them?

They are a fresh reminder that my mom (and dad) took the night shift for me. For all you moms and the wakeful nights, I applaud you! This isn't rocket science but it's essential to the building of the foundation of life and the making of rocket scientists! God put these vulnerable little ones in our arms to love, nurture and stay up late with. And, of all things He must think a lot of moms because he put his own Son, Jesus, into a mother's arms, too. Mother's Day and Father's Day are still a few months away but let's start thinking now how we can applaud those who launched us and took the night shift.

Psalm 127 finishes

Behold, children are a gift from the Lord,
The fruit of the womb is a reward.
Like arrows in the hand of a warrior,
So are the children of one's youth.
How blessed is the man whose quiver is full of them;
They will be not ashamed
When they speak with their enemies in the gate.

May God bless and teach you much in these years of being a mother.

Cynthia Hickok



The Craft Room

...expressing your uniqueness and creativity



Pick up a craft packet from the craft table. Inside each packet there will be enough index cards for all the letters of the alphabet plus a title card, letters of the alphabet plus the title, Bible verses that correspond to each of the letters of the alphabet and a loose binder ring.

To assemble this craft you will need scissors, a hole punch and a glue stick.

Begin by adhering the letters to one side of the index card and the corresponding Bible verse to the other side. When all of the cards are completed you will need to punch a hole in the corner of each card and then attach it to the binder ring.

As an option we will have various decorative papers and embellishments for you to use to spice up your craft. Feel free to use the sample for ideas.

Also we found that this craft is a bit time consuming so that is why we have put all the elements you need in your packet to finish your project at home.

ABC Bible Verse Flashcards



In the Playhouse

...serving in MOPPETS childcare rotation.

April 1st

Krista Williams
Hwan Hein
Amber Wong
Eleena Olander
Amber Molen
Erin Pakney
Trish Burton
Teresa Williams

April 15th – Peace

Recruit Needed
Recruit Needed
Hwan Hein
Liz Hall
Courtney Palady
Brenda Garinger
Erin Pakney
Amber Wong

April 29th - Peace

Recruit Needed
Joy Pylkki
Heather Wilson
Courtney Paladay
Carolyn Stehling
Noha Habashi
Janice Montry
Shawna Hall

May 13th – Peace

Lindsay Firle
Amanda Huffman
Kari Pompeo
Sally Keene
Rebecca Gerspacher
Jenae Cartwright
Carolyn Bass
Recruit Needed

April 8th

Iris Westwood
Christine Shirts
Carolyn Williams
Rachel Vinson
Megan-Flyn-Raab
Alicia Rogers
Heather Elwell
Amy Mesac

April 22nd Joy

Heather Seven
Amy Scherr
Sarah Moser
Rachel Vinson
Natalie Lohr
Recruit Needed
Recruit Needed
Recruit Needed

May 6th Joy

Recruit Needed
Lindsey McCabe
Angela Pieciewicz
Amy Mesec
Sarah Moser
Alicia Rogers
Iris Westwood
Natali Lohr

May 20th – Joy

Recruit Needed
Katy Turner
Ingrid Hires
Sarah Donovan
Carolyn Williams
Linnea Bragg
Julie McRae
Melissa Wallace





The Library

Books To Grow On Theme Kits

The King County Library System offers "**Books To Grow On**" theme kits, which are filled with surefire books to read-aloud, cassette tapes, videos, and other materials on a variety of curriculum topics and are waiting for you to check out. These theme kits are perfect for childcare providers, teachers and busy parents to use right out of the box with preschool-age children.

Check out the Books To Grow On Theme Menu by going to www.kcls.org/bookstogrowon for a complete list of topics including the complete contents and curriculum sheets. There are dozens of topics ranging from Airplanes, Dancing, Transportation, and Trees... the list goes on and on!

Books to Grow On for Toddlers!
Designed to use with children 2 years old and younger, these theme boxes are filled with board books, music, and finger play suggestions.

These kits are only available by placing a "Hold" on them.

How to Place a "Hold" on a Theme Kit

By phone:

Call your local KCLS Community Library or the Answer Line 425-462-9600 or 800-462-9600, and ask the librarian to place a "hold" on a Books To Grow On theme kit.

At the library:

Stop in at your local King County [Community Library](#) and place a "hold" on the Books To Grow On theme kit you want. Theme kits are listed in [The Catalog](#) by doing a "Title Search" and typing in "Books To Grow On" or "Books To Grow On for Toddlers." When looking for a specific theme, use the following format: "Books To Grow On Apples" or "Books To Grow On for Toddlers Animals."

TIPS for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child!

The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

Read together every day.

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

Give everything a name.

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

Say how much you enjoy reading.

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

Read with fun in your voice.

Read to your child with humor and expression. Use different voices. Ham it up!

Know when to stop.

Put the book away for a while if your child loses interest or is having trouble paying attention.

Be interactive.

Discuss what's happening in the book, point out things on the page, and ask questions.

Read it again and again.

Go ahead and read your child's favorite book for the 100th time! Talk about writing, too. Mention to your child how we read from left to right and how words are separated by spaces.

Point out print everywhere.

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

Get your child evaluated.

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Resource: www.ColorinColorado.org



Housekeeping

MOPS announcements, reminders, etc.



April Birthdays

Susan Golden	1 st
Tracie Schlumpf	4 th
Tamara Trujillo	5 th
Candace Allen	6 th
Jenny Heck	18 th
Janet Peterson	20 th
Leslie Hager	26 th
Heather Elwell	29 th



Brunch Next MOPS:
Green Table: Main Dish
Blue Table: Salads/Desserts
Please have food in the chapel by 9:20am
Thank you Pink and Purple Tables for today's Brunch!

MOPS Cookbook

Orders Yours Today!

This promises to be a wonderful addition to any kitchen!

\$4.00 per book

Cash or check made payable to Heidi DeVries

Kent Community Baby Shower

April 26th, 10am-1pm
River of Life Fellowship
Hosted by Kent Teen MOPS
benefiting all moms in the community.

Donations needed! New or gently used infant & toddler clothing (up to 6T), cribs, swings, blankets, diapers, wipes, etc.
Pick up a flyer at the front desk for more info.

WANTED!

YOU TO SHARE

Please cut



here and turn in **today**

My favorite Christmas Tradition, or my favorite Christmas Memory is...

(continue on back if more space is needed)