



Issue 14 April 22nd, 2008 "Joy Edition"

Good morning Ladies!

Pam Kramer is a Registered Dietitian and Certified Diabetes Educator. She graduated from WSU in 1986 with a Bachelor of Science Degree in Nutrition. She traveled to Minnesota for one year to do her dietetic internship after college.

She met her husband, Ed, at WSU - in fact, they discovered on their first date that their dads had attended the same private college in Olympia; St. Martins. They also found out, that not only did their dads know each other, but that Pam's mother had dated his father in high school! Yes, destiny!! Divine intervention, we should say!

Pam and Ed have three children: Joe is nearly 14 and will enter high school next year, where his father is a math teacher and he is PRAYING he does not have him as a teacher next year! That's at Kentwood High School. Joe plays year round basketball, which is good, as he's already 6'2"! Kate is 12 and entering Middle school next year. She loves just about everything; sports (plays year round soccer and basketball), animals, friends, etc. Sam is 10 and is in the 4th grade - First time WASL taker this week! :) He is also very active and plays year round soccer and basketball. Pam's husband is also a football coach at high school, "therefore I guess you could say we are all into athletics, just a bit" she said.



Pam's interests? "Family! I can't stand not being at one of their events, it's very hard when we have to split our time up. I love running and have fabulous running partners. I have run 5 marathons and still have good knees - amazing, huh? I love to just have "free time" because it's so precious. I mean, I can putt around my house with no one there and be so happy! I might organize a cupboard, clean a few rooms, do some reading - ah, I love those days! I'll bet many moms can relate to this."

Additionally, Pam loves going to football and basketball games (high school). Traveling is also a passion of hers. "My family of 5 will be traveling with another family of 4 to Europe for one month this summer. We have planned it for 5 years - so this is a really big deal for us..well, at least for me. The kids they still aren't exactly sure what the L'ouvre really is just yet!" Pam added, "I really love sit down dinners. It's when we talk about our days, say a prayer together, work on manners, find out what went well and maybe not so well at school and as of late - it's a good time to learn French! Au Revoir!!"

The Living Room

...where you experience life and spiritual growth



"In repentance and in rest you will be saved. In quietness and trust is your strength." Isaiah 30:15

To me this means He can be trusted. And I can rest in that trust.
As I think back on those early years of motherhood I'm seeing this theme.
God shows up in His way and in His time.

I had always wanted sons, always. At five and a half months into my first pregnancy twins were revealed. (To think that God kept that second one "secret and wove him together in my womb" when I didn't even know!) I don't remember *specifically* praying for boys but God knew my heart. The glitch was that my mother-in-law wanted a girl. And in my young mind, I was pretty sure God would honor her desire over mine. "After all," I reasoned in my heart, "wasn't she closer to God than I was?" I felt so listened to by God and uniquely loved when Tim and Phil were born.

During my next pregnancy I will never forget the day that the Lord spoke to me while vacuuming the steps and I thought with alarm. "What if it's a girl!?" Suddenly and immediately my heart was flooded with love for a girl! (Amazing how differently He answers each prayer!) I knew then that I could trust Him with whoever He gave us.

After Daniel was born we began praying for a girl but I miscarried. The grief of losing a child no matter how early is very real. In our small church I was surrounded by wonderful women who kept calling and letting me "bleed out" my sorrow. Comfort from those who'd been down this road before me was precious. Two books also walked me through the sadness. Free to Grieve by Maureen Rank and Pam Vredervelt's Empty Arms. If you know anyone who needs this tenderness of God after the death of a baby from miscarriage, still birth and even early after birth or you want to understand what they are going through, these are *must reads*.

Our last child was a daughter, Annalise Joy. And so she is. My mom was 19 when I was born. I was 32 when Annie entered our world of boys. I am so grateful that God allowed me to be an older mom for a daughter. Annie teaches me so much. She helps me appreciate my own mom more. They are more like each other than like me.

And so as I've "pondered anew what the Almighty can do", my heart soars with praise. I see the sweet baby steps of trust He walked me through as my Father, holding both my hands as I toddled along learning to lean into Him. Little did I realize then, that these were vital steps to deepening my dependence on Him for the years beyond babies.

Today, I see that.

Yes! Jesus loves me. The Bible tells me so.

Cynthia





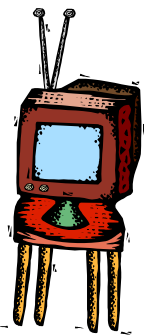
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Go to <http://mops.christiancourses.com/> to find a world of **FREE** knowledge! Free online courses that cover the Bible, First Steps in Christian Faith, Know Why You Believe, Help in Crisis and History of the Christian Church. Something to check out ...in your free time!

April 21-27 International TV Turnoff Week.

Television viewing has been linked to attention deficit disorder, behavior problems and childhood obesity. Yet children under age six spend an average of two hours each day watching TV, as opposed to only 39 minutes reading or being read to. Turn off the TV, DVD player, video games and computer this week. Spend time playing with your children and reading to them instead. You may be surprised how much quality time you discover.

—Taken from www.momsense.com



SuperMall Nursing Lounge

Did you know The SuperMall has a nursing lounge? It's located near Marshall's on the north side of the mall. The nursing lounge offers a comfortable seating area for mothers, a changing table and a hand-washing station. The Sesame Street-themed nursing lounge even has an area for children to play while their mothers are nursing. Mothers wanting to use the nursing lounge obtain a security code from the Mall Information Desk to enter the lounge, ensuring a secured, stress-free and comfortable atmosphere for mothers to breast-feed and children to play.

In the Kitchen

Cooking up family traditions...



To Buy Organic or Not?

12 Foods You Should Buy Organic...

Not all of us can afford to go 100% organic. The solution? Focus on just those foods that come with the heaviest burden of pesticides, chemicals, additives and hormones. Whenever possible, deploy your organic spending power to buy organic versions of the following foods (in no particular order).

- Meat.
- Milk
- Coffee
- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Strawberries
- Lettuces
- Grapes
- Potatoes
- Tomatoes

And 10 Foods You Don't have To...

These are fruits and vegetables that retain the least amount of pesticide residue so you can save your organic dollars for those foods that are laden with the highest amounts of pesticides, chemicals, additives and hormones.

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Kiwi Fruit
- Mango
- Onions
- Papaya
- Pineapples

For more detail on the above lists visit

www.thedailygreen.com.



Sharing from Mom to Mom

Fellow MOPS Mom, Candace Allen, was recently sent a template for rules, consequences, and bible verses...she updated it for her kids and thought it was so helpful to be thinking why our children get in trouble and explain a bible verse to them of what God has to say about their bad choices. (Candace uses "bad choice" and "good choice" to talk to the kids about their behavior)

| Good Choices | Bad Choices | Bible Verse | Punishment for Bad Choices |
|------------------|------------------------|--|---|
| Be Happy | Whining or Complaining | Do not complain brethren against one another. James 5:9 | Stand in time out until whining and complaining stops |
| Be Helpers | Arguing or Fighting | Do all things without grumbling or disputing. Philippians 2:14 | Loss of a toy |
| Love One Another | Hitting | Be kind to one another. Ephesians 4:32 | Time out in your room |
| Speak Kind Words | Yelling | But encourage one another daily, as long as it is called Today... Hebrews 3:13 | Time out in your room |
| Listen and Obey | Disobeying | Children obey your parents in the Lord for this is right. Ephesians 6:1 | 1 Spanking |
| Good Attitude | Talking Back | Honor your parents. Ephesians 6:2 | Stand in time out until you're ready to listen |
| Be Honest | Lying | So stop telling lies. Let us tell our neighbors the truth... Ephesians 4:25 | 1 Spanking |
| Be Gentle | Being Destructive | It is required of stewards that one be found trustworthy. 1 Corinthians 4:2 | Loss of a toy |

The Craft Room

Expressing your uniqueness and creativity

We are making Muesli as a table.

Go back to the craft area (as a table) and follow the provided recipe.

All of the ingredients will be set out.

Then divide the cereal up and put it in to individual to-go boxes.



In the Playhouse

..serving in MOPPETS childcare rotation.

April 15th – Peace

Hwan Hein
Liz Hall
Courtney Palady
Brenda Garinger
Amber Molen
Noha Habashi
Amber Wong
Erin Pakney back up

April 22nd Joy

Heather Seven
Amy Scherr
Sarah Moser
Rachel Vinson
Leesa Ostrander
Angela Piecawicz
Recruit Needed
Recruit Needed

April 29th - Peace

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

May 6th Joy

Lindsey McCabe
Amy Mesec
Sarah Moser
Alicia Rogers
Natalie Lohr
Recruit Needed
Recruit Needed
Recruit Needed

May 13th – Peace

Lindsay Firlé
Amanda Huffman
Kari Pompeo
Sally Keene
Rebecca Gerspacher
Jenae Cartwright
Carolyn Bass

May 20th – Joy

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



Brunch Next MOPS:

**Orange Table:
Main Dish**

**Yellow Table:
Salads/Desserts**

**Please have food in the chapel by
9:20am**

Thank you Green and Blue Tables
for today's Brunch!

Listen for future details
about pre-registering for
one big MOPS group next
year! More info to come!

**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.