



## Issue 14 April 15<sup>th</sup>, 2008 "Peace Edition"

Good morning Ladies! Today we welcome Chris & Allan Miller.

Chris recently celebrated his tenth anniversary with his wife Angela. They have two wonderful sons, Keegan (3) and a cute little newborn named Truitt. Chris is the oldest of the two brothers and says he has the receding hair line to prove it.

Allan, the younger brother (by 2 ½ years), also has two sons, Tobias (4) and Henry (2). His wife Sarah has been a strong supporter of his dreams for nearly 8 years. Even though his hair is not receding, he does have a few more grey hairs than Chris, a fact that should not be overlooked.



So, if you're keeping count, the two Miller brothers are now fathers to two sets of Miller brothers. The clan is growing. They have had the distinct privilege of growing up in a CBA Bookstore-literally. As children they often played behind the shelves of their family run bookstore in Fairbanks, AK, where they learned firsthand the value of faith-based stories. They moved to the Seattle area in 1987 and homeschooled through their high-school years. After graduating, they attended the Art Institute of Seattle where they formally trained in Computer Animation and Multimedia Design with the hopes of one day creating stories that encourage a Biblical world view.

For the past 10 years they have been in business together, designing and programming websites as a means of supporting their dreams. More recently they have founded Lumination Studios to produce stories of faith and fun for families everywhere. Over the last several years they have worked as animators for the popular CBA kids video series, Juniors Giants, and have recently written and illustrated two published books *The Legend of Gid the Kid and the Black Bean Bandits*, the first book in the *Heroes of Promise Series* (Warner Press Kids) and *The Legend of Ten-Gallon Sam and the Perilous Mine*. They also are proud to announce that their first novel (book one in a youth fiction fantasy trilogy) will be published and released this coming fall. The mission of their company is to produce "Stories that Shine". Chris and Allan say "The favorite part of our job is when we get to go to schools, or events and meet the kids who enjoy our books. It is fascinating to watch them discover our stories for the first time. It is one of the most rewarding feelings in the world." Their "spare" time is dedicated to either, playing with their kids, writing new stories, or reading books.

Chris and Allan went on to say "Moms hold a special place in their children's hearts. As husbands we are truly amazed at the sacrifices our wives go through to encourage our son's to grow up and follow Jesus. Recently, while we were on a trip to appear on a national talk-show, we sat at a restaurant and had the chance to observe a young mom and her two sons, probably 5 and 2. It didn't take Dr. Phil to see that this was not the 2 year old's day. In the mother's own words, he was "ornery". Helpless to change his attitude, she finally had the waitress change her order "to-go". Through it all, we were both struck with how well she handled the situation and impressed by the reminder of how much a mother gives to her children when she chooses to stay at home. It gave us a little glimpse of a day-in-the-life-of for our own wives; something we don't get to see that much as working fathers. So, "Thanks Moms!". We appreciate all you do, and all you *endure* for the sake of loving your children."

---

# 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*

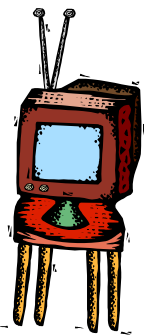




**Do you know about MOPS University?**

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](http://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](http://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 13<sup>th</sup> – Peace

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

### May 20<sup>th</sup> – 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 26<sup>th</sup>, 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.