

MOPS @ Grace
Community Church

1320 Auburn Way
South
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6742

Yesterday
brought the
beginning,
tomorrow brings
the end, and
somewhere in the
middle we became
the best of
friends.
~Author
Unknown

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Coordinator
Tracie

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The Maternal Journal

Volume 1: Issue: 18

May 17th, 2011

Good Morning Ladies, It has been an amazing year. We hope you have made new friends, enjoyed some good food and were blessed by the fellowship of those around you. Have a wonderful summer and we look forward to seeing you in the fall. ~Your Steering Team

It's hard to believe this MOPS year has come to an end! We've laughed, cried and had fun together this year. My prayer is that you've grown closer to Christ too. I ran across this "Parent's Prayer" recently and wanted to share it with you as we move into our summer months. May you have a wonderful, fun-filled summer! Looking forward to seeing you in the fall!

Blessings to each of you, Tracie

Parent's Prayer

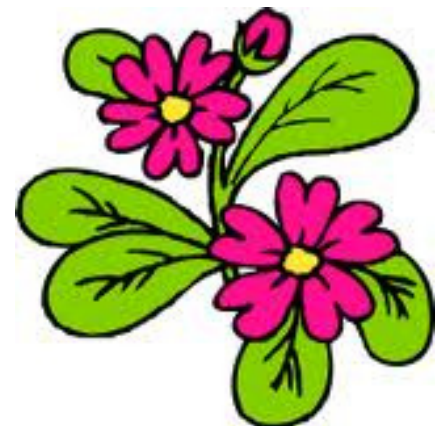
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Heavenly Father,
Make me a better parent
Teach me to understand my children,
To listen patiently to what they have to say,
And to answer all their questions kindly.

Keep me from interrupting them,
or contradicting them.
Make me as courteous to them
as I would have them be to me.
Forbid that I should ever laugh at their mistakes,
Or resort to shame or ridicule if they displease me.

Bless me with the bigness to grant them
all their reasonable requests,
And the courage to deny them privileges
that I know will do them harm.
Make me fair and just and kind.
And fit me, O Lord,
to be loved and respected
and imitated by my children.

Amen.



Looking for some summer fun with your kids?

Try some of these ideas...

1. **Kidsbowlforfree.com-** Your kids can bowl for free at various bowling alleys in Puyallup, Tacoma and Burien. Check out the site for further information.
2. Catch a \$1 movie at Regal Cinemas at 10am on Tuesdays and Wednesdays starting June 28th. Visit regmovies.com/summermovieexpress/.
3. Grab a picnic and bathing suit and enjoy the waterfall and playground at Mud Mountain Dam just past Enumclaw on Hwy 410. Open 7 days a week from 9am-8pm starting June 4th. <http://www.nws.usace.army.mil/PublicMenu/Menu.cfm?sitename=MM&pagename=PAGE1>
4. Take a walk on the Foothills Trail. It is a paved trail with easy access. Check out the water, bridges and wildlife along the trail. Check out www.piercecountryside.com for more info.
5. Check out the free summer reading programs and museum passes at your local library. In King County– kcls.org or Pierce County– piercecountryside.com.
6. Go enjoy the wildlife or throw a snowball atop Mt. Rainier. Take a hike and enjoy a picnic.
7. Grab the sunscreen (hopefully) and spend a day at the beach. Check out Alki, Dash Point State Park, Matthews Beach Park or Cama Beach Park.
8. Hit the playgrounds at Juanita Beach Park, Green Lake Park, Les Gove Park or enjoy the views and playground at Kerry Park.
9. Check out a Tacoma Rainiers Baseball game. Cheaper than Safeco and loads of fun.
10. Spend a day at Emerald Downs. Many Sundays have Family Friendly Events and who doesn't love to watch the horses.
11. See the Hiram M. Chittenden (Ballard) Locks. Enjoy the boats, fish ladder and botanical gardens.



Backyard Mural

From Family Fun Magazine

Take an artistic adventure outdoors and transform a white bedsheet into a work of art.

Materials

Old Bedsheet
Tempera Paints
Paintbrushes
Sponges
Squirt Bottles

Instructions

Start by soaking an old sheet in water and then hanging it on a clothesline or draped over a fence.



Get out various tempera paints and applicators— paintbrushes, sponges, squirt bottles— and go at it. Create pictures or just colorful designs. Mix paint colors and water in spray bottle for a fun effect.

When you don't like what you see, simply hose down that part of the sheet and start over. Also works well on pillowcases or t-shirts.

Time Needed

Approx. 1 hour

Stretch Yogurt Pops (from Handy Manny)

From Family Fun Magazine



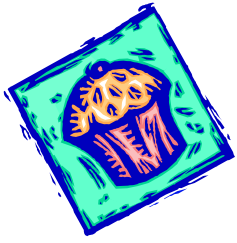
Gear up your family for Handy Manny with this healthy snack, a frozen yogurt version of Stretch, the measuring tape.

Ingredients

- Single-serving cup of yogurt (pink colors look best)
- Red fruit leather
- Mini chocolate chips
- Mini marshmallows

Instructions

1. For each pop, use a black ballpoint pen to make tape measure marks on the top two-thirds of a wooden craft spoon. Be careful to write only on the part of the stick that will be above the yogurt.
2. Remove the foil cover from a single-serving cup of yogurt. Create Stretch's face on the yogurt with a small square of red fruit leather for his forehead, and two mini chocolate chips pressed into two mini marshmallows for eyes. Insert the wooden spoon into the yogurt below the eyes.
3. Cover the yogurt cup with aluminum foil and let it freeze overnight. When you're ready to eat, slide the frozen yogurt out of the container. For a fancier presentation, wrap finished pops in waxed paper and set them on a plate.



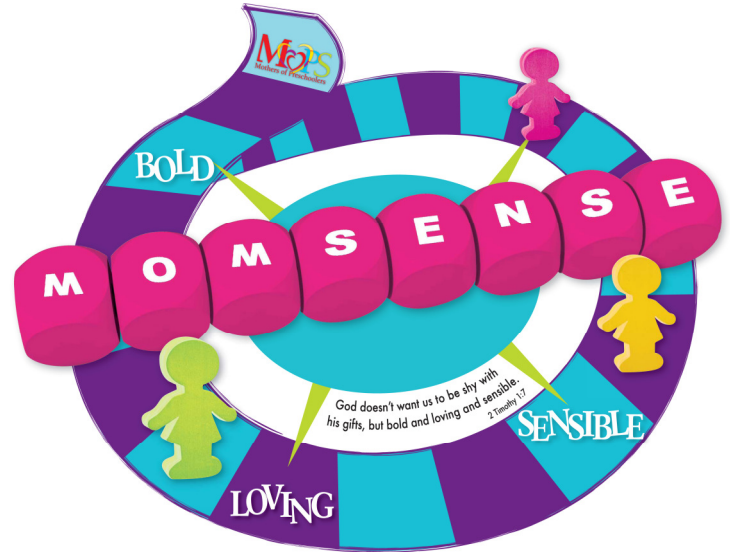
Thank you to the Discussion Group Leaders and Steering for today's brunch!

MOPS for Fall of 2012 Registration has started. Register Now for \$21.95 or after May 24th for \$23.95. Come enjoy another year of fellowship with other Moms and get fulfilled. Make sure to turn in your form today. Next year's theme:

Don't Forget!!

Save the Date:

Community Baby Shower is May 21st At GCC! Please feel free to donate or come join us or volunteer! Please see Katy with any questions.



2010-2011 Steering Team

MOPS @ Grace Community Church

1320 Auburn Way S
Auburn, WA 98002

For more information on MOPS, please email or call Tracie at tischlumpf@hotmail.com or 253-333-0202.

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We're on the web

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