



Issue 2, September 25th, 2007 Peace Edition

Being at Home with Yourself by Keri Wyatt Kent

I was cleaning up the living room, picking up newspapers and throwing toys into the toy box, muttering about how many pairs of shoes were on the floor instead of in the closet. As I pulled out the vacuum, my three-year-old looked up from where she was playing with her little brother and said, "Who's coming over, Mommy?" She assumed (based on previous experiences) that we only cleaned when we expected company. It was a logical deduction for her to make, even though—on that particular day—I was simply longing for a little order.

St. Catherine of Sienna once said, "Make for yourself ... one actual home ... and another spiritual home, which thou art to carry with thee always." Quaint language aside, I think St. Kate is on to something. I spend a lot of time making my actual home, doing everything from home improvements to scrubbing toilets. But what do I do to maintain this spiritual home inside myself?

My spiritual home is my true home, the place where I am most truly myself, my soul. It's the core of who I am. And like my physical home, it requires some attention to make it all it can be.

Perhaps you think of your spiritual home as a place you visit on occasion, or a place where you have to keep things in very careful and restrained order. Your ministry, your volunteerism, may provide some spiritual shelter. But can you "carry with thee always" a place like that?

Feeling at home with yourself begins with knowing yourself: your opinions, your likes and dislikes, your interests—and then getting to a place where you can give that self hospitality and love without fear.

How? Consider these questions: If you had some time away from the obligations of work, ministry, family—what would you enjoy doing? Do you even know yourself well enough to answer? Do you actually make time to do the things you enjoy?

Do you have friendships that nurture you? Do you read or meditate on things that make you think, that comfort you or turn you toward loving others? The things you give attention to and take time to ponder, will have some sort of impact—for better or worse—on your spiritual home.

Caring for yourself, choosing to be loving or forgiving, is spiritual home improvement. But nursing grudges or constantly berating yourself with negative self-talk will eventually leave your spiritual home in uncomfortable disarray.

I don't know about you, but my soul is not always full of sweetness and light. Sometimes there is anger, sadness, and even a wondering: Do I matter? Does God care about me? But being at home with myself means recognizing that this doubting side, this wounded side, is just as much a part of my spiritual home as the bright and wondrous feelings. When I have a bad day or when I feel misunderstood or frustrated; that's not less spiritual. It's simply how my spirit is, and sometimes the best thing I can do is accept who I am at this moment. If I'm open to having God meet me in the middle of the mess, He will.

Pantry of Pages

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The Living Room

...where you experience life and spiritual growth



It was so exciting to get started with MOPS 2007-2008! Our Steering Committee members have been working very hard over the summer to plan a new and exciting year for you precious Moms. Their commitment, talent, leadership, and dedication to their calling to this ministry is admirable. I hope you can get to know some of these gals this year.

I have often thought how I wish MOPS existed when I was a young Mom. What a neat opportunity you all have to make new friends, to have others to ask advice of, and to share the ups and downs of being a wife and Mom. You have the opportunity to go home feeling encouraged, validated, and rejuvenated! You are in for a rich experience should you choose to remain dedicated to attending MOPS and engaging yourself in as many MOPS activities as you can. You will find yourself greatly rewarded.

I am beginning my 8th year in MOPS this fall. Back then there were only a couple of us mentor moms for 70-80 moms. Today, we are privileged to have 11 mentor moms. We decided a couple of years ago that it would be so nice to have one mentor mom per table! It seemed like a daunting task, but God has so richly provided us with a total of 12 mentor moms now! We need only one more to fill each and every table. What a joy it has been for us to have our own table to invest time and energy into and to have the opportunity to get to know a few moms well. Each mentor mom has a heart and passion for you young moms and I hope you will take some time to get to know your mentor mom. No mentor mom is an expert in mothering but each one has years of experience to draw on plus their desire to just come alongside you gals as you walk through this time in your lives.

You are all so precious and are involved in the most important job/ministry that you will ever do. Remember, every moment you spend with your children is valuable and IS your ministry and calling at this point in time of your life. So enjoy the stage of your life RIGHT NOW.....your children grow up all too soon. MOPS exists to support and encourage and equip you during this stage of your life. I'm so glad you are here!

Enjoy being a Mommy!

Warmly,

Susan



The Office

The World at Your Fingertips



Would you like to see this newsletter in full color?

We have our own website:
www.orgsites.com/wa/gccmops

The Welcome Mat

“The ornament of a house is the friends who frequent it.” – Ralph Waldo Emerson



*Nancy
Mentor Mom
Purple Table
for Peace*

1. Husband's name, years married? Tom and we have been married 33 years on July 7th.
2. What are your children's names, ages & any info you'd like to share about them? We have 3 sons - Bob, 30, is married to Rebecca and live in Algona, so we get to see them often. They have 3 kids, Danny, nearly 5, Mikey, 3, and Mercy, 20 months. Bob works for a software company in Seattle and Rebecca is at home. Our second son, Joe, 29, is married to Gigi and they have one son, Luca who is 1 year this month. They live in Eureka, CA while he finishes up a degree in Athletic Training. They lived with us this summer while he worked as an intern for the Seattle Sounders Soccer team. What a huge joy to have them with us. I am very grateful for Rebecca and Gigi who I consider my good friends and are wonderful Christian wives. Our youngest, Tommy, 22, recently graduated from college and moved in June to San Diego to start a job with a software company as a software engineer. It is hard to not have him close by and we miss him a lot.
3. How do you like to spend time as a family? BBQ's, camping, watching lots of movies with Tom, going out to dinner with him also, Sunday-family-dinner with the grandkids (and their parents), working on home projects in the yard, and having family dinners with lots of good simple Italian food.
4. What are your hobbies/passions? I love garage sale-ing, changing my furniture around, gardening, and working in the church library.
5. What did you do before you were a Mom? I worked as a medical assistant in doctor's offices and hospitals. I sewed most of my clothes and liked to do craft projects as long as they were quick and simple! Tom and I went on spur of the moment weekend trips. Since I married at 19 and had our first baby 3 years later, there wasn't a lot of 'before' time!
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? A little over a year. The best part is the relationships. The brunch is pretty awesome too (anytime I get served and don't have to clean up it's great!). But really, the friendships I've begun with so many of the ladies is a great delight. I love the girls so much and count it such a privilege to pray for them and be a part of encouraging them in the role of forming little men and women for God.
7. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? My beginnings were housed in a happy, active, exciting family of 5 kids plus a mom and dad who all enjoyed being together. We were all believers and my mom and dad were deeply in love so it was secure and pleasant. My 3 brothers, my sister and I were loud, active, opinionated, dynamic, outgoing, and did I say loud? We are Italian and love every minute of it! Because of this kind of childhood, I inherently wanted that to be the case in my home with Tom. Now, Tom is quiet and reserved, and was raised in a very proper, peaceful home. So we have made, and still make, compromises. From the start when my boys were little I worked hard at having fun with everything we did and encouraged any evidence of fun between the 3 of them. As a result my 3 boys were good friends growing up and now as adults when together, laugh and play continuously. This is a great joy for me. As well, God was always a part of our family worldview so we were always cognizant of God's views in everything we did or said. Tom and I tried hard to live what we believed in our hearts about God, and we feel that our boys 'caught' it well.



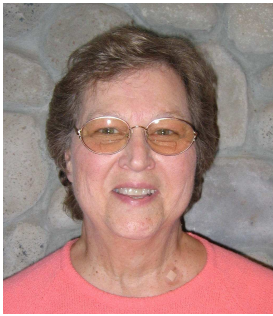
Barb
Mentor Mom
Orange Table for
Peace

1. Husband's name, years married? "Ole" (given name is David, but hardly ever goes by that) married 35 years next month.
2. What are your children's names, ages & any info you'd like to share about them? Joanna is 27, married to Nick Griffith, and has an almost 4-year old daughter, Emily. Clayton is 25 and has an infant daughter, Addison.
3. How do you like to spend time as a family? We work a lot. ☺ But if we take time for fun, we like to play games, hike or ride bikes.
4. What are your hobbies/passions? I quilt some, and am currently in the process of getting all my old photographs onto my computer so I can someday do creative things with them.
5. What did you do before you were a Mom? Hmm...I was a kid - graduated from Seattle Pacific with a degree in sociology, was a stay-at-home wife for a while, then worked a couple years as an office manager for an electrical contractor.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I'm new this year, and anticipate getting to figure that as we go through this year.
7. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? I grew up in a Christian home where both of my parents were highly involved in church ministry, and our home was always open to friends, relatives, new people visiting church, and visiting missionaries. My mom had someone over for dinner at least once a week. When I established my own home, I practiced a scaled-down version of this. We have been involved in ministry in each church we've attended, and I love sharing my home with others, especially people in need.



Susie
Mentor Mom
Blue Table for
Peace

1. Husband's name, years married? Kirk, 32 years.
2. What are your children's names, ages & any info you'd like to share about them? Matthew is 29 and married to my very darling daughter-in-law, Kelly. Megan is 26 and a caseworker with mental health patients. Shauna is 23 and married to Noah, and they are expecting our first grandchild in November, a baby boy! Jenna is 16 and our "joyful spirit". Dustin is my baby, who at 13 is now taller than me!
3. How do you like to spend time as a family? We love it when the older kids come to visit for holidays and family dinners and we all get to spend time together, no matter what we do, boating or just playing bocce ball in the backyard. We love to vacation together, and the girls and I love to scrapbook together.
4. What are your hobbies/passions? Scrap booking and reading are my favorite things to do when I am alone. My passion is still my husband and we love to travel together.
5. What did you do before you were a Mom? I was a medical assistant who couldn't wait to be a mom!
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I started in hospitality in 2002, then moved to childcare, then moved to Mentor Mom last year. The best part is getting to know and spend time with all these great moms!
7. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? I was blessed to have a wonderful, loving mom who had great parenting skills, but, although we went to church, our faith was only on Sundays. I hope to take it further for my children by setting an example of how faith in God is the most important part of your life every day and how to live out that faith through the good times and the hard times.



*Judy Mentor Mom
Yellow Table
for Peace*

1. Husband's name, years married? My husband was Lynn, deceased 2001. We were married 43 years.
2. What are your children's names, ages & any info you'd like to share about them? My son Wayne, the oldest, is also in heaven. Douglas, 43, lives in Hawaii, a free spirit but fun to be with, Jeffery, 39 is a fun, spontaneous, solid family man.
3. How do you like to spend time as a family? Playing table games, eating popcorn, and just being with them when ever their schedule permits.
4. What are your hobbies/passions? I don't have too many hobbies, but a passion I have is working with young wives and encouraging them in their walk with the Lord and their relationship with their husbands. If your relationship with the Lord is strong and growing, then your relationship with your husband will be on track and your relationship with your children and others will naturally fall in place.
5. What did you do before you were a Mom? I was only 2 years out of high school before I became a mom. In the 50's it was the thing to do - get married and start your family. If you went to college, it was to get your MRS degree. Personal careers were not the big item on your want list. Later in my life I became a dental assistant and dental office manager and worked at that job for 9 years. But my most fulfilling role has been wife to my husband and mother to my children. There is no greater calling than that.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I have been involved with MOPS for 7 years, 5 at Grace and 2 at another church. The best part is getting to know the young moms and sharing in their lives. Seeing them grow in their faith and their relationship with their husband and family is exciting. I can't always remember what I did in a certain situation with my children but hopefully keeping them focused on what the Bible says about things and attitudes can help them travel through all the phases of childhood and marriage.

The Front Porch

(Continued from page 1)

Like a physical house, the messiness in my spiritual home often results from neglect. Sometimes, as leaders, we neglect our souls in an attempt to take care of others.

For me, time alone spent reading, taking a walk, or writing in a journal nurtures my soul and helps me to feel at home with myself. But when such time gets crowded out, my spiritual home looks a little messy. Being at home with yourself means finding a place where you can be honest in your spirit: with yourself, first, then with others and even with God. That honesty will make your spiritual home a place where you can know and even accept yourself, and even begin to accept the love of others.

Copyright 2006 Keri Wyatt Kent. Keri is a freelance writer and speaker, and the author of Listen: Finding God in the Story of Your Life. Learn more at www.keriywyattkent.com.

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The Study

...your opportunity for personal growth.



MOPS Bible Study

It's not too late to sign up!

Wouldn't you like to be able to have stimulating conversation with other MOPS moms every single Tuesday?

(Peace Group begins Oct. 2)

Ruth VanDerPuy
253-564-1970

(Joy Group begins Oct. 9)

Jenny Howard
253-638-0542

For more information about this bible study go to

www.orgsites.com/wa/qccmops

Cost: Free! Thank you to Grace Community Church for donating the study materials this year!





*Ramona
Mentor Mom
Pink Table for
Peace*

1. Husband's name, years married? I have been married to Bill 24 years as of September 3rd.
2. How do you like to spend time as a family? Since we are now two adults and two semi-adults we don't have quite as much family time as a unit as we did when they were young... however, we do love to take driving trips together. Everyone is up for a 4 am starting time if we are headed somewhere fun, like Yosemite Nat. Park or Monterey, CA. All four of us seem to love and look forward to these adventures.
3. What are your hobbies/passions? I have many hobbies and a few true passions, I love to power walk every day and I am usually training for a marathon. I also love playing tennis, reading spy novels and detective series, cross stitch, scrap booking, and making greeting cards.
4. What did you do before you were a Mom? I had a long stretch of time before Bill and I had kids... After college I worked for KIRO-TV then went to work for Merrill-Lynch as a broker. I loved this career time... there were not many women in this "man's" career and I enjoyed the competition, the intellectual challenges of the financial field. I planned and managed retirement portfolios and loved it! I expected to keep at it after Whitney and Logan were born... God surprised me with a true change of heart and desire to be an "at home" mom. I continued to work very, very part time for the stimulation of other adults, but I was really surprised to want to be home and parent full time. Parenting has truly been the most rewarding thing I've ever done and I thank God every day for the change of heart and the patience, love, and understanding that He has blessed me with for parenting.

5. How long have you been part of the MOPS ministry and what is the best part of MOPS? This is my 7th year of being a mentor mom and I was a craft person for four years before that.
6. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? Our theme, "Begin here, go there" speaks to me, at this life stage, about our children finishing up the "childhood" stage and then moving on to the young adult stage of their lives... and going out of our home.

As Whitney and Logan finish high school and college, I find myself reminiscing and re-evaluating. There is nothing like feeling the impending drive with your child to a university campus to make you stop and take stock of all you've done from their infancy, their toddler days, their school years, their adolescence, and finally their young adulthood.

I pray often that all I've given them, taught them, and modeled for them in these stages is sufficient. I find myself drawing them into conversations about things I want to be sure we've thoroughly covered. It feels important to reminisce about the "begin here" things that are passed... and dream with them about all of the "theres" they are anticipating.

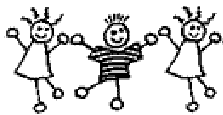
So... my thoughts on this year's theme may be quite different from yours, they are the perspective of a mom one or two steps further down the road of parenthood.

In the Playhouse

...serving in MOPPETS childcare rotation.



Moms, please remember to check in with Sandi Nichols by 9:15am on your day to work. She will direct you to where you are needed.



If you are unable to come on your scheduled day, call your buddy!!!!

October 9th

1. Christine Shirts
2. Anna Pagel
3. Carolyn Stehling
4. Leslie Hager
5. Jenny Heck

October 16th

1. Anne-Marie Anderson
2. Christine Shirts
3. Heather Elwell
4. Shawna Hall
5. Jenny Heck

October 23rd

1. Shawna Brown
2. Jenny Heck
3. Joy Pylkki
4. Shannon Davison Trichak
5. Teresa Williams

October 30th

1. Anne-Marie Anderson
2. Lindsey McCabe
3. Rita Adriano
4. Erin McWayne



The Craft Room

...expressing your uniqueness and creativity.

Go to craft supply table in the back and pick up the following supplies.

1. Clear checkbook cover
2. 2 solid color sheets of cardstock (one for the back of checkbook & one for the front)
3. 1 printed sheet of paper (for the front of checkbook)
4. Scissors
5. Glue stick
6. Any embellishment materials you would like to help decorate your checkbook (Be creative or check out the sample checkbooks)



Slide solid color cardstock in the back of checkbook. With the remaining solid color cardstock piece use this as a background for the printed paper for the front of the checkbook. Be imaginative and decorate with supplies provided or if you are having trouble coming up with ideas use one of our samples in the back. Jen or Marian will be glad to help you.

Have Fun!!!

Optional Idea: These would make a great gift for grandparents. Use pictures of your child and crop them to fit on the top cover as decoration.





In the Kitchen

Cooking up family traditions...

Lunches Kids Love

By Barbara Albright Healthy Recipes from Family Fun

Children have ways of dealing with lunches they don't like, and they are not pretty.

The fact is that what we parents may perceive as a delicious, well-balanced lunch box full of goodies may seem boring or weird to kids. The challenge for us is to create lunches that are reasonably healthful and extremely palatable.

The place to begin is at the grocery store, where you can involve your kids in food selection, a process that may require a little compromise.

At home, try brainstorming a rough list of lunches that you both agree on, and don't forget to include a few fun items that your kids can help prepare. After all, if your kids have a little time invested in their lunches, they may be less likely to reject them.

Once in a while, be sure to pack a lunch-box surprise, such as a note, a sticker or a lollipop. It's a simple gesture that will let your kids know your thoughts are with them even when they are away from you.

Funky Fruit Snack



Looking for a fun way to get kids to eat more fruit? Give your child's snack an appealing twist with a homemade hybrid.

RECIPE INGREDIENTS:

- Any kind of fruit of relatively the same size
- Options:
 - Apples
 - Pears
 - Oranges

Simply slice two pieces of fruit that are relatively the same size and alternately stack the pieces, as shown.

In the Oven

Expectant Mothers



Peace

Megan Flynn-Raab 10/07

Joy

Shannon Davison-Trichak 1/08

Joy Pylkki 1/08



Housekeeping

MOPS announcements, reminders, etc.

Mentor Mom's Welcome Wagon

At each entrance to GCC you will find a Mentor Mom to welcome you to MOPS, and take your secret sister gift, or brunch food to the MOPS Chapel for you. This will give you a few less items to carry while you check in your children and yourself.

Thank you Pink and Purple Table for the delicious brunch!

Volunteers needed to help set up food in the morning with hospitality. Contact Lisa or Naomi on Steering.

If you pre-pay for meetings, use our new Express Check-In system! Just sign your name, pick up a newsletter and have a seat.

Brunch Next Meeting: Blue table brings Main Dish and Green brings Salad or Dessert (Be sure to label your dish, address labels work well.)

Wanted:
People to love on our kids in childcare
Contact Sandi on Steering

If your child is in Frog room or younger, please bring a sippy cup and a diaper to MOPPETS.

In the Shower

Sing, like there's nobody listenin'



Original version

Raindrops on roses and whiskers on kittens
Bright copper kettles and warm woolen mittens
Brown paper packages tied up with strings
These are a few of my favorite things

Cream colored ponies and crisp apple streudels
Doorbells and sleigh bells and schnitzel with noodles
Wild geese that fly with the moon on their wings
These are a few of my favorite things

Girls in white dresses with blue satin sashes
Snowflakes that stay on my nose and eyelashes
Silver white winters that melt into springs
These are a few of my favorite things

When the dog bites
When the bee stings
When I'm feeling sad
I simply remember my favorite things
And then I don't feel so bad



MOPS version - Mom's Favorite Things

Cute Sunday dresses & babies a smilin'
Kids who are playing and aren't even whinin'
Having a great time at MOPS meetings
These are a few of Mom's favorite things.

Afternoon naptime & evenings so quiet
Shopping with friends who want you to "buy it"
Coming back home to a house that is clean
These are a few of Mom's favorite things.

Candles a burnin' & a bathtub with bubbles
Raspberry soapsuds that wash away troubles
Having a day that the phone doesn't ring
These are a few of Mom's favorite things.

When the kids fight
When the baby clings
When I'm going mad
I simply remember mom's favorite things
And then I don't feel so bad.