



This section of the newsletter will feature "you" each month. This month, we are introducing you to the steering team. Starting in November, we will feature one table per month. Enjoy getting to know each other!

Melissa Istre: Coordinator

Melissa has been involved in MOPS for five years. She heard about MOPS from a friend. Melissa has been married to Damon for 14 years. He is a tactical system engineer. She is a mom to Andrew, 7, Eileen, 5, and Logan, 3. You may find Melissa reading, writing, baking, or enjoying water sports when she has a few minutes to herself. One interesting fact about Melissa is that she has a severe skin allergy to the cold even though she grew up in Montana!

Leslie Fleshman: Co-coordinator

Leslie has been married to William for 9 years. She is a busy mom to Whitney, 7, and William, 4. This is her 6th year in MOPS. She heard about MOPS from her best bud Carly. Activities Leslie enjoys are travel, making crafts, shopping, and sleeping. She loves to travel in Maui. You probably didn't know that she once rode on an elephant, but you probably did know that a purse is her favorite accessory followed closely by shoes!

Cathy DeHut: Discussion Group Coordinator

Cathy is excited to begin her 3rd year at MOPS. She heard about MOPS at church. She has been married to Ken for 13 years and is mom to Callisa, 8, and Hannah, 5. She loves to go to the beach to vacation. As for activities, Cathy loves reading, golf, and anything outdoors. One interesting tidbit about Cathy is that she rode motorcycles for 10 years!

Andi Schaefer: Finance/Registration

Andi and Flynn have been married for six years. Flynn owns a business wholesaling cars and Andi works as his bookkeeper. Their twins, Sam and Max are now 15 months. Andi's step-son, Spencer is 19 years old. This is her 2nd year in MOPS. Andi loves to travel, go out for dinner and hang out with friends. She especially enjoys traveling to warm places including Hawaii. You probably didn't know that Andi met her husband at a parent-teacher conference. She was the teacher, he was the parent!

Heather Bullion: Care Team Coordinator

Heather is excited to be the Care Team Coordinator in her 5th year of MOPS. She has been married to Kyle for 9 years. He works for Clearwire. Her girls are Kiera, who is 6 and Alaina, who is 2. Heather loves to vacation by camping in the mountains or near the ocean. She enjoys many activities including hair bow making, jewelry making, crocheting, scrapbooking, reading, and spending time with family and friends. Something you may not know about Heather is that she flunked the written part of the WA state driver's license test when she moved here from Montana. She will never let it expire!

Megan Marble: Speaker Coordinator

Megan is excited to start her 3rd year in MOPS. She has been married to Gaven, GEBC's youth pastor, for 5 years. Her son Isaac, 3, and her daughter, Abigail, 1, keep her busy. She likes to vacation at the beach and enjoys making candles. As a home schooler, Megan was able to speak to Oregon's house and senate in regards to passing a bill allowing homeschoolers to participate in public school sports. It passed and the next year she ran track as a homeschooler.

Brandi Boatman: Hospitality Coordinator

Brandi is married to Shawn. They have been married for 10 years and have three children: Jaden, 7, Emma, 3, and Alayna, 2. When she has spare time, she enjoys reading, shopping, exercising, and games or movie nights with her family. Her favorite vacation place is anywhere tropical! An interesting fact about Brandi is that she used to race cars at Spanaway Speedway!

Elsa Kemps: Co-Hospitality

Elsa is beginning her 4th year in MOPS. She heard about MOPS from a girlfriend. She is mom to Nora, 3 and Sam, 5 months. She has been married to Jeff for nine years who owns farm fresh delivery, which delivers Wilcox products. She enjoyed a trip to Italy awhile back. In her free time, Elsa enjoys scrapbooking, shopping, family time and hanging out with friends. Something she regrets is a rather large tattoo on her left hip that she had done when she was 19 years old!

Yelena Viellky: Craft Coordinator

Yelena is excited to begin her 3rd year in MOPS. She got a brochure about MOPS during VBS one summer and decided to try it out. Yelena and George have been married for 13 years. She has three boys: Adam, 8, Matthew, 5, and David, 4. She loves vacationing in Myrtle Beach, NC. In her spare time, she enjoys creative activities, gardening, flower arranging, and decorating. One interesting fact about her family is that they speak 3-4 different languages when they all get together.

Kristina Linkem: Co-Crafts

Kristina has been married to Jason for 10 years. He is a general contractor. She is mom to Hayden, 6; Natalie, 4, and Marissa, 15 months. She loves to vacation in Maui and spends time scrapbooking, gardening, and reading.

Jodi Heller -Publicity Coordinator

Jodi has been attending MOPS for 8 years. She has been married to Craig for 14 years. He is an elementary school teacher. Her children are Kaitlin, 10; Kyle, 7, and Kevin, 5. She enjoys running, aerobics, reading, and visiting with friends. One of her favorite vacation spots is the Outer Banks in North Carolina. She once broke her arm while playing Dorothy in the Wizard of Oz.

Please contact Melissa Istre at 360-832-3408 if you would be willing to help with childcare during leadership meetings (2nd and 4th Thursdays at the church) Thanks!

For the GEBC MOPS calendar of events, and full-color newsletters visit our website at: www.orgsites.com/wa/gebcmops



# Home and Beyond

News Moms Can Use!



October 4, 2007

Graham Emmanuel Baptist MOPS

Volume 3, Issue 1

www.orgsites.com/wa/gebcmops

## Coordinator's Corner

Welcome HOME

Vacation was over and the road trip home was just about to begin.

"Vamanos....Let's go! Come on, let's get to it, I know that we can do it." Only a half hour down the road and my three year old says, "I need to go potty." "Me too!" chime in my five year old and seven year old. It was the first of many obstacles in the "Dora" adventure home.

HOME — how great it is to pull into the driveway after a long trip or even just a long day of shuttling the kids to the park, swimming lessons, and the countless errands that we as moms have. Isn't it great to just kick off your shoes, put on your favorite "I can't answer the door dressed like this" clothes and settle into your favorite chair?

This year MOPS theme is the HOME factor: BEGIN HERE...GO THERE. What does HOME mean to you? For me, it's about comfort, solace and a safe place to have fun creating family memories with those you love. Home is a place to relax and rejuvenate before heading back out into the world. We as moms long to create a home that is fulfilling for ourselves and our families.

God longs for a relationship with each of us and also a home in our hearts that will be fulfilling for both HIM and us. The theme verse this year is John 14:17 "...he lives with you and will be in you." This verse shows how much God truly loves us and wants to dwell within us.

It is my hope that this year at MOPS you will find a safe place to relax and rejuvenate. That together we can

build relationships, offer each other support and encouragement, and have lots of fun creating memories. I also hope that we can all come away with practical ways to make our house a home.

HOME — how I longed to "go there". We made it through many stops in Potty Rain Forest, across the Muddy Mud Pit and through the "he won't stop looking at me" Grumpy Old Troll Gate. "We did it! We did it! We were finally home!"

I'm Melissa Istre, your Coordinator this year at Graham Emmanuel Baptist MOPS. I have been married for 14 years to my wonderful husband Damon. We have 3 beautiful children: Andrew (7), Eileen (5), and Logan (3). This is my 5th year in MOPS and I am so excited to be sharing this path on the motherhood journey with all of you. Please feel free to contact me anytime. Welcome to MOPS!

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"He lives with you and will be in you" John 14:17



### The MOPS Story

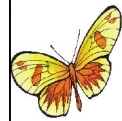
The number was small, but the need was great. The first MOPS meeting took place in February 1973 in Wheat Ridge, Colorado. For two hours, while their children received care, these mothers talked, laughed, ate, passed a basket for childcare expenses, had a craft demonstration, and ended with a short devotional. In this humble beginning, the seeds of the MOPS concept and format were planted. Through friendship, creative outlets, and instruction, the

women began to understand that "Mothering matters." Today, the needs for significance are met in much the same way in MOPS groups across the United States and around the world.

Through MOPS women have found an opportunity to cultivate their leadership skills and develop life-long friends.

Graham Emmanuel Baptist Church is happy to be a part of the MOPS organization.

From www.mops.org



## The Home Factor: Begin Here.....

### Making Pancakes (author unknown)

Six-year old Brandon decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Brandon was covered with flour and getting frustrated. He wanted this to be something very good for Mom and Dad, but it was getting very bad. He didn't know what to do next, whether to put it all into the oven or on the stove and he didn't know how the stove worked! Suddenly, he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically, he tried to clean up this monumental mess, but slipped on the eggs, getting his pajamas white and sticky.

Just then he saw his Dad standing at the door. Big crocodile tears welled up in Brandon's eyes. All he'd wanted to do was something good, but he'd made a terrible mess! He was sure a scolding was coming, maybe even a spanking. But his father just watched him.

Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas white and sticky in the process.

That's how God deals with us. When we try to do something good in life, it turns into a mess. Our marriage gets all sticky or we insult a friend, or our health goes sour.

Sometimes we just stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him.

But just because we might mess up, we can't stop trying to



### The Cozy Kitchen Pumpkin Chocolate Chip Cookies

- |                    |                       |
|--------------------|-----------------------|
| Mix together:      | 1 tsp. cinnamon       |
| 1/2 cup shortening | 1 tsp salt            |
| 1 1/2 cup sugar    | 1 tsp vanilla         |
| 1 egg              | 1 bag chocolate chips |
| 1 can pumpkin      |                       |

Place spoonfuls on a cookie sheet and bake at 375 dgreees oven fro 12-15 minutes. Cookies will be fluffy and yummy.

- Then Add:
- |                      |
|----------------------|
| 2 1/2 cup flour      |
| 1 tsp. baking powder |
| 1 Tsp baking soda    |

### Home and Beyond: GEBC MOPS Monthly Newsletter

Welcome to MOPS this year! I hope you enjoy reading the newsletter this month. On the first meeting of every month, we will provide you with a newsletter. If you would like to be a part of it, I welcome your participation. You are welcome to submit ideas that may be included in the next newsletter. Some ideas you may consider are:

1. A yummy recipe
2. A fun craft
3. An advertisement of your home business
4. An item you would like to sell or give away
5. A published article or story (include credits)
6. An original article or story.

Please e-mail ideas to Jodi at crager1@juno.com. You can also give me ideas at MOPS.

### Happy Birthday

Kristina Linkem	9/5		
Georgiann Derieg	9/8		
Tami Saez	9/12		
Billie Brackeen	9/13		
Chandra Jonkman	9/13		
Heather Bullion	9/19	Cathy DeHut	10/9
Jessica Scanlon	10/1	Jodi Heller	10/25
Brandi Boatman	10/5	Megan Marble	10/26



### Little Breath of Heaven

Congratulations to the following moms on their newest additions:

- Kim Lawton -- Macrae Lawton 7-23-07  
 Tami Hinkle -- Lacie Hinkle 7-9-07  
 Vena Haugen --Ethan Haugen 7-31-07  
 Kira Mills -- Gabrielle Mills 9-3-07



## Going Beyond Announcements

### Graham Emmanuel Baptist Church

**Sunday Worship and Praise**  
9:00-10:00am and 10:30-11:30am

Children's Church during 1st Service and Children's Sunday School during 2nd Service

**"To know Christ and make Him known"**



Harvest Carnival at GEBC:  
Wednesday, Oct. 31 from 6-8pm.  
Food, games and candy for kids.



### MOPS Mom's Night Out

Dessert and Comedy Night

Tuesday, October 23rd  
7:00—9:00 pm

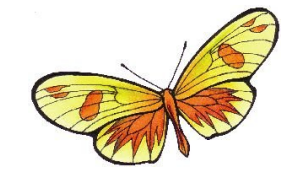
Graham Emmanuel Baptist Church  
Sanctuary

**NO childcare available.**



### Butterfly Lunch

Pack a sack lunch for you and your kids and join us after MOPS on Thursday, Oct. 18th for lunch!



### Steering Team

*Coordinator:*  
Melissa Istre  
360-832-3408

*Co-Coordinator:*  
Leslie Fleshman  
253-846-6021

*Discussion Group Team Leader:*  
Cathy DeHut  
360-893-5288

*Finance/Registration Coordinator:*  
Andi Schaefer  
253-845-2024

*Care Team Coordinator:*  
Heather Bullion  
253-846-9680

*Hospitality Coordinators:*  
Brandi Boatman  
253-846-9018  
Elsa Kemps  
253-425-652-1222

*Crafts Coordinators:*  
Yelena Vieliky  
253-722-7701  
Kristina Linkem  
360-893-3386

*Publicity Coordinator:*  
Jodi Heller  
253-847-1535

**Table Leaders**  
Ann Beringer—Blue  
360-893-8987  
Heather Bullion--Silver  
253-846-9680  
Shannon Grimes—Green  
360-832-4604  
Nikki Heinrich—Yellow  
253-847-7112  
Heather LaRue—Pink  
253-847-4757  
Kelli Mann—Purple  
253-445-4161  
Rayna Porter—Red  
360-832-4072  
Kori Vaninetti—Orange  
253-847-5710

## Homespun Crafts for MOMS

What do I do with the pumpkins I don't carve? Here is an easy and cheap floral arrangement.

Materials needed: small pumpkin, florist foam, skewer, wire, plastic baggy, leafy branches, single stem flowers, bunches of color (either flowers or berries)

1. Hollow out your pumpkins (sugar pumpkins work best).
2. Soak floral foam in water and insert into plastic baggy, place in pumpkin with 1/2 in. sticking out the top.. Cut the extra plastic away.
3. Place cut leafy green branches around the top of the pumpkin, letting them hang down a little.

4. Next, add your color, pick any flower, cut to desired length (this will be the height of your arrangement), and stick in top of the foam center.

5. Start to fill in with a small bunch of color or green, remember to turn the pumpkin as you go to make sure everything is even.

6. Stick the skewer diagonally in the top of the pumpkin then insert into the back of the arrangement.

7. Put in the center of your table and admire!



## MOPPETS BUZZ



☺☺☺ "Children are a Blessing From God"

We are very excited to be able to watch over your preschoolers in the moppets program. Here are a few things to remember to help your child have a wonderful experience!

1. Please do not bring sick children to moppets. We want to keep the germs from spreading.
2. Remember to label everything clearly -- including diaper bags, sippy cups, jackets, etc...
3. Remember to provide a jacket for age two and

up. We may go outside.

4. Try to drop off your child quickly. Usually a crying child will quickly become involved in playing with the toys and the other children. We will contact you if not.
5. Please pick up your child by 11:30.

**\*\*We are currently seeking for more workers. If you know anyone willing to volunteer in Moppets, please contact Melissa Istre at 360-832-3408.**

### Mentor Moms Corner



Mentor moms are moms that have "been there" and "learned from it". We welcome these moms to our groups and appreciate their honesty, listening ears, and advice.

- Billie Brackeen — 253-847-7914  
 Peggy Gillispie—253-531-2472

- Sue Miller — 360-893-7386  
 Shirley Smiley — 253-846-9770  
 Maryanna Swarout—253-208-2217  
 Carol Velke—253-847-1310  
 Debbie Tapia -- 360-893-3130