



DAISY NEWS



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Graham Emmanuel Baptist MOPS

www.orgsites.com/wa/gebcmops

I'm NOT the Maid

Do you ever feel that way too much of day-to-day motherhood is housework (or just plain work)? Sometimes it seems that all I do is cook meals for the kids, do their clothes, pick up their toys, and organize their stuff. Housework is simply not my gift. I often look around my cluttered yet cozy abode, with its piles of magazines, scattered toys, and stray socks, and wonder where Alice from The Brady Bunch is when I need her. The physical work that goes into mothering is considerable. Even just basic care and feeding of a child can consume a surprising amount of time and stamina.

Much harder, though, than the daily domestic grind of household chores is the emotional work that goes into parenting. I'm talking about listening to a child prattle on endlessly, trying to give her your full attention but struggling to concentrate on what she's saying, breaking up skirmish after skirmish in the never-ending sibling rivalries that exist in every home, and willing yourself to be patient with a little one who is jumping on your last nerve.

Whether physical or emotional, too much work can leave you depleted of both the physical stamina you need to chase a toddler and the mental verve required to comfort a colicky baby who's been screaming for three hours. Often, motherhood taps into both types of energy.

Somehow though, as moms, we live by an unspoken code that dictates that we give and give until there's no more left to give. We often put impossible expectations on ourselves that are, in the end, toxic to our sanity, our marriages, and ultimately our families.

I remember David Letterman riffing on his mom's penchant for telling her kids, "I do and do and do for you guys." If you believe that being a "good" mother means you have to, like Mom Letterman, do and do and do until you've consumed every smidgen of energy and personal passion, no wonder you're too tired for the fun elements of life with kids. "Maternal perfectionism and excessive self-sacrifice is a treadmill with no off switch," says author and therapist Valerie Davis-Raskin.

How can we turn that treadmill off today?

Only you can decide that you matter, that a little R & R for mom is really a good thing for everyone you love. Lindsey O'Connor is right on with her book title *If Mama Goes South, We're All Going with Her*. If you go south, you can be sure the whole clan is not far behind. So don't go south! Make self-care a priority.

My friend Becky was having a rare "day off," treated by her husband to a full-body Swedish massage and a spa lunch by the pool. As she drifted in and out of consciousness on the massage table, the cares and stresses of the week melting away under her masseuse's touch, Becky was in bliss. Her masseuse, a fellow mom named Loretta, commended Becky on allowing herself to be pampered. "It's really great for moms to take some time for themselves from time to time." Loretta said. "They always go away from here able to give more to their families."

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I have come that they may have life, and have it to the full.
John 10:10

Food Rotation

May 3rd	Purple
May 17th	Leadership





You know you're a mother when...
it takes you an hour and a half to read a
12-page book

Once upon a time (yes, that's a choo-choo) in a tiny town (a RED choo-choo, very good!) there lived a (you're right, it's really a train, but he can call it a choo-choo, okay?) a funny little man with (I don't know why he doesn't have a beard) a big red nose and (no, they don't show him shaving, do they?) a little red engine. (the story doesn't say if he has a TV or not...)

Happy Birthday

May 8	Kelli Mann
May 8	Desiree Nichols
May 13	Sue Miller
June 11	Melissa Istre
June 14	Diane Morris
June 23	Leslie Fleshman
June 28	Angie Gendreau
July 15	Rayna Porter
July 27	Rachel Schindler
July 28	Yelena Vieliky
August 1	DeAnna Cope
August 8	Peggy Gillispie
August 12	Karrin Wadley
August 23	Andi Schaefer
August 30	Kim Peterson
Sept 13	Billie Brackeen
Sept 15	Chandra Jonkman
Sept 15	Kristina Knies
Sept 18	Georgiann Derieg
Sept 19	Heather Bullion
Sept 28	Crystal Parsons



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The talented and sensible Loretta was absolutely right. Becky went back to her six-month-old baby and her ten year-old daughter with arms wide open, refueled and regenerated.

Think an afternoon at the spa is selfish? Some of you think half an hour away from the munchkins is selfish, but you're wrong! Mom work is rewarding but also hard. We need to take time for ourselves so we can do our best work with our kids.

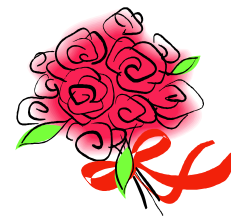
Consider how Jesus took time from his critically important mission on earth for solitude and rest: Jesus "got up, left the house and went off to a solitary place," says Mark 1:35. And Matthew 14:23 echoes this idea: "After he had dismissed the crowds, he went up on a mountainside by himself to pray. When evening came, he was there alone" (RSV).

We have been given our children as precious gifts from God. We need to rest, relax, and restore ourselves on a regular basis to be the strongest moms we can be.

Just Give Me a Little Piece of Quiet
Lorilee Craker

In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15

Happy Mother's Day!





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"**

Vacation Bible School

July 30th through August 3rd 6:00-8:30pm

More information and sign-ups available in July.

MOPS Mom's Night Out

Tuesday, May 22nd 7:00pm

TGI Friday's next to South Hill Mall



Steering Team

Coordinator:

Brandi Boatman
253-846-9018

Co-Coordinator & Publicity:

Melissa Istre
360-832-3408

Discussion Group Team Leader:

Elsa Kemps
425-652-1222

Finance Coordinator:

Megan Marble
253-875-4068

Registration Coordinator:

Cathy DeHut
360-893-5288

MOPPETS Coordinator:

Rayna Porter
360-832-4072

Hospitality Coordinators:

Kelli Mann
253-445-4161
Leslie Fleshman
253-846-6021

Crafts Coordinator:

Yelena Vieliky
253-722-7701

Mentor Moms

Billie Brackeen
253-847-7914
Peggy Gillispie
253-531-2472
Sue Miller
360-893-7386

Table Leaders

Elsa Kemps—Yellow
425-652-1222
Leslie Fleshman—Blue
253-846-6021
Vena Haugen—Orange
360-832-2825
Jodi Heller—Green
253-847-1535
Kim Peterson—Pink
253-845-3467
Kori Vaninetti—Purple
253-847-5710

B r e e z y C o o k i n g w i t h K i d s

Sandwich on a Stick

low fluff on two. Place together to make sandwiches. Allow to soften overnight in an airtight container, if desired.

1. Cut up cubes of bread, cheese, and lunch meat (we ordered 1/2-inch-thick slices of ham and turkey at the deli counter).
2. Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive.
3. Set out a side of mayo or mustard for dipping.

Smoothie Pops

- 5 strawberries, washed and hulled
- 1 medium banana
- 4 ice cubes
- 1 cup strawberry yogurt
- 1/2 cup milk
- 1/2 cup fruit juice

Almost S'mores

1. Break a graham cracker into four sections and spread chocolate frosting on two and marshmal-

1. Mix all ingredients in a blender until smooth. Pour into 3 oz. paper cups, cover with plastic wrap, and insert popsicle sticks. Freeze for at least 5 hours. Makes 12.



M O P P E T S B U Z Z



Wow, the year is coming to an end. It has been such a blessing getting to know all of the kids and watching them grow this year. Thank you to all the moms that worked as helpers in the classrooms throughout the year. We couldn't have done it without you. Hopefully, it was fun for you to see what the kids do in MOPPETS.

Today's Bible story is about Saul on his road to Damascus as found in Acts chapter 9. We also will be working on a little Mother's Day gift for each of you. We hope you have a restful and fun Mother's Day.

Thanks for a great year.
Have a safe and wonderful summer.

Let the children come to me. Don't stop them! For the Kingdom of God belongs to such as these. Mark 10:14, NLT

Children's Prayer:

Jesus, I'm glad you want me to be
A special part of God's family.