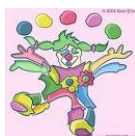


The Inside Scoop



Volume 5 Issue 1
January 12, 2009

Sacred Heart Enumclaw



2008-2009

MOPS Steering Team

Co-Coordinators: Jackie Morgan
and Angela Ward

DGL Coordinator: Hollie Rubin

Fundraising: Zoe Wyrsh

Finance: Amy Zuydhoek

Co-Hospitality: Kim Mckeighen
and Nadine Hayes

Co-Publicity: Susan Herman and
Lisa Longtine

Co-Craft: Tanya Brauer and
Nicole McCoy

DGL's

Alicia Dickerson

Charity Rohner

Karina Dunlap

Leah Tobin

Shannon Galvin

Shawna Kelly

Mentors

Lu Blair

Dianne Broaddus

Michelle Bloye

Camille Howard

Jouella Longtne

Footprints, capturing your life

By Jackie Morgan

Silhouettes on the snow. A trail of small puddles at the side of the pool or from the shower to the towel rack. A broken chain of washed away memories at the beach. A path of matted down grass through the park. Calling cards of muddy feet across the living room carpet.

Think of all the places you went past year.

Now imagine you could see all of the footprints and tire marks you left throughout your world during that time, like they somehow permanently stayed where you stepped. The world as a canvas and your footsteps are the picture. What would it look like?

As a busy mom I am sure that the floor plan of your home would be clearly visible from the bazillions of trips around, up, down, and through the house you made chasing after the little ones (and one BIG one), cleaning up the messes, celebrating the milestones, worrying about what had happened and dreaming of what is yet to come. The yard and driveway would be well depicted in the picture too. These well-worn paths would be heavy and thick. In your mind paint those footprints brown like the trunk and base of a tree, for where they are is the foundation of your life, what matters most in your life and grounds you, as well as where you find strength.

Now think of the places you go regularly. Church, school, the store, the park, the gas station, the doctor and urgent care J, MOPS. Remember the hours you spent wandering the aisles grocery shopping, sitting in the waiting room with a crying child, pushing a swing and running after a sun-drenched little person who was giggles with delight, listening to God's word and worshipping among friends, reading to kids in the class, and laughing with your sisters here. The trails would branch out from home like boughs of leaves reaching out to the world, yet always returning home to the base. Paint those journeys green like leaves, for they create your everyday, give you energy (like photosynthesis - your 50 cent word for the day!) and fill in your life's story.

Finally picture those places you went once or just a very few times this year. Your Aunt Ida's for Thanksgiving. That fancy restaurant. The rest stop off of I-5. The MOPS Convention. Your grandpa's funeral. That awesome concert or play. The kids visiting Santa. Finding the perfect pumpkin. Watching the fireworks. The reunion. That last whimsical day with the kids before school started again. These places dot your landscape. Paint them a bright color, like spring blossoms bursting with fragrance, vibrance and life. These are the moments, the snapshots, that were extraordinary - that will never happen again. They stand apart in your year, and in your life.

Now think of this New Year as an entirely different picture just waiting to be painted. Where will your journeys lead? Are there places you've been meaning to go - to visit the elderly neighbor down the street, to YOUR doctor for a check-up, to church - but have always seemed to find an excuse not to? Are there things you've always wanted to do - climb a mountain, take a class, compete in a triathlon, become more healthy, go on that trip, organize your home, change your hairstyle. Now is the time!

Break out those bright colors and paint your world!

Take the best moments from the last year and find ways to make them occur more often, filling your branches with lots of greenery.

May your roots remain strong, your branches lift you up, and your blooms inspire and captivate you.

And may God's unconditional love and mercy rain down upon you, sustaining you with His living water and keeping you ever in His care.

The Show Must Go On:

Next Meeting Monday Jan 26th

Food Court and Health Nut- Making the most of your meals and first aid.

Craft: Fleece Blanket

Inside This Issue:

Pg. 2 :Preschooler Websites +

Pg. 3 Things to Do

Pg. 4. Classified

Give it a Whirl



Web Adventures in Nutrition

- Nutrition Detectives (www.nutritiondetectives.com) - "teaching kids to make healthy choices"
 - More Matters (www.fruitsandveggiesmorematters.org) - It's so easy to "add one more". Lots of activities and gadgets for you and the kids.
 - Dole SuperKids (www.dole5aday.com) - fun, games, and fresh fruit - what's not to like?
 - Ask Dr. Sears (www.askdrsears.com) - health and nutrition from a pediatrician's point of view
 - Saving Dinner (www.savingdinner.com) - What's for dinner? Find answers from nutritionist-andmom
- Leanne Ely.
- The Sneaky Chef (<http://www.thesneakychef.com>) - "veggies tonight, without a fight", now with tips on sneaking veggies under your husband's radar, too



Online game for Preschoolers :TOP 5

- 1) www.starfall.com - Great Alphabet Themed Games
- 2) www.bigideafun.com - Fun from Veggie Tales
- 3) www.fisher-price.com (click on Fun & Family Time) – Educational Games
- 4) www.pbskids.org - Educational Games with your favorite PBS Characters
- 5) www.seussville.com - Fun games with Dr. Seuss Characters.

IN THE SPOT LIGHT

This Month I would like to introduce you to the Discussion Group Leader for the Yellow Carousel group. Alicia Dickerson.

Alicia completed a questionnaire at the beginning of this year and shared a little about herself.

Please complete this sentence...

1. You know you're a mom when... "Your husband calls you mom and not honey anymore."
2. What is your favorite amusement park ride and why? What is your worst? "Ferris Wheel- you can go slowly around in circles and no matter who you are with it is always different. My husband-romantic, kids-fun & scary."
3. Favorite carnival concession? "Scones!!! And cones!"
4. What's been your biggest adventure in motherhood? "Patience."
5. Choose a word that best describes your life up to this moment. "Roller coaster"
7. If someone gave you a million dollars how would you spend it? "I would donate a lot of it, then go on a cruise set some aside for my kids college fund."
8. What is your favorite website? "Craigslist and ebay"
9. What are you secret snacks? "Dove bars milk chocolate, Dots and Butterfingers."

Only In January...

- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



Mommy and Me

Discount Swim at Enumclaw Pool
MWF 10:30-11:30AM \$1.00 Res
\$1.25 non-Res

Enumclaw Library-Winter story times begin January. for more info. Call the library at 360-825-2938

Tiny Tot Skate- Tues & Sat, Auburn Skate Connection 10:30AM- stroller skate with your baby or bring your walking child and skate together for a fun filled hour. Price includes skate rental and chilly willie drink \$4 each (8 and younger); parents skate free. 1825 Howard Road Auburn 253-833-4990
www.auburnskate.com

• Indoor Play Park- Summer

Toddlers rule! At "Indoor Play Park" everything is set up with kids ages 1-5 in mind. We have music, toys & equipment for a fun and safe play session. Parent must be present to supervise their children at all times. Space is limited to the first 35 children. A parent with 3 or more children must have an additional person to supervise their children. Indoor Play Park will run from September 4, 2008 through May 26, 2009. Indoor Play Park is closed when Sumner Schools are closed.

Cost: \$3 per child at door

\$25.00 for 10 visit punch card

Site: Robert Miller Gymnasium

Days: Tuesdays & Thursdays

Eric Ode Concert 2/7/09 at Sacred Heart Church in Enumclaw- More information will be coming.

Mom's Night Out

Mom's Night at the Mint. Once a month we will be meeting at the MINT in Enumclaw. All moms are invited to join us. There will always be at least 2 members of Steering team there to meet you.

Next meeting.

February

Find more online at....

<http://seattle.citysearch.com/roundup/39167/>



BIRTHDAYS!

Please join us in wishing a Happy Birthday to our MOPS mummies

January Birthdays

Emylou Lewis	6-Jan
Shauna Sheppard	21-Jan
Anita Paulson	26-Jan
Shannon Galvin	29-Jan
Jouella Longtine	29-Jan

Family Fun

MangeStage Theater presents "The Hunchback of Notre Dame Feb 7-15 at 1707 Main St. In Sumner, Wa

SNOWED IN

1/17 2pm-7pm at Bradley Lake Park, 531 31st Ave SE Puyallup (Behind Walmart)...

Bradley Lake Park will be turned into a winter wonderland as they bring in truckloads of snow from the mountains. Dress in Snow clothes- Snowman building contest, Children's snow games and crafts, snow play area, warm food and drinks, live musical entertainment and more.

Jan 19th- MOPS Fun day at Camp Sheppard. All day for MOPS mom and friends. Bring your own sleds but must be inflatable, nothing plastic. Need to bring sack lunch. Helmets required on all sled runs. Road requires that you carry chains in your car. Contact Leah for more info.





Volleyball Anyone?

If you are interested in joining a volley ball league in Maple Valley Contact Stacie Webb at 360-886-9932. The league is co-ed and starts in January.

Arbonne International

Swiss formulated, Herbal & botanically-based Skin care, Baby care, Nutrition and so much more! Contact me today to see all that's new for the Holidays and order your custom gift basket!

Lisa Longtine
Independent Arbonne Consultant
253-332-0137
lisalongtine@myarbonne.com
www.puresafebeauty.myarbonne.com



Play is the language of children... and the right educational products are their words!



Discovery toys offer educational, stimulation, and safe toys for your child. When your child plays with Discovery Toys you don't have to worry about the safety and durability of the toys. The reason why is because of their quality and safety promise to parents. I would love to share these exciting and fun products with you. You may visit my website www.discoverytoyslink.com/John316 or call Lisa Hofer at 360-719-8188.

Sacred Heart MOPS would like to thank Enumclaw Self-Storage for use of their facility for the MOPS garage sale.

Enumclaw Self storage Your Storage solution

800 Blake Street,

Enumclaw WA 360-825-4143

Sacred Heart MOPS Classifieds-

If you would like to put an ad in the MOPS classified

please email Susan Herman at sj_herman@yahoo.com

THANKYOU!!!!

For providing Steering Childcare
Trina Genge

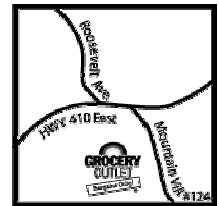
Koreena Barcelona

Shawna Kelly

All Mom's who provide steering childcare receive a free MOPS meeting.

Looking for a bargain- Don't forget to visit our Sponsor GROCERY OUTLET- in Enumclaw.

960 Roosevelt Ave
Enumclaw, WA 98022
360-825-9148



Superior Mechanical

Heating & Air Conditioning Specialists

253-736-3705 253-736-3745
Kevin Hayes Audi Reisinger
www.SuperiorMechanicalLLC.com

NEW BABIES!

Welcome Eli Graceson Paulson

Born: Friday November 21st 8:12PM

Weight: 8 Pounds 10 Oz.

Welcome Romeo Abraham Gwerder was born to Ana Gwerder on November 26th 2008

Movie Club- If you are interested in joining a movie club (similar to a book club) Contact Susan Herman at 253-862-6936 or email sj_herman@yahoo.com



You're a Hot Mama!

Get your pre-baby Body Back!

Check out the Transitions Lifestyle System®, a total lifestyle and common-sense program to health and weight management. The system features cutting edge dietary supplements, delicious entrées, On the Go Bars and Shakes and a multifaceted approach to healthy living through low-glycemic eating, stress reduction and exercise. Discover some of Market America's best weight loss supplements in the Transitions line, including:

- Thermochrome w/ Advantra Z & Hoodia gordonii
- Carbohydrate Absorption Inhibitor
- Fat Conversion Inhibitor

Check out marketamerica.com/kimkalin
Contact Kimberly at krkalin@msn.com or 253.709.2135

Transitions: Not a diet, but a lifestyle!



Sacred Heart MOPS meetings Every Other Monday at Sacred Heart church in Enumclaw 1614 Farrelly St, Enumclaw 98022.

For More information contact Jackie @ 253-631-7094 Or visit us on the web at

Www.orgsites.com/wa/shmops