



Volume 5 Issue 2

****The Inside Scoop****

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MOPS at Sacred Heart Church in Enumclaw, Washington www.orgsites.com/wa/shmops

Are You a Worrier? by Kimberly Chastain.

Are you a worrier? I think it comes with the job description of Mom. Seems like there is always something you can worry about. As a child I memorized Philippians 4:6. This is what I memorized, ☐Be anxious for nothing, but in everything pray.☐ Recently, I rediscovered this verse and found I had not done a complete memorization. The verse says, ☐Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.☐ Did you catch the big point I was missing? ☐With thanksgiving.☐ When you pray to God about your worries are you also thanking Him for all your blessings? For me it has given me a whole new way to think about my worries and prayer. For example, you can start out something like this, ☐God, thank you for choosing me as your child, providing food to eat, my home, my husband, my children, and all the many blessings You have given me. Because, You have been faithful in the past and You always keep Your promises, I know You can handle this worry _____ of mine right now. Lord, I give it to You. Thank You again for Your faithfulness. When we spend more time thanking God for all the things He has done for us our worries seems small in the hands of a really big God.

Recently, we were reading in Genesis with our children and I found an excellent example of not trusting God with your worries. We were reading about Lot and his daughters. If you will remember after God rescued them from Sodom and Gomorrah, Lot's daughters were worried they would not have children or a husband. So, they got their father drunk and they ☐laid☐ with him in order to have children. My children's first reaction was ☐gross☐. Hey, I agree. Then, I pointed out something even deeper about this passage. Lot's daughters had just witnessed God rescuing them from total destruction. God chose their family and no other to live. How powerful and amazing. How special they were in God's eyes. Yet, after witnessing the marvelous and destructive power of God, who saved them from utter destruction, they could not trust God to find them husbands. Oh, how that must have grieved God. The God who saved their lives certainly can be trusted to find them husbands. But, no they didn't trust God and decided to come up with their own plan. I'm afraid we are guilty of the same ☐type☐ of sin. Not trusting God to come through for us and we scheme to figure out a way to make it work.

Dear Reader, whatever your worry is today you have a God who chose you and loved you enough to send His only Son to die for you. Do you not think your God cannot handle and work out whatever is worrying you? You have an awesome Father who is just waiting to take all your worries and continue to show His faithfulness. Give your worries to Him and leave them there.

* 2005 Kimberly Chastain About the Author Kimberly Chastain, MS, LMFT is the Christian Working Mom Coach and a Licensed Marriage and Family Therapist. She was recently featured in the book the Myth of the Perfect Mother. She is the author of ☐Help My Preteen/Teenager is Driving Me Nuts!!!☐ To purchase a copy of this e-book please visit www.kimberlychastain.com/parenting. To schedule a free, initial coaching session send an email to free@kimberlychastain.com or visit <http://www.christianworkingmom.com>.

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It's Happening Today

Speaker: First aid and child Development with Brian Hiller

Creative Meal Planning with Amy Zuydhoek

Craft: Fleece Blankets

Cabin Fever Busters From



To



A) Airplanes – Make paper airplanes from www.10paperairplanes.com

B) Bubble Painting – Supplies: A tray or bowl big enough for your craft paper, Tempera or Washable Craft Paint, Liquid Soap, Drinking straw, Paper (typing paper works fine).

Instructions: Mix together the paint and some liquid soap in the tray. Add some water until it is runny enough to blow bubbles. Use the drinking straw to blow into the paint to make bubbles. Gently place the paper on top of the bubbles. When the bubbles pop remove the paper and leave to dry. It will leave a “tie dye” effect on the paper.

C) Craft Time – Needing fresh ideas? Our three favorite sites for ideas:

- 1) www.crayola.com
- 2) www.familyfun.go.com
- 3) www.kaboose.com

D) Dance – Turn on the music and dance. Invent new dances. Have fun!

E) Explore KC – For KC fun, go to www.visitkc.com or www.kckidsfun.com

F) Face Paint – Ingredients: 1 tsp. Cornstarch, 1/2 tsp. Cold Cream, 1/2 tsp. Water, Food Coloring.
How To: Mix together cold cream and cornstarch until well blended. Add water and stir. Add food coloring until you achieve the desired color. Use small paintbrushes, q-tips, or your fingers for face painting fun.

G) Goop– Make your own Goop. Step 1: Make the Borate solution: 2/3 cup warm water, 1 1/2 teaspoon powdered Borax, 3 drops food coloring. Mix together in a 1 cup measuring cup using a wooden spoon. Step 2: Then, make the Glue Solution: 3/4 cup warm water, 1 cup white school glue. Mix together in a mixing bowl using a wooden spoon. Step 3: Pour the borate solution into the bowl with glue solution. Use your hands to gently lift and turn the mixture until only one tablespoon of liquid is left. It will be sticky for a moment or two. After the excess liquid has dripped off, the Goop is ready. Step 4: Store in a plastic bag in the refrigerator. When you are through, discard in a waste can. DO NOT try to wash it down the sink. If it dries on carpet or clothing, cover it with a cloth soaked in vinegar to de-gel it, then wash the area with detergent and water.

H) Hand Rhymes –

www.preschoolrainbow.org/preschool-rhymes.htm

I) Ice Cream Made with Snow – Ingredients: 1 gallon snow, 1 c. sugar, 1 tbsp. Vanilla, 2 c. milk
How To: When it starts snowing, place large clean bowl outside to catch snow. When full, stir in sugar and vanilla to taste, and then stir in enough milk for desired consistency. Eat immediately.

J) Jigsaw Puzzles: Put together puzzles from your collection, or create your own. Cut out pictures from magazines or junk mail and use them to make your own puzzles.

K) Knock Knock Jokes: For a giant collection, go to: www.knock-knock-joke.com

L) Light Games: Supplies: Flashlight, Paper Cup, Pointed Tool (pencil, nail, or pen). How to: Carefully poke holes in the bottom of the cup to form a design. In a dark room or tent, shine the flashlight into the cup to see the pattern that was created. Use additional cups for more designs. Add colored cellophane for interest. Turn the cups to create a Kaleidoscope effect.

M) Make a Map – Create a treasure map and send your children on a hunt through the house for “buried treasure.” The treasure may be a new book or movie, something from the Dollar Tree, or just an “I love you” note from Mom.

N) Necklaces– Give your child a piece of yarn and let them string cereal (like Cheerios or Fruit Loops) on the yarn to make an edible necklace. Tie in the back and let them eat the dry cereal.

O) Online Games for preschoolers. Five of Our favorites:

- 1) www.starfall.com – Great Alphabet Themed Games
- 2) www.bigidea4fun.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.

P) Puppets – Make puppets with paper sacks, old socks, or paper plates. Practice your show and perform for daddy when he returns from work.

Q) Quilt Forts – Use quilts, sheets, pillows, and cushions to create forts for playing, reading, hiding, and just new winter fun.

Cabin Fever Busters Continued from page 4

R) Read a Book – The Christian Children’s Book Review is a great source for information on the latest titles: ccbreview.blogspot.com

S) Sardines– This is “Hide and Seek” backwards. One person hides while everyone else seeks. As the seekers find the hidden person (one by one) they join them in their hiding spot until everyone is crammed (like sardines) into the same corner, behind the same chair, etc.

T) Tortilla Snowflakes – Ingredients: Flour Tortillas, Canola Oil or Spray Butter, Cinnamon and Sugar, Powdered Sugar, or Shredded Cheese (can do cheesy tortillas, or a sweet variety). How To: Set oven to 400 degrees. Warm tortillas for 15 seconds in the microwave. Fold the tortillas in half once and then in half again, so you create a pie wedge shape. Using clean scissors, cut triangles, circles, etc (as you would paper snowflakes). Unfold tortillas. Brush with oil or spray with butter. Sprinkle with Cinnamon and Sugar OR Shredded Cheese (Mozzarella is good to keep them white). OR, wait to sprinkle with Powdered sugar after baking. Bake until just warm and slightly crisp (about 4 minutes). Eat and enjoy.

U) Unbirthday Party – In Alice In Wonderland the Mad hatter sings of an “Unbirthday”... the 364 days a year that are NOT your birthday. Make an Unbirthday Banner, Cake, and decorations with Balloons and streamers. Watch Alice or read the book. Unpin the tail on the donkey (make a donkey with MANY tails, the object is that the blindfolded person must find the correct tail – the one in the proper spot). Have backwards relay races. Eat dessert first. Wear PJs during the day and clothes to bed. Be creative!

V) Volcanoes – Create a playdough volcano around a paper cup. Put a bit of baking soda in the cup, then pour some vinegar into it. It makes a bit of a mess, but the children will love it.

W) Window Painting – Buy window paint by Crayola in the art supplies section at Target or Wal-Mart. Use it to create your own window designs.

X) Xylophone – Play with toy xylophones and other musical instruments. To make a xylophone using glasses, go to www.pbskids.org/zoom/activities/sci/glassxylophone.html

Y) Yeast Pizza Dough – Make Homemade Pizza.

Ingredients for Dough: 1 pkg yeast, 1 tsp sugar, 1 cup warm water, 2 TBL oil, 2 1/2 cups flour, 1 tsp salt. How To: Dissolve yeast and sugar in warm water and add oil. Combine flour and salt. Pour yeast mixture over dry ingredients and mix. Let rest 5 minutes. Roll dough onto greased pizza pan. Add your favorite pizza toppings. Bake at 425 for 20–25 minutes.

Z) Zoo Animals – Name Zoo Animals (elephant, giraffe, hippo, alligator, etc) and have your child impersonate their movements and sounds.

• WHAT’S FOR DINNER

- AMY????



Our Second Speaker today is our very own Amy Zuydhoek.

Amy is our Finance Coordinator and also the creator of the website (blog) <http://wfdamy.blogspot.com/>

I have mentioned her blog before in this newsletter, however since she will be giving us a Meal Planning lesson today I thought I would mention her blog again since it is a wonderful source of ideas for meal planning.

A little bit about Amy...

When asked to chose a word that best describes her she said...
“Blessed”

If she were to receive a gift certificate for one restaurant it would be
“Subway”

Her favorite drink is “diet **Pepsi** from a fountain pop machine”

Her favorite Scripture is Romans 5:1-5 Peace and Joy

1Therefore, since we have been justified through faith, we^{1a}have peace with God through our Lord Jesus Christ, **2**through whom we have gained access by faith into this grace in which we now stand. And we^{1b}rejoice in the hope of the glory of God. **3**Not only so, but we^{1c}also rejoice in our sufferings, because we know that suffering produces perseverance; **4**perseverance, character; and character, hope. **5**And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us

Upcoming Activities and Events...

Mom's Night Out : The Mint in Enumclaw
 Wednesday **February 4th** at 7:00 PM.
 Take a break and come out and enjoy some mom
 Time with your MOPS friends.

Wabash's Children's Consignment Sale
 Friday and Saturday **Feb 6-7**
 Wabash Presbyterian Church in Enumclaw
 1/2 off items on Saturday
 Consignors Welcome or you can just donate items.



Eric Ode—children's Performer
 Sacred Heart MOPS Fundraiser
 Saturday **Feb 7th 10:30 AM** @
 Sacred Heart Church
 \$5. or \$20/family

Next Meeting: Feb 9th. Tunnel of
 Love:

The Valentine's Day meeting:

Pastor Doug Bursch and his wife
 Jennifer discuss love and marriage
 and how they have changed with
 Kids.

Craft: Sweet Treat Truffles

Swap: White Elephant



Future Meeting: March 2nd— Lazy River.. Relax and
 Enjoy SPA DAY!



If you've got it, pamper it!

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

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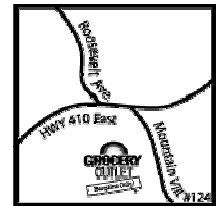
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