

MOPS Schedule: Speakers, Crafts, Snack/Clean-up, & MOPPETS

- March 4th Meeting**
 Speaker/Topic: Bridgette Bear, Help Keep Decay Away
 Craft: Scrabble Piece Pendants
 Snack/Clean-up Tables: Pink, Brown, Purple
 MOPPETS: M.Hawkinson, S.Jurgens, K. Samli, C. Mcintosh, J. Forna + 1 opening
- March 25th Meeting**
 Speaker/Topic: Brenda Rothaus, Understanding Food Allergies
 Craft: Kidslink Card Kits
 Snack/Clean-up Tables: Blue, Berry, Red
 MOPPETS: Darla Rydman, Marjolein Deu, Amy Thompson, + 3 openings
- April 1st Meeting**
 Speaker/Topic: Linda Parisi, Popcorn Question Day
 Craft: Envelope Sachets
 Snack/Clean-up Tables: Yellow, Green, Pink
 MOPPETS: Robyn Buehler, B. Moyer, Paula Chiles, Satina Startzman, + 3 openings



Lauren Neal,
MOPS Coordinator

All-Natural Lice and EGG Removal
by Jen Loftus

We just got done having head lice here... all three kids and me. One of the biggest nightmares is after you kill the live lice you then have to pick the nits off each strand of hair. I found this recipe for an all-natural lice and EGG removal system. I sure wish I had known this before I doused all my kids in RID pesticide.

It was a miracle. We were all nit free after only 4 days!

- 10 drops tea tree oil
- 15 drops Anise
- 3 tbsp sesame oil
- 2 tbsp Neem oil (or coconut, or jojoba)
- Mix all in empty water bottle. Squirt on hair.
- Wrap hair in towel, leave on 1-1 1/2 hours.
- Rinse with Shampoo

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Onward and Upward by Lauren Neal

I just need to share what God has been doing in my life lately.

My husband and I wanted to move, in the next 2-3 years. But, I firmly believe that the desire to move, aka all the "umph" that it takes to get one's patootie from this couch to a couch across town, comes over you in a wave, like the wave to have another baby...feel me? Anyway, we were starting to "feel the wave" coming over us. We'd been looking for a while, then...blamo! There it was. Our dream house. We put an offer on it, it got accepted, we listed our house, and we sold in the span of 4 weeks. Yes, 4. At Christmas. In a down economy. I don't know why, but God just allowed it, and I firmly believe that. There were lots of little things that had to happen, and at each step, He opened the door. Needless to say, we are very, very grateful and super excited to move, on January 28th, one day before my husband's 35th birthday. He's going to be very sore on his birthday. Ha!

As I think about moving away from this house, that I've lived in for 7 years, birthed one out of three children in, obtained two dogs, and...a partridge in a pear tree... I ponder the things that God has done in this house and with our

family. He has fed us. He has clothed us. He has kept us warm. He has shown me things about myself as a wife, mother, and daughter that I needed to learn and sometimes didn't want to see. In other words, we sometimes mark houses by the stuff that we acquired while living there, but I'd like to focus on the blessings that are afforded us that are non-material. In this house resided a family that desired to live harmoniously together, love each other, and grow every day. We, as a family, want to strive to do that wherever God takes us. We are hoping to live in this upcoming house for a long time, but we never know the plans God has for us. I want to try to hold this place with an open hand, and accept the goodness that God has promised me. I guess you could call that my "New Year's Resolution"....every year. ☺

What good things has God given or done for you that you might have overlooked? He is always working. Are we always looking?

| Steering Team | Discussion Group Leaders | Table Mentors |
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From the Kitchen of
Sheila Jurgens
Gluten Free Swedish
Kladdkaka

½ Cup Gluten Free flour
1/8 tsp. Xanthan Gum
¼ tsp. Ground Cinnamon
(optional, I did not use)

¼ Cup Unsweetened Cocoa
Powder

Pinch salt

2 Eggs

1-1/3 Cups Sugar

1 T Vanilla Extract

1/3-1/2 Cup Melted Coconut
Oil

Preheat oven to 300 degrees.

In a medium bowl, sift
together the GF flour, xanthan
gum, cinnamon (if using),
cocoa powder, and salt; set
aside. In the bowl of an
electric mixer, beat the eggs
and sugar together until
smooth. Add the flour mixture
and mix well. Pour in the
vanilla and melted coconut oil
and gently stir until well
blended. Pour into 8-inch pie
plate, or 8-inch square pan.

Bake on the lower rack for 35
minutes, or until the center
has slightly set. Remove from
oven and allow the cake to
cool 1 hour in the pie plate
before serving.

Serves 8 - This recipe is
gluten, dairy and soy free!



Mentor Moment: Date Night by Karen Baretich

Oh, what I would have done to have a group like MOPS when I was raising my four sons! We had all our sons within five years. My name is Karen Baretich and my husband and I moved to Woodinville a year and a half ago and have attended Northshore Baptist Church since then. We have two sons that have been launched (they made it through college and are on their own) and two to go (they are still in college).

The twice monthly MOPS meetings are a wonderful break in a mom's busy life to relax and talk with other moms, learn something new and create something pretty with your hands.

Let me encourage you to consider another kind of twice monthly break, maybe even weekly – a date night with your husband. For us, it started with a marriage bible study. We met every other week and on the off weeks we were supposed to have a date night and if we didn't, we had to put money in the kitty. Well it didn't take us long to figure out where we wanted to spend the money and time—with each other!!

Initially, I thought a date night a luxury but it soon became a necessity for sanity. A babysitter and dinner out became a permanent line item in the family budget.

Date night for us was an uninterrupted time of catching up with each other about life, work, kids, God, ministries, home projects or whatever we had on our minds at the time. It helped us be more unified in dealing with the kids. In essence, they were blessed by our time together.

Here we are almost thirty years later – one of our sons was recently home over a Friday night and he asked if we were going out on a date night. He mentioned he would like to do the same thing some day with his wife. Little did we realize how profound an impact that decision was on our relationship and the example it set for our sons.

Why not start this February by talking with your Valentine about having a regular date night? Share babysitting with another friend who wants to do the same thing if money is tight. For ideas on how to get started, check out these books: *Simply Romantic: Dates on a Dime*; *Fun and Creative Dates for Married Couples*; or, *10 Great Dates to Energize Your Marriage*.

Maybe your kids will start asking every week if you and dad are going on a date night—they might whimper and cry at first but then eventually they see how much daddy loves their mommy and a little smile and giggle may cross their face!!!

In the Spotlight: Linda Parisi MENTOR



Me 'n MOPS: Our family came to Northshore Baptist Church in 1999 and shortly after that I discovered MOPS. Going through some really big trials, the women of the MOPS group were such a huge support to me and my family. They were truly the hands and feet of Jesus.

About my family... My husband Dave and I have been married for over 16 years. Dave is the most giving man I have ever met and most humble. Our oldest son Joshua is 26 and is married to Bethany; they live in Ballard. Our son Andrew is 15 and is most interested in driving right now. Our youngest son Jack is 12 and is the hugger of the family.

One of the hardest things about being a mom is... I've had to watch my child suffer through two types of cancer and the effects of chemotherapy and radiation. I would've traded places with him in a heart-beat.

How I live out my spiritual life... Getting on my knees daily, being grateful for each new day, and praising God for the blessings He has bestowed upon me and my family. My husband and I pray over our sons each morning before they go about their day, and then we pray together as a family each night.

I would most like to ask God... I don't question God very often, but I would like to know this one thing... Why do children have to suffer?

When I am down, the one thing I do to feel better is... Exercise! It's hard to get there sometimes, but I always feel better when I am done. Plus, I have more energy to do all the things I want to do!

Craft Corner: Thumbprint Heart Card

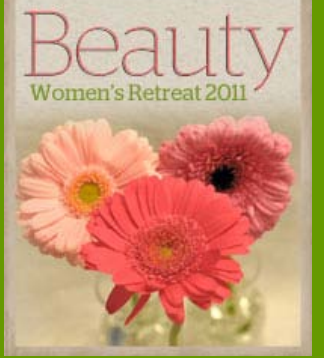
What You Need

- ½ sheet of pink construction paper
- Red acrylic paint
- White paint pen, white paint, or tiny wiggle eyes
- Black fine point marker



Fold the half sheet of construction paper in half and crease to create your card. Dip thumb in red paint and press onto card at a slight angle to the right. Repeat on the left, lining up the bottom of your thumb with the bottom of the first thumb print. This should create a heart shape.

Let the thumbprint dry. Use a black marker to write a Valentine greeting on the front of the card. Add arms and legs with the black marker. Use a white paint pen to dot on two eyes. When white is dry, add two black dots to the two whites with black marker.



Women's Spring Retreat
March 11-13, 2011

Ladies, this is our weekend!

Come join us for a time of refreshment and hope as our own Lupe Maple guides us in God's word. We'll have worship with Anna Huebner, as well as fun workshops, laughter, chocolate and sweet fellowship.

This is your chance to take a break from the everyday and come away to enjoy a life transforming weekend – made just for Women!

Grab a friend and sign up today! Scholarships are available, pick up a form at church.

We are registering online now (nsb.org/register-online). You don't want to miss this weekend!!!

We would love to have you join our retreat planning team! Help a lot or just a little—e-mail Kathy Flugstad for more information: flugstad5@msn.com.

