

- Katherine Mayor – Dec 01
- Trisha Scott – Dec 02
- Allie Johnson – Dec 20
- Bridget Dwyer – Dec 29
- Mandy Jacobson – Dec 30
- Cindy Klein – Dec 31
- Holly Reed – Jan 01
- Kamrin Wheeler – Jan 28

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

- **January 28th Meeting**
 Speaker/Topic: Karin Dawson, Preserving Memories
 Craft: Fabric Button Hair Clips
 Snack/Clean-up Tables: Purple, Blue, Berry
 MOPPETS: L. Starr, M. Twitchell, K. Ytreeide, M. Cornwell, B. Terry, W. Ayer + (1 opening)
- **February 11th Meeting**
 Speaker/Topic: Linda Parisi, Intimacy
 Craft: Votives with Beeswax Cut-outs
 Snack/Clean-up Tables: Red, Yellow, Green
 MOPPETS: K. Mayor, J. Claussen, A. Wilkin, K. Terwilliger, and Holly Reed + (2 openings)
- **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, K.McIrvin, S.Jurgens, K. Samli, C. Mcintosh, J. Forna + (1 opening)

MOPS Volunteers

2010-2011

Steering Team	Discussion Group Leaders	Table Mentors
<p>Lauren Neal, Coordinator 425-402-7906 lauren.neal@frontier.com</p> <p>Mary Hawkinson, Co-Coordinator 425-677-7835 mary.hawkinson@comcast.net</p> <p>Erin Costa, MOPPETS 425-753-9375 erincosta@hotmail.com</p> <p>Jasmine Smith, Discussion Groups 206-354-2669 mjsmith89@msn.com</p> <p>Linda Parisi, Mentor 425-487-0800 lmparis@hotmail.com</p> <p>Kim Knuth, Hospitality 425-398-4021 kknuth@blueskiesweb.com</p> <p>Suzann McCann, Creative Activities 425-491-9601 hollyanndrew@yahoo.com</p> <p>Wendy Moe, Publicity 425-802-4950 wendymoe@hotmail.com</p>	<p>April Banach: Finesse (berry) (425)788-7591 banacha@msn.com</p> <p>Mandy Jacobson: Resilience (red) 206-228-1503 mandyj@tonyjacobson.com</p> <p>Brittany Moyer: Joyful (yellow) 425-487-1900 brittanymoyer@hotmail.com</p> <p>Holly Reed: Authenticity (green) 425-398-0400 reedhollya@aol.com</p> <p>Akiko Smith: Contentment (pink) 425-772-6427 smith.akiko@gmail.com</p> <p>Jen Bandy: Steadfast (brown) 425-338-1347 jenniferalison@hotmail.com</p> <p>Trisha Scott: Loving (purple) 206-234-4997 cscott21@hotmail.com</p> <p>Kristina McIrvin: Resourceful(blue) 317-908-5079 kristina_mcirvin@yahoo.com</p>	<p>Karen Baretich: Finesse (berry) 425-408-0796 kbaretich@sterling.net</p> <p>Beryl Moon: Resilience (red) 206-795-5988 moonin@aol.com</p> <p>Valerie Hill: Joyful (yellow) 425-481-8607 brian-hill@juno.com</p> <p>Sheila Jurgens: Authenticity 425-488-030 sanjurgens@aol.com</p> <p>Lana Starr: Contentment (pink) 425-823-4962 luvto.sing@comcast.net</p> <p>Kim Ytreeide: Steadfast (brown) 425-844-9323 kimytreeide@gmail.com</p> <p>Cindy Klein: Loving (purple) 425-823-8357 cindyklein2@frontier.com</p> <p>Darla Ryman, Resourceful (blue) 425-774-5450 djqueenmum@hotmail.com</p>

Best Seattle Hot Chocolate Spots
redtri.com

Hot cocoa is the perfect cure for the winter doldrums for kids and grownups alike. Why not make it an experience that your kids will remember?

Chocolopolis is a chocolate boutique where you can choose from eight drinking chocolates on the menu or you can pick any chocolate bar in the store and they will turn it into hot chocolate.

Twirl Café is a family-friendly café that offers a great Kidropolis-inspired play area. You can order hot cocoa for the kids and let them burn some energy afterward. Seating: mixed, with plenty of room for strollers.

Simply Seattle Chocolate Box is the FAO Schwartz of chocolate, with products galore from around the world.

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Mary Hawkinson,
MOPS Co-Coordinator

Whining by Mary Hawkinson

Have you seen those funny little signs with the word “whining” and a big red circle and a slash? If I thought it would make a difference, I’d like to stamp that little sign across my toddler’s forehead a few times of late. His whining has been a small parenting “project”, to say the least. As much as I would like that abrasive sound to stop immediately, even more desperately, I wonder if I’m ever going to get through to him to trust me to provide for his needs, his protection, and even some of his desires.

Do you think that’s what God felt toward the Israelites so long ago? You remember the story: The Israelites had been slaves to the Egyptians for centuries, and God miraculously saved them by raising Moses up to lead them out of Egypt and into the Promised Land. No sooner had they been delivered out of Pharaoh’s death grip, they began to mumble on their way to the land flowing with milk and honey: “Would that we had died by the Lord’s hand in the land of Egypt, when we sat by the pots of meat, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.” (Exodus 16:3b)

Every time I read that Exodus story, I think, “Silly Israelites, they were so blind to God’s faithfulness and provision!” It’s like I’m imagining them as a bunch of two-year-olds. Truth be told, the Israelites doing the complaining were most likely adults. That fact causes me to pause for a little gut check: How often have I not gotten my way immediately and stamped my feet or pouted? Lashed out at someone I care about? Harbored bitterness in my heart?

A wise friend posted on Facebook recently: Maturity takes effort; Age does not. To Christians, this can also apply to our spiritual lives. It may be hard to think that someone else has our best interest at heart, but that’s God, and that’s His Father’s heart. He loves us as His children, and wants to perfect us. Like a whiny toddler, when I want to see things done my way, I often forget that He is worthy of my trust. If I am one of His parenting “projects”, I’m so thankful to know that He’s not done with me yet!

From the Kitchen of
Marjolein Due
Baked Eggs for a Gang



12 eggs, beaten
2 cans (15 ounces each)
creamed corn
1 can (7 ounces) chopped
green chilies, drained
1 tsp Worcestershire sauce
4 cups shredded sharp
cheddar cheese
1 teaspoon salt
½ teaspoon pepper

Preheat oven to 375
degrees. Mix everything and
pour in a greased 13-by-9-
inch glass baking dish.

Bake for 50-60 minutes or
until center is set.

(We let it sit in the oven a
little longer and visually it
looked like the middle part
was still not completely
done, but when we poked it
with a fork, we could tell it
was just some liquid on top
that made it look that way
and the mixture had actually
set).

Enjoy!



Mentor Moment: New Year's Goals for Kids by Darla Ryman

My husband, Mark, and I have attended Northshore Baptist Church for 20 years – since our youngest was one. Now Shauna is 21, Jake is 25, and Heather is 28. There are no grandchildren yet (only Heather is married) but we did gain two grand-pups this year, as you can see in the picture. Buhner and Gambit have added lots of fun and excitement to the family, especially when they are together. I've had the chance to do lots of dog sitting. I know it's helping to prepare me to be a grandma!

So... a new year! Have you made New Year's resolutions? I was always skeptical of them since most people said they didn't keep them anyway. But setting goals is another thing. That's a worthy thing to do, and the start of a new year seems like a perfect time to sit down and do some evaluating. For many years my husband and I did something that Pastor Jan used to do with his wife. We want to have goals for ourselves, but this was setting goals for each of our children.

With a separate piece of paper for each child, we would brainstorm about the previous year, and ask God to give us ideas of areas He might want us to work on with our kids. Of course, if your kids are really little, we usually just care about them sleeping through the night, getting potting trained, or weaned from the bottle or pacifier. But as early as 3 years old, we can easily begin to see their character developing and areas they may need "encouragement" in. We tried to include personal, social, physical, and spiritual goals. Some specifics ideas might include: getting them together more often with friends from church to help build relationships with other Christians; nailing down the teeth brushing habit; working with them more on their reading; taking them to concerts or other cultural things.

Besides the practical aspects, we have the responsibility to shape our kids' character! Some character traits Chuck Swindoll says are "sculptured under the watchful eyes of moms and dads" are: **Determination** (stick with it, regardless); **Honesty** (speak & live the truth-always); **Responsibility** (be dependable and trustworthy); **Thoughtfulness** (think of others before yourself); **Confidentiality** (don't tell secrets); **Punctuality** (be on time); **Self-control** (under stress, stay calm); **Patience** (fight irritability – be willing to wait); **Purity** (reject anything that lowers your standards); **Compassion** (when another hurts, feel it with him); and **Diligence** (work hard – tough it out).

Wow! Just think of the amazing list of things we try to teach, model and instill in our kids! It can be overwhelming to think of all them. So, picking the most important or obviously-needed ones can help break it down year by year, according to where they are at. Of course, then we have to remember to revisit them. I would write it discreetly on my calendar in order to remember (the first of every month, or quarterly, etc.).

May God bless you as you seek to guide your children in the paths each one of them should go.

Deadline for February Newsletter contributions is February 1st - wendymoe@hotmail.com

In the Spotlight: Lauren Neal MOPS COORDINATOR



Me 'n MOPS: I have been in MOPS since 2007, fulltime, but I first came to MOPS in Sept of 2001, when my oldest child was 3 weeks old. I was super intimidated and left after one meeting. One of the things God has worked on in me is to just be content with where I'm at, and let other people be where they're at... not to compare.

About my family... I have been married to my husband Jon for almost 14 years. We were high school sweethearts, and dated for 5 years before we married. We have 3 kids (Peyton 9, Jackson 7 ½, and Avery 4 ½). I stay at home, but before I had kids, I was a kidney dialysis RN.

My favorite thing about being a mom is... watching my kids learn and grow in their areas of strength. My oldest was *terrible* at basketball her 2nd grade year, but she persevered, and got better and better, and now she is an awesome player on her team. It's fun helping your kids learn this lesson, and to see them experience the joys of their hard work.

How I live out my spiritual life... God's grace has been extravagantly shown to me both through my salvation at such a young age (age 5), but also through the blessings He's allowed me to experience. I want to show others the same grace and graciousness He's shown me. It's a daily walk.

Little known fact about me is ... that in my weird brain, every number (0-9) has a color attached to it. For example, 0=white, 1=black, 2=yellow, 3=red, 4=blue, etc.

My Secret Super Power: I'm one of the best multi-taskers I know. Not bragging, but just sayin'!

Craft Corner: Homemade Hand Lotion

- 1 ¼ cup hot water
- ¼ cup emulsifying wax
- ¼ cup olive oil
- 24-36 drops essential oil



In a Pyrex measuring glass, combine the olive oil and emulsifying wax and microwave for 1 minute until it is all melted. The temperature on this reads about 155 degrees. Our coffee mugs hold almost exactly 1 ¼ cup of water, so I fill one up and microwave that for 1 minute or until about 120 degrees. While that is heating up, add the essential oil into my melted wax/olive oil mixture. Then pour the hot water into the wax/olive oil mixture and watch it turn milky white. At this point the temperature is about 125 degrees.

Then pour the hot lotion into wide mouth pint size jars and let cool overnight. The next morning you'll have a fresh jar of homemade natural hand lotion!

asonomagarden.wordpress.com/2009/02/26/how-to-make-handmade-handlotion-w-label-download/



January 15 • Saturday
9:30 AM - 12:30 PM

Join us for a morning of friends, fellowship, learning, and lunch! We will start with a time of worship and fellowship followed by your choice of break-out sessions.

Break-out session offerings
(you will choose one):

1. Technology: Craig's List - Sell things safely and easily online. Learn how to buy and sell items on Craig's List. Learn easy tips and tricks to help your items sell quickly, price your items correctly, and be safe in the process.
2. Fitness: Couch to 5K. Exercise with a goal in mind! Encouragement and tips for how to walk or run a 5K in 2011. For all ability levels.
3. Jewelry: Beads, Beads, Beads. Learn the basics of beading while enjoying the fellowship of other ladies. You will learn techniques for making various kinds of jewelry and come away with a beautiful piece to take home. Materials provided. Cost \$10.

Register online (nsb.org)
or contact Julie Guest at
ryjammers@comcast.net