

- Karen Baretich: May 12
- Kirsty Bowman: May 18
- Julie Brenner: May 23
- Aimee Wilkin: May 23
- Stephanie Caruso: May 28

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

- May 13<sup>th</sup> – Mom’s Night Out Event**  
 MOPS Bunco Night!  
 7 PM at Northshore Baptist Church – Room 124  
 RSVP to reserve your spot by May 10<sup>th</sup> with your DGL  
 Cost: \$5 at the door
- May 20<sup>th</sup> Meeting**  
 Speaker/Topic: Tina Bustamante, Read Any Good Books Lately?  
 Craft: Book Swap  
 Snack/Clean-up Tables: Pink, Brown, Purple, Blue  
 MOPPETS: Sommer Kelly, Tawnya Cranmore, Anna Chadwick, Rachel Alleman
- June 3<sup>rd</sup> Meeting**  
 Speaker/Topic: Linda Parisi, Year End Wrap Up: Your hand in my life  
 Craft: Gift to the Moms  
 Snack/Clean-up Tables: Brunch, all bring something to contribute/All clean-up  
 MOPPETS: Brunch Day, N/A



Mary Hawkinson, MOPS Co-Coordinator

**Eastside Restaurants: Kids Eat Free**  
redtri.com

**Azteca Mexican Restaurant** – two free kid’s meals with adult purchase, Monday; Lynnwood.

**Beach House** – free kid’s meal with adult purchase, Sunday; Kirkland.

**Desert Fire Southwestern Grill** – free kid’s meal with adult purchase, Monday; Redmond.

**Pallino** – free kid’s meal with adult purchase, Wednesday and Sunday; Issaquah.

**Rikki Rikki** – free kid’s meal with adult purchase, Tuesday; Kirkland.

**Z’Tejas** – free kid’s meal with adult purchase, Sunday; Bellevue.

Trust by Mary Hawkinson

Do you have 3-year-old bath time drama like I do? Please tell me I’m not the only one. My poor son may need counseling to get over his fear of water when it touches his face. OK, I jest, but the ear-piercing screams that come out of our bathroom are enough to make me wonder. When it comes to washing his hair, we have tried so many things to make it a pleasant experience, but to no avail.

I’ve tried telling him to look, and keep looking, at the ceiling as the water is poured over his head. I’ve tried having him close his eyes and hold his breath until I count to five. I’ve had my husband help distract him. Sometimes I feel like I should just dump the cup of water over his head and get the drama over in one fell swoop!

Recently, my dad was visiting and offered to give Eli a bath. I couldn’t believe it when he got Eli to lie down in the bathtub, face-up, and to tilt his chin up. This, from a kid who has very limited swimming experience! So, renewed with positive vigor, I tried this new tactic the next bath time. Whaddya know, the same old protests emerged.

At one point of frustration in this new experiment, I stopped, and told Eli we were going just take a break for a minute. As he sat there with soapy hair and a red face, I explained to him, for what seemed like the hundredth time, that this was just water I was using. The same stuff he washes his hands with, or what we use when he “helps” Mommy do the dishes. In a last-ditch effort that night, I asked Eli if he would trust Mommy to do what’s best for him. I asked him to hold my hand and look at my face while I used the other hand to pour the water. Guess what? He did it! How precious is that???

As beautiful as I thought that moment was between my son and me, I felt there was something more in that experience. God nudged me that night, showing me what He wants all His children to do. He wants us to trust Him, reach for Him, and know that He knows what is best for His child.

"I will put my trust in Him..."  
Hebrews 2:13

Steering Team	Discussion Group Leaders	Table Mentors
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## From the Kitchen: Salmon Bake with Pecan- Crunch Coating

Prep: 5 minutes  
Cook: 15 minutes

4 Salmon fillets (1 ½" thick)  
¼ tsp salt  
1/8 tsp pepper  
2 TBLS Dijon mustard  
2 TBLS butter melted  
1 ½ TBLS honey  
¼ cup soft breadcrumbs  
¼ cup finely chopped pecans  
1 TBLS chopped fresh parsley  
Garnish: Lemon slices

Sprinkle salmon with salt and pepper and place skin side down in a lightly greased baking dish.

Combine mustard, butter, and honey: brush over salmon. Combine breadcrumbs, pecans and parsley and spoon evenly across top of salmon.

Bake uncovered at 450 degrees for 12-15 minutes or until fish flakes easily when tested with a fork.

Makes 4 servings.



## Mentor Moment: Treasure Each Moment by Kim Ytreeide

It's been such a privilege to get to know some of this generation of moms through MOPS this year. In this day and age where careers and jobs have taken precedence over being a stay-at-home mom, I'm thrilled that you have made a choice to make raising your precious children a top priority! When my three boys were 3½ years, 2 years and 6 months old, I started attending my first MOPS! It was such a lifesaver – I got to have a little break from my very busy boys, speak complete sentences to other adults, learn something practical about being a wife, mom or woman AND finish a craft project! It was a dream-come-true! Since that time "My Three Sons" has become "My Four Sons," with Ben 25, Jeff 23, Michael 22 and David 17 years old. Now before you all start feeling sorry for me that we didn't have any girls, I need to add that my "daughter-in-love," Courtney, officially joined our family in August of 2009. It's been quite a treat to have another girl in the house—well once in a while when she's in the house!

I think my only regret as a mom of preschoolers (and believe me, I felt like I would never NOT be changing diapers!) is that I didn't enjoy the simple moments as much as I should have. From reading stories, to walks to the park, to the cuddle-snuggles that happened at bedtime. Mommy-hood became so predictable and often times mundane, that the simple wonder of my boys' discovery of their world was missed because I was exhausted! So treasure each moment! Don't try to "do it all"! Do a few things really well—and know that the most important one is spending time with the child that God's given you.

Since I've shared a regret, I'd better share a blessing too! My greatest joy is seeing my boys (yes, they will always be "my boys") becoming men that live their lives on purpose and have chosen to walk with God on their own—even as they've left our home. My role as their parent has totally changed—they don't need the swats they did twenty years ago! Now my husband and I are coach, cheerleader and counselor—depending on the moment.

"The best parents invite their children to watch how God is changing them and then invite them to follow."

~ Pastor Jan Hettinga



Suggestions or Ideas for next year's MOPS Newsletter to - wendymoe@hotmail.com

## In the Spotlight: Suzann McCann Creative Activities



**About my family...** I'm happily married to my sweet husband, Barrett, for 16 years. Hollyann is 11, Andrew is 9 and Hannah is 2½. We are an active-duty Air Force family currently at our 7th duty station.

**My favorite thing about being a mom is...** not feeling any obligation to have a "real" job! Before having kids, I worked in lots of office/clerical jobs and taught school. I mostly hated all that! I love just making my own schedule, not punching a clock and just trying to be the best home economist I can.

**One of the hardest things about being a mom is...** almost never getting to do exactly what I want to do. 99.9% of the time, it's totally worth it but there are times when not getting "your way" is tough.

**How I live out my spiritual life...** I try to do at least one thing, every day, for furthering the Kingdom... whether it's Bible study to further my spiritual education, handing off a care sack at an intersection, or sending an email of encouragement to someone who desperately needs it.

**The one thing I would love to find at a yard sale is...** a great pair of binoculars. We are going on a very nature-based vacation this summer and we are hoping to see LOTS of great wildlife. I'd like to see them as up-close and personal as possible!

**My Secret Super Power:** Repurposing foods in my fridge. Just the other day I took leftover taco meat and cooked it up with fresh ground turkey for a batch of chili. Normally, that taco meat would have gone in the trash but I found a new purpose for it and it fed us for another day!

## Craft Corner: Busy Bee Plant Poke

### Materials:

- Black electrical tape •Button nose • Double-sided foam tape
- Googly eyes •16-gauge wire • Pliers •Large nail •Hole punch
- Bamboo plant stake •Plastic mesh canvas •Mustard bottle

### Instructions:

- Wrap strips of black electrical tape around a clean, empty 9-ounce yellow squeeze-style mustard bottle (labels removed). Add a face by using double-sided foam tape to attach large Googly eyes and a black button nose to the bottom of the bottle.
- For the antennae, cut two 4-inch pieces of 16-gauge wire and curl the ends with pliers.
- Use a pushpin to poke 2 holes near the bottom edge of the container and slip in the wires.
- Next, use a large nail to make 2 holes directly opposite each other in the top and bottom of the bee, and then push a bamboo plant stake through the holes.
- For wings, cut a butterfly shape from a sheet of plastic mesh canvas •Use a hole punch to make a hole in the center, then push the wings onto the stake.



## Explore Community: Useless Bay

Want to know about a secret beach day-trip, that's only an hour from Seattle, but puts you on a practically deserted beach? Useless Bay on South Whidbey Island is a parent's beach heaven.

The Bay is actually useless—for boats, at least. At low tide, which happens once during the day, the tide goes out as far as you can see, revealing a huge sandy beach.

You can spend all day exploring here – walk out to the water and do some splashing in the shallow water, check out the pools that are left behind by the tide and get warmed by the sun, pick through the hundreds of sand dollars that litter the beach or just find a spot in the sand and do some digging! Useless Bay is fun for all ages.

Go when the weather is nice—spring & summer especially.

Useless Bay is all about exploring, chasing the tide out and splashing in the little pools that are left behind on the expansive beach. Babies need to go in back or front packs instead of strollers. Bring lots of water, sunscreen and some toys for digging in the sand!

The ferry trip will cost you about \$20 (each way) for a family of four. If you're planning on just a beach day, you should pack a lunch to bring with you, including lots of water. For a fun spot to grab a meal before heading back to the ferry, try Madestone's Pizza.

[familyfun.go.com/crafts/crafts-by-material/recyclable-projects/busy-bee-plant-poke-668741/](http://familyfun.go.com/crafts/crafts-by-material/recyclable-projects/busy-bee-plant-poke-668741/)