

November  
Happy Birthdays!

Jill Kreeck-  
November 01

Jenifer Anhar-  
November 05

Wendy Moe-  
November 13

Don't forget MOPS  
Bunco Night!  
Friday, November 11<sup>th</sup>  
from 7:00-9:30 at the  
church in room L-124

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

- November 4th Meeting**  
 Speaker/Topic: Lydia Harris, Grandparents  
 Craft: Fudge Cookie Cutters  
 Snack/Clean-up Tables: Pink, Red, Green  
 MOPPETS: Amy Mildes, Jackie Ferrll, Kamrin Wheeler, Val Hill, Jenifer Anhar
- November 18th Meeting**  
 Speaker/Topic: Tammy Circeo, The Family Meal  
 Craft: Dry Erase Menu Boards  
 Snack/Clean-up Tables: Yellow, Orange, Purple  
 MOPPETS: Christina Behar, Stephanie Caruso, Beryl Moon, Allie Johnson
- December 2nd Meeting**  
 Speaker/Topic: Jonathan Wolfgang, Avoiding a hurried holiday  
 Craft: None  
 Snack/Clean-up Tables: All/Brunch  
 MOPPETS: No Volunteers

ISSUE

03

Nov 2011

**Thanksgiving  
Fun Facts:  
Did you know?**

-In the 17<sup>th</sup> century "thanksgiving" meant a day of fasting.

-The actual holiday of Thanksgiving didn't begin until 200 years after the Pilgrims had their harvest feast. Abraham Lincoln proclaimed it a national holiday in an attempt to unite the Nation during the Civil War.

-Turkey has more protein than chicken or beef.

- More than 40 million green bean casseroles are served every year on Thanksgiving.

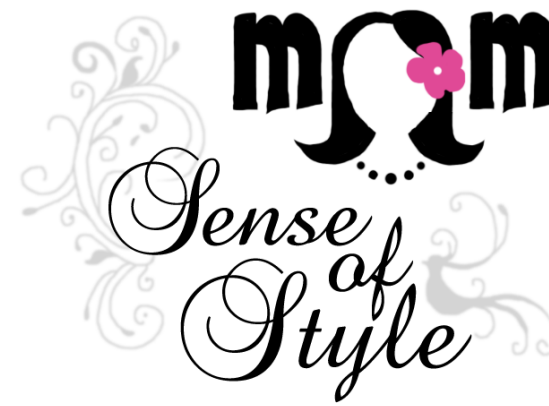
-The cranberry was originally named the crane berry by the Pilgrims because the drooping head of the berry resembled a crane.

-Native Americans did not eat the cranberry, but they used it to dye fabric and decorate pottery instead.

Facts from National Geographic.com/  
Coolest Thanksgiving Facts.com/ and  
About American History.com

**In this issue**

- Elasti-mom & Facts **P.1**
- Recipe **P.2**
- Mentor Moment **P.2**
- Spotlight and Craft **P.3**
- Dirty Little Secrets **P.3**
- Dates and Information **P.4**



**Elasti-Mom  
by Lauren Neal**

Do you girls remember the mom in The Incredibles? Her super power was elasticity. That's totally me. That's totally you, even if you don't know it. Every child born. Every job change accomplished. Every grade under your belt. Every holiday past. You are becoming more and more elastic. I'm not talking about your stretch marks, although that does look a little scary, over here. No, I'm talking about your ability to flex, stretch, and roll with life. Women do this better than any other gender. Not to name any other genders by name—that would be rude. Sometimes do you feel like you're being stretched to your limit? Well, if I were the type of person that works out, I would liken this to the use of your muscles, where you have to break them down to build them up, but I'm not that sort of person—the kind that works out, so I wouldn't know. Let's just stay on topic. Mothering. You are being broken down, to be built back up. You have had these children and their personalities hand picked for you and your family. They (the kids) serve to shape you and flex you into the woman that you were made to be. On the days that you feel like you can't stretch-flex-grow anymore, those are the days where the most positive growth is happening. It's ok if you are feeling emotionally or physically drained. You are vulnerable, but you are not weak. You are being built up.

**MOPS Newsletter  
Reflections**

*Power, Love, and Self-discipline*

*Helping you embrace your mothering instincts and develop your own parenting style.*



Lauren Neal,  
MOPS Coordinator

Need some help? We, at MOPS, are here to help you stretch. No one can do it for you, but we can cheer you on as you are in the process of becoming a stronger, more flexible woman than you thought you'd ever be. Our loving God is also waiting, longingly, for you to come to Him. He wants to take your heavy load, and gently wants to love you while you stretch. His burden is light. He doesn't have to make dinner. He can speak in your heart about how beautiful you are and how strong you are while you stand there and peel carrots. He loves you. Take a deep breath, let it go, and let God enter into your family, house, and heart. He is the father that you've longed for and the love you've been missing.

Now, stretch, girls. Reach! And 1, and 2, and 3, and.....

**MOPS Volunteers**

**2011-2012**

Steering Team	Discussion Group Leaders	Table Mentors
<b>Lauren Neal, Coordinator</b> 425-402-7906 laurenneal@comcast.net  <b>Wendy Moe, Co-Coordinator</b> 425-802-4950 wendymoe@hotmail.com  <b>Amanda Swann, MOPPETS</b> 425-785-5869 Amalou83@mac.com  <b>Priscilla O'Brien, Care Team</b> 206-841-2161 pikobrien@hotmail.com  <b>Jasmine Smith, Discussion Groups</b> 206-354-2669 Mjsmith89@msn.com  <b>Anna Chadwick, Hospitality</b> 425-939-7958 anachadwick@yahoo.com  <b>Suzann McCann, Crafts</b> 425-491-9601 hollyandrew@yahoo.com  <b>Robyn Buehler, Publicity</b> 425-785-9560 robynwriter@gmail.com  <b>TC Hagen, Finance</b> 425-821-4965 tcluckytangerine@gmail.com  <b>Linda Parisi, Mentor</b> 425-487-0800 lmparisi@hotmail.com	<b>Kamrin Wheeler: Yellow</b> 206-799-1197 kamrin@thewheeler7.com  <b>Kirsty Bowman: Green</b> 425-820-0832 James-kirsty.bowman@hotmail.com  <b>Amy Mildes: Purple</b> 206-334-1687 amymildes@gmail.com  <b>Holly Reed: Red</b> 425-398-0400 reedhollya@aol.com  <b>Melanie Wall: Pink</b> 425-485-1449 Melaniew2@live.com  <b>Jen Bandy: Orange</b> 425-338-1347 jenniferalison@hotmail.com  <b>Aimee Wilkin: Blue</b> 425-408-3765 jaredandaimie@hotmail.com	<b>Sheila Jurgens: Yellow</b> 425-488-030 sanjurgens@aol.com  <b>Valerie Hill: Green</b> 425-481-8607 brian-hill@juno.com  <b>Deborah Roscoe: Purple</b> 206-919-6413 roscoefam@comcast.net  <b>Beryl Moon: Red</b> 206-364-9081 mooninn@aol.com  <b>Darla Rydman: Pink</b> 425-774-5450 djqueenmum@hotmail.com  <b>Lana Starr: Orange</b> 425-823-4962 luvto.sing@comcast.net  <b>Brenda Rothaus: Blue</b> 206-372-4581 brenda.rothaus@live.com  <b>Anne Stenson: Roaming</b> 425-971-0818 stensonstalk@frontier.com

**Better Moms Make A Better World**



Northshore  
Baptist Church  
www.nsb.org

## Holly Reed's Pumpkin Dip



### Ingredients:

2- 8 oz. packages of softened cream cheese  
1 large can of pumpkin pie mix with spices  
4 cups powdered sugar  
2 tsp. cinnamon  
1 tsp. ginger

Blend sugar and cream together. Add pie mix and spices. Blend until smooth and refrigerate until use.

### Ginger Cookie Recipe

[www.allrecipes.com](http://www.allrecipes.com)

### Ingredients :

2 1/4 cups all-purpose flour  
2 tsp. ground ginger  
1 tsp. baking soda  
3/4 tsp. ground cinnamon  
1/2 tsp. ground cloves  
1/4 tsp. salt  
3/4 cup margarine, softened  
1 cup white sugar  
1 egg  
1 Tablespoon water  
1/4 cup molasses  
2 Tablespoons white sugar

Preheat oven to 350 degrees. Sift together dry ingredients. Set aside. In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the dry ingredients into the molasses mixture. Shape dough into small balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart on an ungreased cookie sheet, and flatten slightly. Bake for 8 -10 min. Let cool for 5 min. on baking sheet before removing. Serve with Pumpkin Dip and Enjoy!

## Mentor Moment:



### Consistency Counts By Valerie Hill

My husband Brian and I have been married for twenty-three years and are empty nesters! Samantha is a junior at Northwest Nazarene University in Nampa, Idaho. She loves it and is studying communications. Matt is a freshman at U of W hoping to study Engineering. He has only been gone two weeks but we think he likes it. We have a dog, Tommy who loves to hike with me. I work on Capital hill at Group Health taking care of new moms and babies, and my hubby is an Engineer at Boeing.

Something I have found fairly easy over the years is to be consistent when raising our kids. I think this is because I like a routine and a schedule. We had a set dinnertime and bedtime and the kids knew what to expect. There weren't a ton of rules, but the kids knew that if we asked them to do something they could either do it or there would be a consequence. We did not tolerate blatant challenges to our authority, and we would get in their face if and when that happened!

Even after 19 years I still remember one example of consistency that paid off. When our kids were toddlers there were some things that were off limits. One of those things was turning on the stereo or TV. I can just picture Sam toddling over to the stereo and turning it on. I had to tell her NO and move her away. This happened about ten times before she realized I was serious. I remember how exhausting it was, but so worth it in the long run as she learned not to turn on the stereo.

The one thing I figured out a little late is that as your kids grow and want to make decisions on their own, you need to become more flexible. I suggest starting this by junior high so they can get used to making some decisions and probably having some failure too. I am learning that I need to let my kids live their lives. I am to the point in my parenting that I need to coach/mentor them when asked. I just hope I can remember my own advice the next time one of my kids calls to just talk. Since they are gone at college, spending time with my family has become more precious. I am looking forward to having a special weekend this month to spend with them and be thankful for all my blessings. I hope you all have a wonderful Thanksgiving with your family too!

## Spotlight Interview:

### Amanda Swann MOPPETS Coordinator

Robyn Buehler: Miss Amanda, would you say you are a rule follower or a road paver when it comes to fashion?

Amanda Swann: Definitely a rule follower. I'm not daring enough to be a paver.

Robyn: Do you always stick with what works, or do you branch out and try new things?

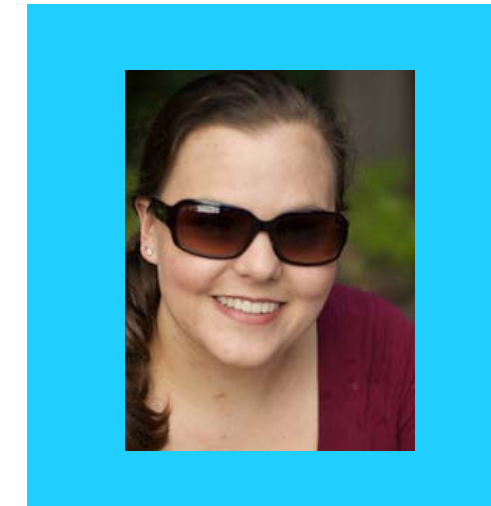
Amanda: I do get bored sticking with what works, but at the same time it takes some effort for me to be comfortable trying new things.

Robyn: How about parenting, do you tend to be more consistent or flexible?

Amanda: Originally, I thought I would be very consistent, but I have learned with our kiddo that it is better to be flexible, for all of our sakes.

Robyn: If you need advice on parenting where do you go?

Amanda: Good friends who I have seen their kids behaviors, or my parents.



Robyn: Have you ever gotten any advice that you chose not to follow?

Amanda: Oh yes, especially when Jacob was a newborn. Sometimes I felt silly that things weren't working the way everyone said they would, but ultimately I had to rely on God and figure out what worked for us.

Robyn: Any fashions you've tried that you probably shouldn't have?

Amanda: Definitely early 90's! Bright colors and big hair. What were we thinking?

Robyn: (laughs) So, any advice for new moms other than staying away from 'big hair'?

Amanda: Every child is different. Go with what works for you and your baby, and don't listen to everyone else.

## September Craft Corner: Glowbird Votive Holder

### What You Need:

\*Hot glue \*Glue gun \* 1 3/4- inch wooden doll head \*Mod Podge \*Scissors  
\*Small glass bubble votive holder \*Tissue paper \*Tacky glue \*Beads

### What to Do:

1. Apply a dab of hot glue on the wooden doll head. Adhere it to the votive holder.
2. Brush Mod Podge over the head and votive. Cover with overlapping tissue scraps. Apply another Mod Podge layer and let it dry for 45 min.
3. Tail Feathers: Cut tissue into 9 by 12 inch strips. Bend in half without creasing and twist ends together. Use tacky glue and attach each feather to the body.
4. Cut a double layer of yellow tissue for the beak and affix with tacky glue. Use two beads for eyes. Cut a long oval of red tissue, twist one end, and affix as a wattle.



## Dirty Little Secrets By Robyn Buehler

### Company Memo:

I consistently wear the same brand of underwear. Why? I like how they fit. Sure, my size has changed over the years, going up and down like a yo-yo, and it breaks my heart when I have to throw away a pair just because they happen to have a few holes, but the brand remains the same. I've been persuaded into liking different styles, but any time I've switched brands, I've come right back. I love my underwear. In fact, I'm thankful for them. I sometimes find it hard to be grateful, especially with the season of Thanksgiving upon us. Lately I haven't felt very blessed, accomplished, or appreciated.

In the role of mommy I'm lots of things. Nurse, Cook, Maid, Blanket Hunter- the list goes on. The job is endless and although I get an occasional "thank you" or an "I love you", no one hands me quarterly bonuses, or sends out company memos about my outstanding performance. Mom is the most underpaid, underappreciated job available, yet we willingly do it day in and day out.

Last week during Bible study I was reminded of the parable of the prodigal son, and how we truly have a prodigal God. One that loves us recklessly and extravagantly. He consistently loves me and forgives me. He waits for me with open arms even though I've yelled at him, cursed him, and even doubted him. So this year I give thanks for not only my comfortable underwear, but for a lavish love that I can aspire to. A love that we can give to our families because God has given it to us.

So here is your company memo: You are a great mom. You are appreciated. Keep up the great work, and job well done!