

October
Happy Birthdays!

Priscilla O'Brien –
October 04

Sheila Jurgens-
October 06

Kristin Hallak –
October 07

Jillian McFeeley –
October 15

April Banach –
October 29

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

- October 28th Meeting**
 Speaker/Topic: Teri Johnson, Identity Crisis
 Craft: Solar Night Light
 Snack/Clean-up Tables: Orange, Purple, Blue
 MOPPETS: N. Hiller, M. Asbell, R. Gardner, A. Swann, K. Bowman
- November 4th Meeting**
 Speaker/Topic: Lydia Harris, Grandparents
 Craft: Fudge Cookie Cutters
 Snack/Clean-up Tables: Pink, Red, Green
 MOPPETS: A. Mildes, J. Ferrill, K. Wheeler, V. Hill, J. Anhar
- November 18th Meeting**
 Speaker/Topic: Tammy Circeo, The Family Meal
 Craft: Recipe Swap
 Snack/Clean-up Tables: Yellow, Orange, Purple
 MOPPETS: C. Behar, S. Caruso, B. Moon, A. Johnson

ISSUE

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Fall Activities

Jones Creek Farm:

Apple picking and Harvest Festival this weekend. Oct. 15-17th
32260 Burrese Rd., Sedro Woolley, 360-826-6820



Northshore Baptist Church:

Saturday, October 29th from 2-5pm. Free Games, Prizes, and Fun! (suggested canned food donation)

Paradise Pony Rides

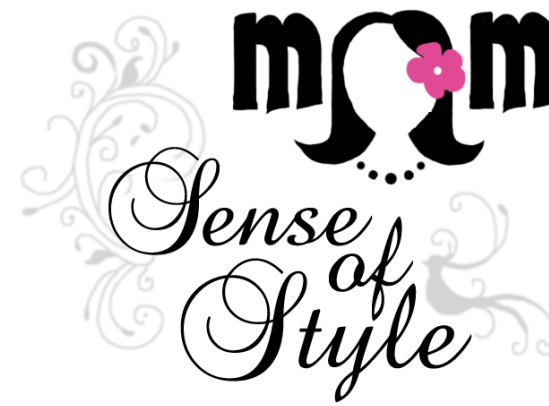
12-6pm every weekend in October. \$25 per child includes 10 tickets for pony rides, games and food.
www.ponyparadiserides.com/harvestfestival.html

Find Pumpkin Farms and Corn Mazes at:

www.pumpkinpatchesandmore.org/WApnw.php

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Balancing Life's Demands
by Wendy Moe

If you know me, you'd know I like to live in balance. I pride myself on being assertive versus being passive or aggressive. I want to eat smart versus go on a diet. I preach to my teenager, "Neither think yourself better or worse than anybody else". Even though *mom-work-life balance* is my stated goal, the reality is that I also have a lazy side with punctuality issues. On another side, a collection of very irritating personality traits that include stubbornness, orderliness, and a desire to control things – all three of my sides paradoxically compete with one another. If I am really honest I don't think I have ever been in balance. Okay, maybe the summer of my freshman year in college, but that's it. The whole concept of balance now with a husband, a toddler, a teenager, in-laws, working, volunteering, bible study, friends, and squeezing in me-time sounds impossible and I can never do it for long anyway. Besides, for me life seems to morph into different phases within life's seasons, especially when raising kids. Sleep patterns and nap routines that used to work yesterday, BAM!... Don't work today. Can't find anything lately? Oh yeah, mini-me has a new fascination with putting things in the hamper. The dreaded car seat routine is suddenly a non-issue. Then there is any given day in my house random variable levels of hormones, exhaustion,

MOPS Newsletter
Reflections

Power, Love, and Self-discipline

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



Wendy Moe,
MOPS Co-Coordinator

expectations and motivation. One thing I found for certain is that I can't do life on my own in my own strength. I need to choose to check in with God and really listen to God's voice as he tells me, "Whether you turn to the right or to the left, your ears will hear a voice behind you saying, This is the way; walk in it" Isaiah 30:21. Sometimes He tells me I need to give myself or others more grace. Sometimes He tells me I need to be more disciplined – like get my happy little sleepy butt out of bed or make dinner – even though I don't feel like it. Sometimes there is nothing to do but enjoy the moment for what it is. For me it is not only a day-by-day decision, but a moment by moment one. I have found when I choose to put God first – that is where I find the strength to handle life's demands.

MOPS Volunteers

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Better Moms Make A Better World

2011-2012



Northshore Baptist Church
www.nsb.org

Zero prep crock-pot meals!



2 ways to cook frozen chicken in a crock-pot.

* For both recipes place 3-4 flash-frozen chicken breasts in your crock-pot. Cook on low for 4-8 hours. Any fat on the chicken will rise to the surface and you can scoop it out. I like to do this about 3-4 hours into cooking. No prep needed. Just turn on the crock-pot and add your ingredients!

1. Salsa Chicken:

Put ½ a jar of Costco mango with peach salsa on top of frozen chicken in the crock-pot. Cover and cook on low. -20 minutes before dinner make 1 box of Spanish rice (I like Casbah Spanish Pilaf). Serve with chicken and a dollop of sour cream.

2. Chicken Marsala

Add 1 can of low fat Cream of Mushroom soup and 1 cup of red wine to the crockpot. Add garlic powder, rosemary, salt and pepper. Stir and then add chicken.

-20 minutes before dinner boil and drain your favorite pasta. Serve chicken and sauce over noodles.

Mentor Moment:



Seasons of Life By Beryl Moon

At this time of your lives, many of you wonder if you will ever get out of diapers, night-time feedings, kids hanging on your shirt-tails, no time to yourself. Trust me. This too shall pass.

When your children are in elementary school, it will sound like this, "Am I glued to this car seat forever? Will my kids ever learn to tell me about their school project the week before it is due instead of the night before? Will I ever see the floor of his room again?" This too shall pass.

Or, wait until they are teenagers, "Will he ever leave me with a full tank of gas? (Maybe not. This one may never change.) Why is she being so secretive? Will he ever talk to me again?" This too shall pass.

Life is a series of seasons. Now is your season of life to be Mommy. Later, maybe there will be time for a career, or going back to school, or a volunteer leadership position. Your children go through seasons as well. Of course, most households are filled with kids at all different seasons of life.

And, seasons overlap for us as well. I heard about a mom who had 10 kids. When her youngest one was finally sleeping through the night, the oldest one was staying out late. She still couldn't get any sleep.

I remember a time in my life when I was very active as a Girl Scout volunteer. I was a troop leader and also the Neighborhood Chairman working with other volunteers. My husband grew jealous of all the time I spent on the phone and going to meetings. I was having a wonderful time, but he was not a happy camper. I was frustrated because I knew he was not happy. A wise woman reminded me that as women we have seasons of life. And, at this time, my husband needed me to be more available to him and the family. This too shall pass.

In conclusion, be patient and don't feel guilty if you have to say "No" to an "opportunity." It may not be the right time. It is like the rainy weather in Seattle: This too shall pass.

Spotlight Interview:

Priscilla O'Brien Care Team

Robyn Buehler: Hey Priscilla, have you noticed how crazy fashion can be, and how fast it can change?

Priscilla O'Brien: Oh my, yes! I've tried to stay in style, but if the fashion is iffy then I don't go along with it.

Robyn: Like Lady Gaga's shoes, or MC Hammer 's pants?

Priscilla: Yes. I will save my money if I think it will be a short-term fad.

Robyn: Any styles that excite you?

Priscilla: Old fashioned shoes and boots. They're so cute, and chic, and vintage at the same time. I don't have a pair yet, but I hope to.

Robyn: How about parenting, have you noticed your style changing as your kids are getting older?

Priscilla: I would say that my discipline and rules are the same, but everything else changes. It is getting easier though now that my boys are more independent.



Robyn: How have you tried to stay balanced with all of the change?

Priscilla: Good question. I have to remind myself that God is in control. Not me, or my husband, or my kids.

Robyn: What is one piece of advice you can give to a new mom?

Priscilla: Go with your guts or your mind. Don't listen to the "parenting rules".

Robyn: If you could do one thing to relieve stress what would it be?

Priscilla: To play games with my family. It is soothing to have a good time together and laugh, whether you win or lose.

Dirty Little Secrets By Robyn Buehler

I swore I would never...

I almost fell over when the 80's made a comeback. The day one of my sixth grade students walked through the door wearing the same outfit I had worn almost two decades ago. The pink converse tennis shoes that I begged my mom for, and the poufy ruffled skirt with mid calf leggings. Oh yes, the styles of the 80's are back, and even though I swore I would never wear anything resembling that era ever again, I bought an off the shoulder flash dance top yesterday. I've had a lot of "I swore I would never" moments go wrong recently, especially when it comes to parenting. Before kids I vowed never to spank them, let them watch TV, eat sugar, or fast food, but let's face it...that was before I had kids. That was before the days when the only thing to keep me from losing my mind was a handful of M&M's at the doctor's office, or the McDonalds drive thru on the way home. For those times when I had dragged my kids from errand to errand all morning only to realize that naptime had slipped away, and the two screaming children in the back of my car were about to have each other for lunch. Those are the days, the survival days when I thank God for chicken nuggets, and for the twenty minutes Sesame Street gives me to clean up dog barf in the living room. I can beat myself up for not following through with the expectations of the kind of parent I wanted to be, or I can give myself grace for the parent that I am. I am an imperfect work in progress, and if nothing else, being a mother has taught me to let go of my ideals. To roll with the punches, change with the tide, and to rely on God to help me navigate the uncharted territory of daily life.

October Craft Corner: Paperclip Bookmark Cards

What You Need:

- *ribbon in a variety of colors (the thinner the better)
- *paperclips, plain or colored
- *cardstock
- *scissors
- *exacto knife or razor blade

What to Do:

1. Print out Owl cards on cardstock (they print 4 to a page)
www.printables.yourway.net/happy-owl-idays-bookmark-cards/
2. Cut them out and use an exacto knife or razor blade to cut the slit for the paperclips.
3. Cut your ribbon in 5-6" pieces. Tie 3-4 pieces onto the end of each paperclip.
4. Insert a paperclip into the slit of each postcard.

