

### October Birthdays!

- Priscilla O'Brien - Oct 04
- Kimberly Carrell - Oct 05
- Rebekah Terry - Oct 05
- Jacquelyn Felstead - Oct 07
- Collette McMullen - Oct 11
- Allison Potter - Oct 11
- Nella Cochran - Oct 18
- April Banach - Oct 29

*Happy Birthday!*

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

- **October 29<sup>th</sup> Meeting**  
 Speaker/Topic: Sammie Nang, Professional Coupon Cutting  
 Craft: Jewelry Boxes, part 2  
 Snack/Clean-up Tables: Contentment (pink) and Steadfast (brown)  
 MOPPETS: S. VanderKerhof, TC Hagen, B. Moon, N. Hiller, A. Johnson, **2 open spots**
- **November 5<sup>th</sup> Meeting**  
 Speaker/Topic: Dr. Mark Monwai, Post Partum Depression  
 Craft: Nature Ornaments  
 Snack/Clean-up Tables: Compassionate (purple) and Resourceful (blue)  
 MOPPETS: S. Caruso, J. McFeeley, J. North, A. Corless, K. Knuth, and B. Bear
- **November 19<sup>th</sup> Meeting**  
 Speaker/Topic: Marcie Morgan, Traditions  
 Craft: Christmas Gift (TBA)  
 Snack/Clean-up Tables: Finesse (berry) and Resilience (red)  
 MOPPETS: N/A - Brunch Day



Mary Hawkinson,  
MOPS Co-Coordinator

### Pumpkin Farms Around Town

(source: redtri.com)

#### Remlinger Farms Pumpkin Patch

Steam train, 4H barnyard, haymaze, toddler play area, and pumpkin patch. Carnation.

#### Fall City Farms Pumpkin Patch

Goats, pumpkin patch and navigate the haymaze. Don't forget to bring a bag to fill with fresh, u-pick veggies. Fall City.

#### Dr. Maze's Farm Pumpkin Patch

Formerly South 47 Farms, farm animals, wagon rides and a pumpkin patch. Friday & Saturday: Flashlight Maze nights. Redmond.

#### Bob's Corn & Pumpkin Farm

Pumpkin farm with a Trike Track, playground, cowtrain, pony rides. Onsite photographer. Snohomish.

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## Life: The Uncut Version by Mary Hawkinson

Any given Friday night, you can find my husband Jeff and I kicking back to watch a good movie. There are lots of opinions on what a "good" movie is, but I think one of the less obvious aspects of a good movie is good editing. Movie editors spend countless hours fiddling with sequences, selecting the best music for plot transition, and my personal favorite: they cut and delete entire scenes! Do you ever wish you could edit your life like that?

Jeff and I recently welcomed our second child into the world, and our lifetime plot definitely thickened. Somehow, what was a simple thing to do with just one child now seems nearly an insurmountable task. A lot of advice has trickled in, such as "let somebody else do the housework" or "leave the dishes in the sink". I haven't taken that advice, instead I expect myself to pick up where I left off before Garrett was born, despite the lack of sleep and rollercoaster postpartum emotions. I figure that eventually I'll have to do all those things anyway, so why put off the inevitable?

Recently I had a delete-worthy scene in my life. After a busy day, I was attempting to get dinner on the table, wearing a fussy baby in the carrier and trying to handle a cranky 2-year-old. Jeff arrived home from work in time to see me

completely lose it and morph from an ordinarily happy, loving mommy into a maniacal monster. It really wasn't pretty and it left me desperate for an editor's handiwork in my life.

Amazingly, we DO have a Divine Editor! God promises that, through His forgiveness, He can cut any un-holy scene from our lives. His Word says He can take out the ugliness in our hearts and make us a new creation (2 Cor 5:17). It is only God who sees the big picture. He promises to direct our lives and work all things together for good. All we need to do is entrust our lives to Him and surrender our hearts.

If you struggle like I do in wishing you could edit certain portions of your life to make it more appealing - know that God has all that raw footage in His safe keeping, and loves you even now, as the messy, un-cut version of you. He wants to transform you with His perfect love and grace into a beautiful, living piece of art. This year, I pray that I can see life through God's gracious, editor's eyes, and likewise, I pray you can catch a really good life-movie by seeing what God unfolds for you in your circumstances and in those around you!

## MOPS Volunteers

2010-2011

Steering Team	Discussion Group Leaders	Table Mentors
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From the Kitchen of  
Mandy Jacobson  
Gluten Free Baked  
Honey Nut Apples



- ¼ cup chopped walnuts
- 2 Tbs honey
- 1 tsp cinnamon
- ½ cup apple cider or water
- 1 ½ Tbs sugar

Preheat oven to 375 degrees. Use a small knife to remove the apple cores, cutting into the center of the apples, but leaving bottom intact to form a cavity. Peel the top half of the apples.

In a small bowl, mix walnuts, honey, and ½ teaspoon of the cinnamon. Use a small spoon to stuff apples with filling on top.

Place stuffed apples in a medium-size, shallow roasting dish or baking pan (leave enough room so the apples don't touch), pour cider or water over them.

Mix sugar and remaining cinnamon; sprinkle over tops of apples. Bake for 18 to 20 minutes, basting once or twice, or until apples are soft. (Warning: Apples will be very hot — let them stand for a few minutes to cool.)



## Mentor Moment: Contentment Table by Lana Starr

This is my 6th year as a table mentor for MOPS and this year I'm serving with Akiko Smith at the Contentment Table. I wish there had been MOPS when my kids were pre-schoolers – you girls have such a great time together. There are so many opportunities to grow in your mothering skills and in your faith.

A little about me: I have been married to Jerry for 37 years and we have two sons, Luke (34) and Ben (32). They live in the San Diego area and are happy to be with the sun on a consistent basis. They do manage to come home to see us fairly frequently. Luke is our older son and then we adopted Ben at the age of 2 from Colombia, South America. We have lived in the same house in Kirkland/Juanita for 33 years. We have a Cairn Terrier named Roxi and a cat named Chessie.

One very exciting thing happened this summer to our family – Luke (our oldest) got engaged to Aubrey. The wedding is planned for April 16, 2011, in Carlsbad, California. I'm so happy to finally get a daughter-in-law and I hope to be a good Mother-in-Law.

I enjoy singing – choir and karaoke. I'm also part of a singing group called "The Fabulous Flashbacks" and we go to retirement homes and sing "oldies" for them that they enjoy. I can be found most days walking my dog at the local parks, exercise classes, MOPS, and being retired. If you want to sing or learn to bake pies, I'm happy to have you over and we can practice both.

I know I'm the Mentor Mom, but I want you to know that I've learned a lot from the girls that I've had at my tables over the years. I see spiritual maturity that I don't think I had when I was younger. MOPS helps you grow in Christ as well as Bible Study, church and other things available to you. Take advantage of these things and live your life in a way that is pleasing to God. It is the best way I know of to find the right path and the peace that only He can give.

Proverbs 3:5-6

Trust in the Lord with all your heart and do not lean on your own understanding.

In all your ways acknowledge Him, and He will make your paths straight. (NASB)

## In the Spotlight: Wendy Moe PUBLICITY



**About my family...** October is a huge event month in our family! My husband, Michael and I celebrated our anniversary October 10<sup>th</sup>, my daughter Casie celebrated her 14<sup>th</sup> birthday on October 1<sup>st</sup>, and my daughter Raina celebrated her 2<sup>nd</sup> birthday on October 8<sup>th</sup>. Michael is truly the spiritual leader of our family and he is such a dedicated father and husband. He is my true love and my best friend.

**My favorite thing about being a mom is...** when my children learn to say new words or say a cute expression! The other day my 2-year-old for the first time said that she would like "yogurt" for breakfast and it nearly took my breath away it was so adorable. I have kept a list of all the noteworthy things that Casie has said throughout the years, a favorite of mine: "Hug me now or regret it!"

**One of the hardest things about being a mom is...** Family/work/life balance and time management. Is everyone super-crazy-busy or is it just me?

**How I live out my spiritual life...** by forgiving and asking to be forgiven.

**I would most like to ask God...** Have I ever encountered real-life angels before and didn't know it? My sister has a couple awesome angel stories and I have heard of others so I know they're out there!

**When I am down, the thing I do to feel better is...** A Breve Latte takes me to a very happy place.

**The one thing I would love to find at a yard sale is...** an antique highboy dresser with a mirror!

**My secret super-power is...** I have super-power vision to see papers piled up on the counter and toys left on the floor, where as mere mortals in my household cannot see these things with the naked eye.

## This Month's Craft Corner: Oobleck Recipe

2 cups of corn starch and 3 drops of green food coloring  
Enough water to make a thick mixture (about the texture of pancake batter);  
Measure equal amounts of water and corn starch, but mix water in slowly.  
Mix all ingredients together. Use different utensils, such as a spatula, bowl, and funnels, to see what form the mixture will take.

Some other fun things to observe about OOBLECK:

- Oobleck is a solid and a liquid at the same time.
- Oobleck does not bounce.
- If you make a ball and throw it up in the air, it loses shape and becomes flat in the air.
- Oobleck can be molded in a container and when taken out does not keep shape.
- If you fill a balloon with Oobleck, the air presses or forces the Oobleck back out.
- When you leave Oobleck in the sun, the color evaporates; it turns hard like cement on the top and like jelly on the bottom. When heated this also happens and it is sticky.



## Harvest Carnival October 30th



The Harvest Carnival at Northshore Baptist Church will have carnival games for all age ranges, large inflatables, a climbing wall, face painting, laser tag, and free family portraits.

There will also be a special raffle drawing for a gift card for a family to enjoy Great Wolf Lodge, and a roaming mystery judge handing out prizes each hour to the best costume.

The Harvest Carnival is FREE and family-values friendly!

We simply ask that you bring a donation of non-perishable food to benefit Step by Step, our community outreach to young families in need. They will also accept new, unwrapped toys for boys or girls up to sixth grade.

So get out your masks, capes, and face paint and mark your calendars for the Harvest Carnival: October 30th from 2-5pm. We hope to see you there... wearing a costume, of course!