



**September  
Happy Birthdays!**

- Erin Costa – Sept 01
- Mary Hawkinson – Sept 02
- Kristina McIrvine – Sept 08
- Jennifer North – Sept 09
- Rachel Mekanik – Sept 13
- Satina Startzman – Sept 13
- Suzann McCann – Sept 17
- Michelle Delettretz – Sept 19
- Laura Minton – Sept 22
- Nicole Hiller – Sept 24
- Wendy Ayer – Sept 25
- Kristen Peterson – Sept 25
- Melissa Twitchell – Sept 26

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

- **October 1<sup>st</sup> Meeting**  
 Speaker/Topic: TBD  
 Craft: Mugs  
 Snack/Clean-up Tables: Finesse (berry) and Resilience (red)  
 MOPPETS: Please sign up to volunteer for MOPPETS with Erin Costa
- **October 15<sup>th</sup> Meeting**  
 Speaker/Topic: Julie Zager, Conversations  
 Craft: Jewelry Boxes, part 1  
 Snack/Clean-up Tables: Joyful (yellow) and Authenticity (green)  
 MOPPETS: Please sign up to volunteer for MOPPETS with Erin Costa
- **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: Please sign up to volunteer for MOPPETS with Erin Costa

**MOPS Volunteers**

**2010-2011**

Steering Team	Discussion Group Leaders	Table Mentors
<b>Lauren Neal, Coordinator</b> 425-402-7906 lauren.neal@verizon.net	<b>Melissa Twitchell: Finesse (berry)</b> 425-351-1412 melissatwitchell@hotmail.com	<b>Karen Baretich: Finesse (berry)</b> 425-408-0796 kbaretich@sterling.net
<b>Mary Hawkinson, Co-Coordinator</b> 425-677-7835 mary.hawkinson@comcast.net	<b>Mandy Jacobson: Resilience (red)</b> 206-228-1503 mandyj@tonyjacobson.com	<b>Beryl Moon: Resilience (red)</b> 206-795-5988 moonin@aol.com
<b>Erin Costa, MOPPETS</b> 425-753-9375 erincosta@hotmail.com	<b>Brittany Moyer: Joyful (yellow)</b> 425-487-1900 brittanymoyer@hotmail.com	<b>Valerie Hill: Joyful (yellow)</b> 425-481-8607 brian-hill@juno.com
<b>Jasmine Smith, Care Team</b> 206-354-2669 mjsmith89@msn.com	<b>Holly Reed: Authenticity (green)</b> 425-398-0400 reedholly@aol.com	<b>Sheila Jurgens: Authenticity</b> 425-488-030 sanjurgens@aol.com
<b>Sommer Kelly, Discussion Groups</b> 425-876-3016 joshsommerkelly@msn.com	<b>Akiko Smith: Contentment (pink)</b> 425-772-6427 smith.akiko@gmail.com	<b>Lana Starr: Contentment (pink)</b> 425-823-4962 luvto.sing@comcast.net
<b>Kim Knuth, Hospitality</b> 425-398-4021 kknuth@blueskiesweb.com	<b>Jen Bandy: Steadfast (brown)</b> 425-338-1347 jenniferalison@hotmail.com	<b>Linda Parisi: Steadfast (brown)</b> 425-487-0800 lmparisi@hotmail.com
<b>Laura Minton, Creative Activities</b> 206-992-9756 mintontl@hotmail.com	<b>Trisha Scott: Compassionate (purple)</b> 206-234-4997 cscott21@hotmail.com	<b>Cindy Klein: Compassionate</b> 425-823-8357 cindyklein2@frontier.com
<b>Wendy Moe, Publicity</b> 425-802-4950 wendymoe@hotmail.com	<b>Kristina McIrvine: Resourceful (blue)</b> 317-908-5079 kristina_mcirvin@yahoo.com	<b>Darla Ryman, Resourceful (blue)</b> 425-774-5450 djqueenmum@hotmail.com
<b>Linda Parisi, Mentor</b> 425-487-0800 lmparisi@hotmail.com		

Issue  
**01**  
Sept 2010

**MOPS Newsletter  
Reflections**

**Kids & Family  
Events Around Town**

- Snohomish Pumpkin Hurl**  
Sep 18 10:00 am  
Bartelheimer Farm
- Pirate Day at Country Village**  
Sep 18 11:00 am  
Country Village

**Get Crafty Saturdays!**  
Sep 18 1:00 pm  
Bellevue Arts Museum

**Storytime @ the Museum**  
Sep 21 11:00 am  
KidsQuest Children's Museum

**Toddler Tales and Trails**  
Sep 18 11:00 am  
Seward Park

**Bug Blast!**  
Sep 19  
Burke Museum of Natural  
History and Culture

**Bothell Farmers Market**  
Sep 24 12:00 pm  
Country Village

**Inside this issue**

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Lauren Neal,  
MOPS Coordinator

**Motherhood & Messes by Lauren Neal**

Have you ever had one of those days where the vacuum just stays sitting in the middle of the kitchen or family room? Yesterday was that day for me. First, in the morning, was the cinnamon sugar spill, right on through to dinner, with ME spilling the whole bowl of parmesan cheese all over the front of the fridge, down to the floor, into lots of crevices. Ugh. Messy!

This is how I think about mothering. Messy. Not scary, just scary messy. There are many physical messes we as mothers clean up, but there are also emotional owies that we clean, soothe, and bandage. My son's best friend, Lucas, just moved away. My daughter's BFF, just un-BFFd her, my "baby" is crying today, saying goodbye to her older siblings going away on the bus until 3 O'CLOCK! Life is hard and messy. Mommies clean up these messes. How do we have the reserves to do this?

Psalm 139:10-12

- 10 Even there your hand shall lead me,  
and your right hand shall hold me.
- 11 If I say, "Surely the darkness shall cover me,  
and the light about me be night,"
- 12 even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.

God...He's the one who hand-picked, hand-formed these children for us. When I stare down at the physical or emotional mess that is my child, I have to remember that God chose this for ME. My mothering is Him perfecting me, as much as it is me training and perfecting my children. There is no fear in God's perfect plan.

I am so grateful for this MOPS group, and the opportunity to begin another year, cleaning up some messes with you, other mothers. It's comforting to not have to do this cleanup job alone. There is always another mother behind you in this journey, as well as ahead of you. Look to those ahead of you that God has given you in your life, for advice and support; look to those behind you that you might encourage and support, as they journey on ahead. Since today's the first day of school, I guess I can wrap my cord up, and put the vacuum away... not too far away, though...

From the Kitchen of  
Mandy Jacobson  
Tandoori Chicken  
and Apple Salad



Preheat oven to 475

Prepare 4 servings of your choice of steamed rice.

In a large bowl, mix together:

- ½ Cup plain yogurt
- 2 cloves minced garlic
- 1 tsp turmeric
- 1 tsp ginger
- 2 tsp salt
- ¼ tsp ground black pepper

Add 4 chicken breasts, coat evenly.

Transfer chicken to a baking sheet/pan.

Cook 25 - 30 minutes, or until internal temperature registers 160 degrees.

While chicken is cooking, peel 2 Granny Smith apples, coarsely grate into a bowl. Add 1 TB chopped fresh cilantro, and ½ Cup plain yogurt. Add dash of salt and toss. Serve with chicken and rice.



Welcome to a  
New Year at  
MOPS!  
by Valerie Hill

This fall begins my fourth year helping with MOPS. The last three years I was the mentor mom on the steering team. What a joy it was to spend a lot of time with the steering team. We were in a Bible study together, prayed for each other and planned the MOPS meetings. This year Linda Parisi will be the MOPS mentor on steering. I will miss spending time with my steering friends! I am however looking forward to being a table mentor and getting to know the ladies at my table.

A little about my family: My husband Brian and are going on 22 years of marriage. We have two kids; Samantha is 19 years-old and just left for her second year of college at Northwest Nazarene University in Idaho. She is running cross country and track and loves her life! Matt is 17 years-old and will be a senior at Bothell High School. He enjoys working out, hanging out and wishes he was in college too! I'm a nurse and work 2 days a week on Capitol Hill taking care of moms and newborns.

I love being a mom. I have always wanted to be a mom and I feel very blessed to be one. With that being said I must also confess that it is a hard job and some days seem harder than others. I have spent a lot of time with my kids over the years and I don't regret any of it. Sam is now almost grown and Matt will be gone in a year. They don't need me all the time like they used to but I still like to be around just in case. My encouragement to you would be to take time to be with your kids. Take time to go on a walk, go to the park, play a game or read a book. You won't be sorry you took the time.

**To My Grown Up Son**

*Author Unknown*

My hands were busy through the day, I didn't have much time to play,  
The little games you asked me to, I didn't have much time for you.  
I'd wash your clothes; I'd sew and cook. But when you'd bring your picture book,  
And ask me please to share your fun, I'd say "A little later, son."

I'd tuck you in all safe at night, and hear your prayers, turn out the light,  
Then tiptoe softly to the door. I wish I'd stayed a minute more!  
For life is short, the years rush past, a little boy grows up so fast,  
No longer is he at your side his precious secrets to confide.

The picture books are put away, there are no longer games to play,  
No goodnight kiss, no prayers to hear, that all belongs to yesteryear.  
My hands once busy, not are still, the days are long and hard to fill,  
I wish I could go back and do, the little things you asked me to.

In the Spotlight:  
Erin Costa  
MOPPETS



**About my family...** Filipe and I were married in May 2003. I'm so very glad that he is my husband. Out of all the areas of my life, my relationship with him is the strongest. Laila is 5 years old, and for anyone who knows her she is center stage! Alexandre, 3 years old, is the proof in my life that God has a sense of humor. He has such a wonderful heart and he is a great picker-upper. Liam, 2 years old, is the best surprise I have ever received. He is my goofy, joyous, cuddly, quiet, and emotional little guy.

**My favorite thing about being a mom is...** playing with my kids. They come up with the craziest things.

**One of the hardest things about being a mom is...** dealing with other people's critical words. I hear comments from someone every time I leave the house with the kids: "Are they all yours?"; "You look like you have your hands full!"; "You know how that happens right?"; "You're not having any more are you?" I don't care so much what other people say or think - it just gets draining at times.

**How I live out my spiritual life...** is mostly through my lifestyle itself. Having the kids that God planned for me and parenting and schooling them the way that God called me to leads to great conversations about my faith and my God.

**I would most like to ask God...** for a hug. I think that would be the most amazing hug EVER!

**When I am down, the thing I do to feel better is...** go for a drive with some good coffee and a prayer.

**The one thing I would love to find at a yard sale is...** bunk beds!

**My secret super-power is...** budget grocery shopping and meal planning. I have my system down!!

**This Month's Craft Corner: Easy Wrapped Vase**

**What You Need**

- Glass or plastic bottle
- Thick white crafts glue
- Embroidery floss in desired colors

**What to Do**

1. Wash the bottle. Let it dry.
2. Place a dot of glue at the bottom edge of the bottle.
3. Begin wrapping the embroidery floss around the bottle, keeping the wraps close together and applying more dots of glue when needed.
4. To change colors, cut the floss and glue the end in place.
5. Continue making stripes of color like this until the entire bottle is covered with floss. Let the glue dry.



**2nd Annual Children's  
Clothing Exchange  
Saturday, October 23rd**



Northshore Baptist Church desires to meet the need of practical support for young families currently experiencing financial strain and will be hosting our 2nd Annual Children's Clothing Exchange on Saturday, October 23rd to benefit these families.

We are currently seeking quality donations to make this a success.

Please go through your closets and gather up children's clothing, shoes and accessories.

Select infant products, such as diapers, diaper covers and blankets will also be accepted.

Donations can be dropped off at Northshore Baptist Church in Room L119 downstairs in the Children's Center or the Reception Desk during the week.

Contact Hannah Rogers (hannahr@nsb.org) if you have any questions.