



FRESH TALK WITH MOPS

Coordinator

Good Morning Ladies,
 Welcome to our November meeting. I can't believe that it is November already! Thanksgiving is right around the corner and this is a great time to start thinking about all of our blessings and all we should be thankful for. We can also start planning ways that our families can share their thoughts and thanks with each other. We have a great meeting planned for today and we hope you enjoy it. Today's theme is Breathe Deeply, Live Fully through **GROWTH**.

them how to react in situations, control their anger, use patience and so on.

Well who is helping with our **GROWTH**! Are we doing what we are teaching our children? MOPS is here to help you in many of these areas. To help you grow **Spiritually**, join our Bible Study, participate in our mission projects and don't miss our Tea and Testimony in April. To help with **Emotional** growth, we provide speakers on various topics and have discussion time

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We are always helping everyone else - especially our children - grow; whether it be spiritually, emotionally, or otherwise. **Spiritually:** We teach them to pray, pray together at night, take them to church and maybe even Sunday school. **Emotionally:** We try to teach

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Today's Meeting Agenda:

9:00 – 9:20	Food and Fellowship
9:20 – 9:25	Opening Prayer by Caroline
9:25 – 9:35	Fresh Talk – spotlight Group members
9:35 – 9:45	Welcome, theme: Live fully through GROWTH), brief announcements
9:45 – 9:50	Mission (Candance)
9:50 – 9:55	Consignment (Michelle/Beth)
9:55 – 10:05	Door Prizes, Announce Pregnancies, Recognize new members
10:05 – 10:25	Speaker – Pastor Ann
10:25 – 11:20	Craft and Discussion
11:20 – 11:25	Closing Prayer led by Caroline

Upcoming Events:

- ♥ **November 28** Wreath Making at St. Luke's
- ♥ December 3rd Cookie Exchange
- ♥ December 13th MOPS Meeting
- ♥ December 14 Breakfast with Santa

Continued...

which helps you see how other moms feel, how they handle certain situations and some techniques that work for them.

In this season of life, moms often pour their time into everyone and everything except themselves. The reality with babies and toddlers is that their needs are many and our energy is limited. So we may put our dreams and development on hold. As moms of young children, we still desire to grow and develop ourselves, both in what we do and in who we are. We have a built-in longing for self-improvement, whether that means nurturing a dream or developing more patience. You may have creative juices that require an outlet of expression. The “you” that has been growing since your own birth doesn’t cease to exist because you’ve given birth to another.

MOPS brings us all together in the hopes that you will grow as a mom and as a woman while forming special relationships with the other moms in your group as well as with Jesus. Please take advantage of all MOPS has to offer; read their magazine, use their website, come to our monthly meetings and outside events and get together with your individual groups. Don’t take lightly the opportunity that you have in MOPS. MOPS is just one more thing to add to your list of things to give thanks for this year!

Tammy

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MISSION PROJECT



Thank you to all who participated in Operation Christmas Child! Your gift will make a world of difference for one special child. May God’s love warm your heart this season as you pray for the child who receives your box!

Thank you,
Candace Scarpulla

A Note From MOPPETS

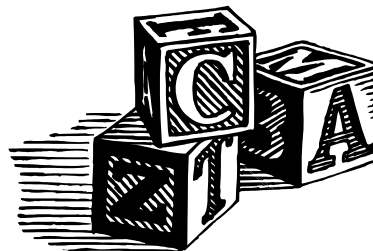
Hello ladies

Thank you very much for your generous contribution to the Moppets snacks! We are truly replenished in juices and pretzels!

Moppets continues to run well thanks to our dedicated caregivers and to everyone's effort. Thank you also to the committee members who help us setting up, cleaning, preparing crafts and making phone calls. Everyone's effort makes things go smoothly...

Enjoy your meeting!

Eileen and Jacinthe



Thomas Anthony Sambrick finally arrived on October 18th at 8:35 pm. 6lbs 5oz 18 inches.

Brady Robert O'Donnell was born to Gia had the baby on October 28th. He was 20 inches long and 7 pounds 12 ounces.



Craft Corner

Join us in making a beautiful Christmas wreath using fresh greens on Tuesday, Nov. 28, 2006 at 7:30 pm at St. Lukes Church. The cost is 15.00 which covers the cost of supplies for the wreath. Please let us know if you'll be attending and remit payment by the end of today's meeting. We hope to see you there.

Decorating Ideas with Holiday Garlands


1. decorate your fireplace mantle
2. make a beautiful centerpiece using fresh greens and candles
3. decorate your Christmas tree

Speakers A Look Ahead!

Speaker Spotlight for December:

Every Mom Needs a Little **Perspective!**

A little too stressed about the holiday season? Make sure to join us during our December meeting for a presentation by Brian Jones, pastor of Christ's Church of the Valley (otherwise known as "the movie church"). Brian will talk to us about the holidays and how we tend to overstress, overbook and overlook what's most important about the season -- ourselves, our family and the true meaning of Christmas. See you then!



Simplify your holidays with weekly menus! Visit our Web site for a new menu EACH WEEK!

<http://www.geocities.com/mopsintrappe>

Special Article

It was Thanksgiving, thirteen years ago. It was different than previous Thanksgivings, but I didn't know how different it would be. We usually had Thanksgiving with my Grandparents and Aunt and cousins, either at our house or theirs. It was a home-cooked meal by my mom and grandma. The pies were my favorite! But this year we all gathered at a restaurant for our Thanksgiving meal. My mom entered the room slowly, carrying a portable oxygen tank. She was fighting cancer, and had just entered the worst stage. Her health had dramatically decreased in the past three months. Though she had the oxygen tank and her movements were slow, she was full of grace and poise. That was just my mom.

As I sat around the table with my loved ones, a strange understanding filled me. Life, in a matter of moments, became incredibly simple. All of a sudden, the complications of life disappeared and the only thing that was important at that moment was life itself. My presence became so small and God's presence became so large. It

was God who had given my mother her life, and God would soon be taking it away, but it was a life that could never be replaced. It is God who gives all of us life. There is nothing more significant than His sovereignty. My eyes were opened that day to see God's power, both loving and just. His understanding of this world is so much greater than mine; I realized it would be foolish of me not to trust Him with it.

Well, that was our last Thanksgiving with Mom. But it was the first Thanksgiving that I was truly thankful for the breath that I breathe, that I have been given this life and that God has ordained it. I can truly say, "Oh, give thanks to the Lord, for He is good! For His mercy endures forever." (Psalm 107:1).

May you have a blessed Thanksgiving!
Your Assistant Coordinator,
Candace Scarpulla

Recipes From October Breakfast!



Breakfast Potatoes- Jen Burnett

Great for a special event or buffet!

Serves 6-8

- 5lb Yukon Gold Potatoes
- (2) 1pint containers of grape tomatoes
- 2 sweet onions
- extra virgin olive oil
- 3T butter
- S & P



Heat oven to 200 degrees. Slice tomatoes lengthwise and toss with extra virgin olive oil, salt and pepper (I use kosher salt and fresh pepper but table salt and pepper work fine too). Place cut side down in 9x13 pan and roast for 1 hour. Meanwhile, boil a big pot of water. Peel and chop potatoes. Put potatoes on boiling water and parboil for 5 minutes, drain. Slice onions and cook in extra virgin olive oil and a little butter in the biggest frying pan you have until soft, about 15 minutes. Set aside. Heat some more oil in your pan and add potatoes, tossing occasionally being careful not to toss too frequently or they can get mushy. When potatoes are cooked to desired doneness add the onions and tomatoes, salt and pepper to taste. If you want to you could wilt a bag of baby spinach at the end, just throw it with the onions and tomatoes and combine. Serve immediately.

Poppy Seed Cake with Orange Glaze- Jen Burnett

This is especially tasty the second day. If you have leftovers freeze individual pieces wrapped tightly in plastic wrap for a treat another day!

Cake

- 2 3/4 cups sugar
- 1 cup corn oil
- 3 eggs
- 1 1/2 teaspoons vanilla
- 1 tsp almond extract
- 3 cups flour
- 2 tablespoons poppy seeds
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups milk

Glaze

- 1 cup powdered sugar
- 1/4 cup orange juice
- 1/4 teaspoon orange extract

Preheat oven to 350 degrees. Grease and flour a bundt pan. Using an electric mixer beat first 5 ingredients in a large bowl to blend. In a medium bowl mix flour, poppy seeds, baking powder and salt. Stir dry ingredients alternately with milk into sugar mixture, beginning and ending with dry ingredients. Pour batter into prepared pan. Bake for 50-60 minutes until a tester inserted near the center comes out clean. Cool cake in pan, on a rack for 10 minutes. Meanwhile, prepare glaze by whisking ingredients in a bowl to blend. Remove cake from pan. Brush or spoon glaze over the warm cake. Cool completely before serving.



Hospitality News and Events

Congratulations to Dana Linton, our October Mom of the Month!!! We were excited to recognize Dana for her active role as a steering member, Stampin' Up consultant, and mother of 3, with her newest addition just born the beginning of August! Your energy and creativeness are an inspiration to us all!

As we believe each one of us involved in MOPS is an outstanding Mom, please don't forget to vote this month to let us know more about your fellow members. This is an opportunity for us to get to know each other. ☺

Big THANKS also go out to Gretchen Columbo for donating last month's prize, a Mary Kay gift package, and to Chris Ford for donating a message gift certificate for this month's lucky winner.

Basket Bingo was a HUGE success thanks to all who attended. Deena Ottinger kindly donated many of the baskets Hospitality committee filled with goodies.



Upcoming News:

Cookie Recipe Exchange, December 3rd, 7pm, Moyer Hall. Come taste and share holiday dessert recipes. Each participant should come with 2 dozen cookies or a comparable dessert. Submit your recipes to Cory Rupe at ce-rupe@msn.com and we will have all the recipes available for you to take home.

Santa is coming to town !!! Breakfast with Santa will be December 14th, 10:00-11:30am, Moyer Hall. Bring your camera for a photo opportunity with Santa as there will also be a light breakfast and crafts for the kids. Cost is \$3 per child and \$2 per adult due at this meeting or the December 13th meeting. Any questions, contact Michelle Nester 610-792-3369 or dmnester17@yahoo.com.

Oh No! Candle wax dripped on your Thanksgiving table cloth! When the meal is over, take the table cloth to your ironing board and place a paper bag over the wax then iron! Reposition the paper bag and keep ironing until all the wax has been lifted. Wash your cloth and there should be no evidence of the mishap!

Happy Birthday Wishes to the following:

Nov 17 Mary Elizabeth) Gutridge
Nov 21 Gia O'Donnell
Nov 22 Sarah Hubbell
Nov 22 Jennifer Rupe
Nov 23 Kimber Lynne Hull
Nov 29 Beth Keenan
Dec 6 Christine O'Donnell
Dec 9 Cindy Stevens
Dec 10 Lauren Machita





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Rainy Day Activity!

Flour Finger Paint

1 C flour

2 Tbsp salt

1 1/2 C cold water

Food coloring

1 1/4 C hot water

saucepan

whisk



Put flour and salt into a saucepan. Add cold water and beat with a whisk until smooth. Add hot water and boil until mixture is thick. Beat again until smooth. Keep in refrigerator and color as needed with food coloring.

Try These Activities This Month:

Finger paint with your child using the recipe above! Use your hands or your feet to paint!!

Use objects around your house to make patterns with your child. Lay out spoon, spoon, cup and ask your child to make the same pattern. and see if you child can tell you what

Or try black sock, white sock, black sock comes next.

During bath time use different sized water. Talk about which cup holds more needed to fill a big cup.



plastic cups and containers to measure or less? Find out how many cups are

Look through magazines to find people's faces. Talk about the expressions and emotions showing on their faces. "That person is frowning. His probably sad."



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Closing Prayer

Dear God,

Please bless us as mothers, giving us the wisdom and grace to handle the challenges and joys we will face in the month ahead until we reunite again in friendship and faith.

Amen

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