



# FRESH TALK WITH MOPS

## Coordinator

Good Morning,

Welcome to our October Meeting. I heard we had a very successful first meeting and our goal is to keep that momentum going. I was so sad to miss it – but Sydney was just 2 weeks old and I couldn't swing it. But I am thrilled to be back and meet our new members, as well as see our returning MOPS moms.

Our theme for today's meeting is "Fresh Air: Breath Deeply, Live Fully through IDENTITY". Who are you? Have you given your identity much thought lately (in your spare time)? It is not something we often think of. We hope today's meeting will change that!

When I was in high school I went to my first wake and funeral. It wasn't even someone I was close to but the experience really had an impact on me. As I looked at the flowers I noticed the labels which read Loving Mother, Loving Wife, Friend, etc. Then I looked around the room and saw all of the different people. Before that moment I had never given much thought to how one person could be so many different things to so many different people: daughter, sister,

mother, grandmother, aunt, cousin, niece, friend, neighbor, co-worker, roommate, classmate, and so on. With so many hats to wear – how does one retain their identity. All of these descriptions enhance our lives and make us who we are but when we give SO much to SO many others – how much is left for ourselves? I am afraid that the answer might be...not too much!

I know we have all heard it said before that if we take better care of ourselves we will be better moms, wives, etc. But have we taken the advice and actually implemented it in our lives. Our schedules are

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### Inside this Issue:

Through Gods Eyes	2
MOPPETS	3
Operation Christmas Child	3
Playgroup Potpourri	4
Recipes	5
Birthdays	6
Hospitality	7
Crafts	8
Advertisements	8&9
Closing Prayer	10

### Upcoming Events:

- ♥ **October 20** Set up for Consignment Sale—St. Luke's
- ♥ **October 21** Consignment Sale—St. Luke's
- ♥ **November 5** Mom's Night Out: Basket Bingo—St. Luke's
- ♥ **November** Playgroup Potpourri
- ♥ **November 14** MOPS meeting set up 7:30pm
- ♥ **November 15** MOPS meeting
- ♥ **November 27** Wreath Making at St. Luke's

### Today's Meeting Agenda:

8:45-9:00	MOPS & Moppets check-in
9:00-9:15	Food and Fellowship
9:15-9:20	Opening Prayer
9:20-9:30	Fresh Talk:
9:30-9:45	Welcome, Theme for day, Brief Announcements
9:45-10:00	Introduce Committees (Door prizes and Mission Project Announcement)
10:00-11:00	Speaker—It's Ok to Stop and smell the flowers!
11:00- 11:10	Discussion Time
11:10-11:20	Announce Pregnancies, Recognize New Members
11:20-11:25	Closing prayer
11:25-11:30	Help clean up/Pick Up children at Moppets

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Continued...

booked with our children's activities, volunteer work, and our other daily duties, but when are we scheduling time for ourselves? Maybe even just 15 minutes a day to read a book, go for a walk, take a bath, keep a journal, or just hide in your bedroom and take a power nap! Not to mention the bigger, more time consuming ways to take care of ourselves like, go to the Gym, take a class at a local college, learn something new that you always wanted to do, get together with your friends (and a playdate does NOT count). I know you might think that you don't have time to do these things – but somehow you manage to fit everything else into your life – now let's make some room for YOU!

I challenge you to do something just for you this month and at our meeting next month, I want to hear what some of these things are. Happy Fall,

Tammy

## IT MIGHT BE TIME FOR A NEW PRESCRIPTION: LOOKING AT YOURSELF THROUGH GOD'S LENSES

We all go through life getting our identity from different places. When we were little kids, it may have been which Barbie we liked or what play-ground we played on. Then we got to high school and we had to figure out what 'crowd' we fit into – maybe it was sports, or academics, or for some it was whoever would sit with us at lunch. Then we got to college and it was deciding what we wanted to do 'in life', or maybe our identity was found in a sorority. Next came career and we struggled with wondering if our job really defined who we are. Then there's marriage, and we found our identity as Mrs. \_\_\_\_\_. And then there were children! Could your identity really be found in changing diapers? Does that really define who you are? Some of you may feel that having children has taken away a small part of your place in society. As fulfilling as having children is, some of us miss having those stimulating, intellectual conversations, that used to happen on a daily basis! Have you

found yourself answering the question of, "So, what do you do?" as, "Oh, I'm just a Mom"?

Well, I have news for you. While all of these outside influences have a major role in our lives, our identity needs to be found somewhere else. All of these things will one day pass away (or already have!). God is the one true place to rest in who you are. I Samuel 16:7b gives us a great example of this: "For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart." We, as humans, are here for a purpose, and that is to honor God. Yes, we have other purposes: raising children, taking care of our homes, being excellent in our jobs, contributing to our community, etc., but these are not an end to who we are as a person, and cannot completely satisfy us. Our identity ends in God. It can't go further than that. Jeremiah 9:23-24 says, "Thus says the Lord: 'Let not the wise man glory

in his wisdom, let not the mighty man glory in his might, nor let the rich man glory in his riches; but let him who glories glory in this, that he understands and knows Me, that I am the Lord.'" And how freeing to have God's definition of you be your source of identity! He is eternal! He'll never run out!

So the next time you're going through your day and wondering, 'where's the value in vacuuming?', just remember that you are a creation of the living God! You don't have to look any further than Him for your self-worth. Take a deep breath, and relax in the promise that Jesus came to give us life, and that more abundantly!

Your Assistant Coordinator,

**Candace Scarpulla**



# A Note From MOPPETS

With the second meeting underway, we can officially say that MOPPETS is up and running!

This year, we have a group of gentle and flexible women caring for our children. This month again, they are here, smiling and happy to help! Thanks to them, we can enjoy our monthly gathering without worrying about our children. When we pick up our cherubs, let's remember to thank the caregivers.

Here are a few reminders about Moppets.

- 🌀 LABEL everything please.
- 🌀 When dropping your child, tell him/her that you will be back when the meeting is over and say goodbye.
- 🌀 Enjoy the meeting



## THE POWER OF A SIMPLE GIFT

Ladies, the time is here to prepare our hearts to give! Amidst all of the hustle and bustle the next couple of months bring upon us, we have an opportunity to bless children in other countries for the holidays. We are participating in Operation Christmas Child, which distributes shoeboxes filled with gifts for children all over the world. Here's how it works:

- 🌀 **Pray** the next few weeks whether you want to send a gift to a boy or girl and what age you want to shop for
- 🌀 **Go shopping!** Bring your children with you and talk about the child you are shopping for. The pamphlet you received today has all the specifics for what kind of items to include in the shoebox. It can be simple if your resources are limited. You could use a Rubbermaid shoebox-size container to give the child a more sturdy box.
- 🌀 Have your children **include any**

**pictures or drawings for the children.** You could also include pictures of yourselves so the child knows who is praying for him/her.

- 🌀 Place all gifts inside shoebox, along with **\$7 donation** to help pay for the shipping (use the envelope on the pamphlet) on top. **Close the shoebox with a rubberband, but do not tape or seal it!**
- 🌀 Bring your shoebox to the **November MOPS meeting.** National distribution is that week (November 13 – 20), so if you cannot make it to the meeting, please contact Candace Scarpulla (610) 917-8789 to arrange pick-up for another time that week.

This is a wonderful ministry that will reach millions of children across the globe, if we just reach in our hearts and ask God how He can use us to

bless these children. Pray for their smiles over the holidays as you think about them receiving their shoeboxes. And pray that their hearts will be open to hearing about Jesus and His love while they receive their gifts.

Thank you,

**Candace Scarpulla**

**“..A wonderful ministry that will reach millions of children across the globe...”**



## Making the Most of the Moments

Use your five senses to really BE with your kids:

**Seeing:** have children lie down on the floor and look at their face up-side down! FREAKY!

**Hearing:** lie in bed with your children at night and listen together. What sounds do you hear?

**Smelling:** do you wear a certain perfume? What is your mommy scent?

Consider finding a favorite fragrance and stick with it!

**Touching:** hold hands when you pray. Hug them and tell them you are so glad that God gave them to you!

**Tasting:** have everyone pick their favorite meal and make them each feel special when you prepare it!

Check out our Web Site for more recipes and fun ideas!  
<http://geocities.com/mopsintegrate>

### Playgroup Potpourri

We mixed up the regular groups to give you a chance to meet MOPS Moms in the other color groups. A special thank you to all of our hostess, we couldn't do it without you! Please contact your group and confirm your playgroup time. (ex. 9:30-11:30) Have fun!!

#### Wednesday, November 8<sup>th</sup>

<i>Hostess</i> <b>Candace Scarpulla</b>	<i>Hostess</i> <b>Lisette Gonzalez</b>	<i>Hostess</i> <b>Ashley Marosek</b>	<i>Hostess</i> <b>Dolores Jiminez</b>
<b>Kimber Hull</b>	<b>Jennifer Grimmer</b>	<b>Eileen Locascio</b>	<b>Anne Marie Krein</b>
<b>Susan Schafer</b>	<b>Felicia Hymer</b>	<b>Cory Rupe</b>	<b>Lauren Machita</b>
<b>Jennifer Schulze</b>	<b>Tiffany Hoyt</b>	<b>Kim Brown</b>	<b>Jennifer Rupe</b>

<i>Hostess</i> <b>Martha Schaible</b>	<i>Hostess</i> <b>Sarah Hubbell</b>	<i>Hostess</i> <b>Stephanie McGowan</b>	<i>Hostess</i> <b>Cindy Stevens</b>
<b>Jennifer Schaffer</b>	<b>Chris Ford</b>	<b>Renee Elsner</b>	<b>Christine Henson</b>
<b>Christine O'Donnell</b>	<b>Deena Ottinger</b>	<b>Kim Taormina</b>	<b>Pam Matje</b>
<b>Allison Thorne</b>	<b>Pam Kopec</b>	<b>Becky Kerchner</b>	<b>Theresa Torelli</b>

#### Thursday, November 9<sup>th</sup>

<i>Hostess</i> <b>Britta Pekofsky</b>	<i>Hostess</i> <b>Lauren Ryan 1-3pm</b>	<i>Hostess</i> <b>Joli Groomes</b>
<b>Susan Schafer</b>	<b>Kristen Whaley</b>	<b>Pam Biedronski</b>
<b>Emily North</b>	<b>Wendy Parento</b>	<b>Holly Boyle</b>
<b>Beth Keenan</b>	<b>Marianne Leidelmeyer</b>	<b>Gretchen Colombo</b>
<b>Amy Buehler</b>	<b>Dana Linton</b>	

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# Recipes From September Breakfast!



## OVEN DENVER OMELET ~ Pam Kopec

- 8 eggs
- 1 c. milk
- 2 c. frozen hash browns
- 1 c. cheddar cheese
- 1 tbsp minced onion
- salt and pepper to taste

In bowl, beat eggs and milk. Stir in remaining ingredients. Pour into greased 8" baking dish. Bake uncovered at 350 degrees for 45-50 mins or until cooked through.



## Triple Berry Breakfast Trifle ~ Lauren Ryan

- 3 - 4 cups vanilla lowfat yogurt
- 1/2 - 3/4 teaspoon ground cinnamon ( I used a dash more for extra flavor!)
- 1 large container sliced strawberries
- 1 large container blueberries
- 2 small containers raspberries
- approx. 3 cups low fat granola without raisins
- Mint leaves (optional)

Combine yogurt and cinnamon in a small bowl. Combine strawberries, blueberries, and raspberries in a medium bowl. Layer in Trifle dish: Begin with fruit mixture, cover with layer of granola, followed by yogurt mixture. Repeat layers. Garnish with mint leaves or decorate with cut fruit.

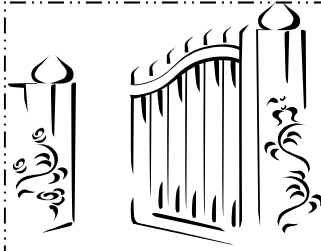
Note: I used a recipe for individual parfaits and converted it into a trifle. Therefore, my measurements are not exact. The measurements of the yogurt and granola layers will depend on how thick you make the layers. I used about 1 1/2 cups of each mixture per layer (give or take).



Thank you to the Green Group for our delicious breakfast this month. Next month, the Orange Group will be hosting our breakfast.



## Leave It At The Gate



Do you have a concern or worry? Leave it at the gate and let God carry your burden or share your needs with the MOPS prayer chain. We pray for you no matter what the need -- celebrating a new baby, a family member in need of healing, a personal crisis, or what ever else needs some extra prayer. If you are interested making a prayer request or in participating in the prayer chain, please e-mail Caroline VanBuskirk at [crvb671@msn.com](mailto:crvb671@msn.com).

Kids who are different  
by Digby Wolfe

Here's to the kids who are different,  
The kids who don't always get A's,  
The kids who have ears twice the size of their  
peers,  
And noses that go on for days. . .  
Here's to the kids who are different,  
The kids they call crazy or dumb,  
The kids who don't fit, with the guts and the grit,  
Who dance to a different drum. . .  
Here's to the kids who are different,  
The kids with the mischievous streak,  
For when they have grown, as history's shown,  
It's their difference that makes them unique.



Happy Birthday Wishes  
to the following:



October 10	Marianne Leidelmeyer
October 22	Dolores Jimenez
October 24	Jen Schulze
October 27	Dawn Leach
November 5	Kristan Whaley
November 7	Michelle Wilson
November 14	Tammy Fulmer

# Hospitality News and Events



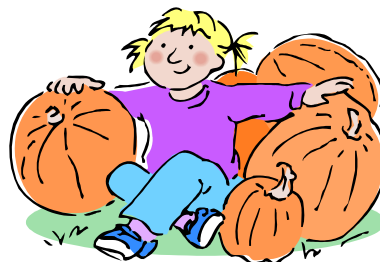
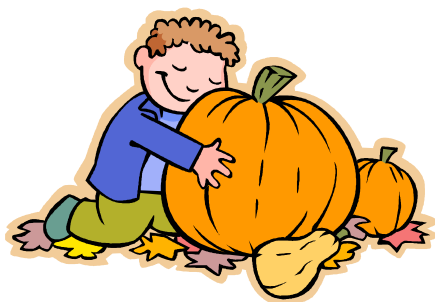
	Congratulations to this months MOM !!!													
	The winner from September is _____ !													
	<u>Don't forget</u> to nominate a new Mom of the Month (MOM) for October!													
	• Only nominate someone in your group.													
	• Yes, you can nominate yourself.													
	• Include a reason you nominated this person.													

**Playdate in the Park**– Thanks to all the mom’s that made it to the park, we had so much fun! Hope that everyone enjoyed themselves.

**Basket Bingo**– Sunday November 5th, 7:30 at St. Luke’s \$5.00/person  
Please join us for a fun Mom’s night out. Play some BINGO, win some gift baskets! See the flyer on your table to sign up.

A special thank you to the ladies that helped with the treat bags for the hayride. We really appreciate your help!!

For any questions or comments regarding events please email Cory Rupe at [cerupe@msn.com](mailto:cerupe@msn.com) or Michelle Nester at [dmnester17@yahoo.com](mailto:dmnester17@yahoo.com)



## Craft Corner

We hope you enjoy using your MOPS tote bags. We are so impressed with the originality and creativity we saw. Great job ladies!!

Mark your calendars for the first craft night scheduled for Monday, November 27th at 7:30 pm. We will be making Christmas wreaths using fresh greens, holly berries and ribbon! Check out the flyer for more details. Contact Gretchen Columbo or Dana Linton with any questions.

### Craft Tip:

Looking for an easy, creative way to serve candy this fall? Take a large dried gourd and cut a fist-sized or larger hole in the side. Clean out the inside, cleanse with bleach and rinse. Use alphabet stamps or rub on letters to decorate the gourd above the hole. Fill with wrapped candies or other creepy surprises!



Mark Your Calendar!

*It is time to shop  
'til you drop!*

**CONSIGNMENT  
SALE!**

**October 20th**

*members & consignors*

**October 21st**

6:30 - 11:30 am open to public

***Bring a friend!***

Spread the word about  
***YOUR*** fundraiser!

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**Dana Linton** 610-831-5650 <http://snipurl.com/bndphotodesign> **Beth Butwin** 610-831-9871

**Scrapbooking Workshops**

Create one or two 12" x 12" scrapbook pages.  
 Back to School Workshop Friday, Sept. 29 7:30—9:30  
 Fall/Halloween Workshop Friday, Oct. 27 7:30—9:30

Cost is \$4 per page. Please call for details and RSVP by Tues. Sept. 26th and Tues Oct. 24th.

**Tammy Rosebrook**  
 Close To My Heart, Independent Consultant  
 stampcraft@aol.com 610-948-0357



## STEERING TEAM

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Caroline VanBuskirk 610-650-0818

### **Consignment Sale**

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### **Publicity/Communications**

Beth Welmaker 610-831-5473

## *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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