



FRESH TALK WITH MOPS

Coordinator

Good Morning,

Welcome to our April meeting where we are having our 3rd Annual Tea & Testimony! This is exciting for us because it was something that we tried a few years ago and it has become one of our favorite meetings. We devote an entire meeting to discussing how you feel God has affected your life. We have 64 women in our group and trust me when I say that someone else here feels the same way you do. Our hope is that you feel comfortable to share your feelings and know that we learn from each other and gain insight from other's thoughts and experiences.

I came across a story that I want to share. It is called "A Cup of Tea". (actually it was called "A Cup of Coffee" but for the sake of today I am changing it to tea!!)

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned to complaints about stress in work and life. Offering his guests tea, the professor came in with a large teapot of brewed tea and an assortment of cups – porcelain, glass, crystal, plastic, some plain looking, some expensive, some exquisite – telling them to help themselves to the tea.

When all of the students had a cup in hand, the professor said, "If you noticed, all of the nice looking expensive cups were taken, leaving the plain and cheap ones. While it is normal for you to want the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the tea in most cases. It is just more expensive; it some cases it even hides what we drink.

"What all of you really wanted was **tea**, not the cup, but you consciously went for the best cups...and then began eyeing each others' cups..."

"Consider this: Life is the tea. The jobs, money, and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have

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Inside this Issue:

Birthdays	2
Got 10 Minutes?	3
Hospitality News	4
Recipes	5
Advertisements	6&7
Closing Prayer	8

Today's Meeting Agenda:

- 9:00 – 9:20 Food and Fellowship
- 9:20 – 9:25 Devotional/Opening Prayer
- 9:25 – 9:35 Fresh Talk – Group spotlight
- 9:35 – 9:45 Welcome, theme for the day (Fresh Air...Breathe Deeply, Live fully through HOPE), announcements
- 9:45—9:55 Mom of the Month, Announce Pregnancies/New Babies,
- 9:55- 11: 20 Begin Testimonies and table discussion
- 11:20 – 11:25 Closing Prayer
- 11:25 – 11:30 Please Help us Clean up
- 11:30 Pick up Children at Moppets

Upcoming Events:

- ♥ April 24th Sly Fox Fundraiser
- ♥ Next meeting: May 16th (Last meeting)

Continued....

does not define, nor change the quality of Life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the Tea God has provided us.”

God brews the Tea, not the cups...enjoy your tea.



Tammy

Your Coordinator

Happy Birthday Wishes
to the following:

Apr 25 Joli Groomes
Apr 26 Deena Ottinger



Searching for 2007- 2008 Caregivers!

Please pray with us as we endeavor with the Lord's leading to fill the caregiver positions in our MOPPETS program for next year. Be thinking of individuals in your own church, neighborhood, etc who love the Lord and children, and would enjoy the opportunity to minister and serve the Lord with our MOPPETS.

♥MOPS would not be possible without these wonderfully faithful people! ♥

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SAVE YOUR MOPS SPOT

Can you believe our year is coming to an end?

It is time to save your Mops spot for next year. Fill out a new Registration form and pay your Mops to Mom connection fee of \$20.00. Make checks payable to St Luke's UCC Mops and give your information to Michelle Wilson.

Got Ten Minutes?

Idea for Fast Refreshment

1. **Play some music!** Choose a song that soothes or inspires, but if you want real refreshment, make it a sing-along.
2. **Bless another mom** with a quick note or an e-mail of encouragement; you'll be blessed too!
3. **Read a devotion** to kick-start your day. Try the Mom's Devotional Bible available in the MOPShop at www.MOPShop.org.
4. **Put on lipstick and perfume.** Who cares if only the kids will know? Your outer appearance will affect how you feel inside.
5. **Harness the bower of visualization.** Close your eyes and take a mental trip to your favorite beach, or that café that serves the perfect croissant. Feel the sun. Taste the butter....with the benefit of no calories!
6. **Make a sweet treat just for you.** Some fruit with yogurt, ice and juice in the blender makes a great, healthy smoothie. For a hot drink try a steamer with heated milk and a little flavored syrup.
7. **Step outside into the grass** with bare feet. Simulate your senses. Turn your face to the sun; the sunlight will boost your mood.
8. **Get out your journal.** No need for a long writing session, just quickly write five things for which you are grateful. It's the quickest way to change your attitude from stressed to blessed.
9. **Move around!** A short burst of jumping jacks, crunches or push-ups will give you a much needed endorphin boost to get you through the rest of the day.
10. **Do absolutely nothing.** Sound like a foreign concept? That's precisely why you should try it. Let your mind drift. Invite the refreshment in.

From 2006-2007 Mini MomSense



Hospitality News and Events

Congratulations to Britta Pekofsky, our March Mom of the Month!!! We were excited to recognize Britta for her active role as a group leader, full time real estate agent, and mother of 2 active boys. Your energy and dedication are an inspiration to us all!

Congratulations to this month's nominees:

Tammy Muir	Amy Buehler	Christine O'Donnel
Dawn Leach	Tammy Fulmer	Christine Henson
Kate O.	Jenn Burnett	Susan Schaffer
Eileen Locascio	Pam Matje	Lauren Ryan
Jacinthe Julien	Beth Welmaker	Renee Elsner
Gia O'Donnell	Candace Scarpulla	



The winner will be announced at the next meeting!!!

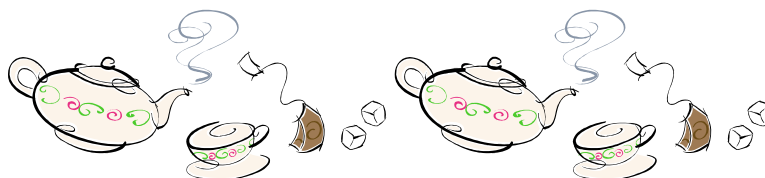
Big THANKS also go out to Beth Welmaker for donating last month's prize – Thanks so much!!!

Upcoming News:

Watch for upcoming events – Ice cream social in May and end of the year picnic in June. Details and dates to be announced.

THANK YOU to all who attended the Easter Party!

A special thanks for all the help with set up and clean up with the Easter Party – We appreciate all your help!



Recipes to Enjoy



Strawberry Shortbread- Jen Rupe

3 sticks of butter

3 cups of flour

3 tbs. of sugar

Mix together and spread out on the bottom of a cookie sheet. Bake until golden about 20-25 minutes.

1st LAYER:

8oz can of crushed pineapple

8oz cream cheese-softened

1/2 cup of 10x sugar

Mix together and spread on cookie once cookie has cooled off.

2nd LAYER: 8oz cool whip-softened-spread on top of pineapple mixture. Top with fresh fruit Strawberries, Blueberries whatever is scrumptious to you! ENJOY!

Blueberry French Toast Bake - Heather Liberi

Layer French bread 1" thick on a bias in a greased baking dish. In a large bowl, combine: 8 eggs (beaten), 1 cup milk, 2 cups cream, salt, 2 T sugar, 1/4 t. each cinnamon and nutmeg and 1 t. vanilla extract. Pour over bread. Cover and refrigerate over night. Topping: 1 cup lt. brown sugar, 2 T. lt. corn syrup, 1 t. nutmeg, 1 can drained and rinsed blueberries and 1/4 lb. melted butter. Bake 45 min at 350 degrees.

A Special Thank you to Kelly LeMarbe, also known as the Tea Lady!
We hope you enjoyed this special event that she has donated - visit her web site to coordinate a tea of your own!

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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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