



FRESH TALK WITH MOPS

Coordinator

Love is in the air...Can you feel it? Sometimes it is hard to feel when you are inundated with dirty laundry, a sink full of dirty dishes, homework to be done, beds to be made, errands to run, and so on. But if you pause for moment and take a deep breathe, you will feel the love that you have fostered in you children, husband and friends.

I can look at my refrigerator and see a picture drawn just for me with hearts all over it – I can see the love! Or when my kiss is the only thing that will make a booboo better – I can feel the love. Or the other day, when my 5 year old didn't know I was watching, and he was sitting next to his baby sister, kissing her and telling her how much he loved her and how cute she was – I can even hear the love! It is easy to feel overwhelmed with the 'stuff' in life instead of focusing on the love that fills our lives.

One of my favorite sayings is "Live well, laugh often, love much". I think that pretty much sums up what we should strive to do! Were you ever with someone who was laughing and you didn't even know what they were laughing at – but you started laughing too. Or have

you shared time with someone who really has a zest for life and can find joy in even the smallest of things – and just by being with them you felt more appreciative and grateful for all that you have. Surround yourself with people who share your dreams, morals, values, love of life and sense of humor.

You will be amazed at how FULL your life can be. Life is short – so jam-pack it with goodness!

Our theme for today's meeting is "Breathe Deeply, Live Fully through RELATIONSHIPS". We have tons of relationships in our lives; many have come and gone, but there are the few that last. Somehow, no matter what changes in our lives (time, jobs, geography, children,

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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 RELATIONSHIP) and brief announcements
9:45—10:00	Goals—Group Discussion
10:00– 10:10	Mom of the Month, Announce Pregnancies/New Babies, New members
10:10—10:25	Ice Breaker
10:25 - 11:00	Craft – Fresh Air Bracelet
11:00 – 11:20	Discussion Time
11:20 – 11:25	Closing Prayer
11:25 – 11:30	Please Help us Clean up
11:30	Pick up Children at Moppets

Upcoming Events:

- ♥ **Next meeting: March 21st 2007!**
- ♥ **MOPS and POPS February 24th**
- ♥ **March 4th Scrapbooking/Project Event**
- ♥ **March 24th Consignment Sale**

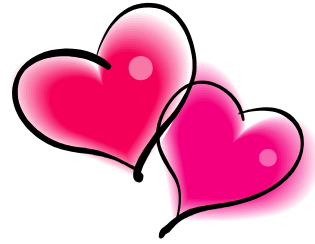
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etc) these relations hold true and steady. These are truly a blessing and should never be taken for granted. I hope you have a great meeting today.

Tammy

My motto:

"Dance like nobody's watching; love like you've never been hurt. Sing like nobody's listening; live like it's heaven on earth." -- Mark Twain



MISSION CORNER: THE POWER OF A SIMPLE GIFT

"He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young." Isaiah 40:11

We have all had such a wonderful year so far at MOPS giving and receiving from each other, and now we have the opportunity to give to those who are less fortunate right here in Collegeville! At our **March** meeting, we will be collecting donations to be given to a crisis pregnancy center called A Baby's Breath. This organization has a big heart for women who need help during pregnancy. They feel strongly that "giving life to your baby may not be easy, but where there is life there is hope"! They offer counseling, parenting classes, and a small store.

That's where we come in! We are collecting all sorts of baby items so they can then offer them to women in need. Each woman who comes through their door is given able to stock their 'store' to provide for items, preferably new. Below is a list of

Bottles, formula, pacifiers, teether, burp cloths, diapers, wipes,

In addition to standard baby items, we will **clothes up to SIX MONTHS** are greatly used.



a 'store credit' to go shopping, and we will be these women. They welcome any and all baby some suggested items:

ing rings, baby shampoo, baby powder and the list goes on!

be accepting baby clothing. **Onesies and baby's** appreciated. The items can be new or gently

Most of these women are coming into the center with absolutely nothing for their children, so anything that we are able to offer will be a great help. Please bring all items to be donated to our March meeting. Thank you in advance to all of you for participating and being so generous!

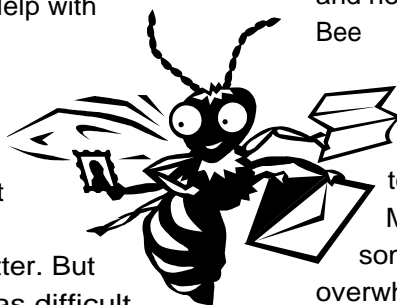
Your Assistant Coordinator,

Candace Scarpulla

A Look Ahead: Speaker On Organization!

What Every Mom Needs...Some Help with Organizing our Home!

Looking at piles of toys, papers and everything else can be overwhelming for anyone. Rome wasn't built in a day, and the same is true for clutter. But don't worry - de-cluttering isn't as difficult as you may think



and help is on the way! Brenda Kenny from Busy Bee

Organizing Solutions will be with us in March to give us some simple steps to set us on the road to simple organization. You won't become Martha Stewart, but you will come away with some practical tools to help you stop feeling overwhelmed and start getting organized!

Craft Corner

We hope you enjoy this month's craft. Every MOPS mom deserves something beautiful to remind her just how valuable her job as a mother is and how important it is that she take care of herself as well!

Dana and Gretchen

UPCOMING CRAFT EVENTS:

FLOWER ARRANGING

Date: Tuesday April 3rd, 7:30 pm

Where: St. Luke's Church

Cost: \$10 (spring flowers), \$13 (roses)



Beth Ann's Flowers will guide us in making a beautiful floral arrangement ... just in time for Easter! Please see the flyer at your table for more details! RSVP with payment by Tuesday, March 27th.



SCRAPBOOKING/OPEN CRAFT NIGHT

Date: Sunday, March 4th from 3:00 — 9:00 pm

Where: St. Luke's Church

Cost: FREE

It was so much fun last month that we're doing it again! Join us for some fellowship and inspiration as we work on our scrap-books. Bring your own supplies.

Don't scrapbook? Bring a craft or project you've been working on or trying to find time to start. Ideas include knitting, crocheting, card-making, cross-stitching, organizing your photos, organizing your recipe book, etc.

Light refreshments will be available. If you are interested in ordering pizza for dinner, please bring \$2-\$3 with you.

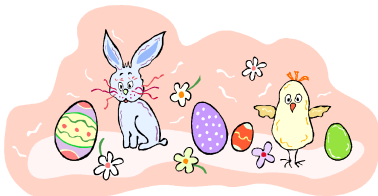
Hospitality News and Events

Upcoming Events!

MOPS AND POPS—The Barn at Birchwood, February 24th 6:00—9:00 PM FUN, FOOD, DRINKS, GAMES and BIG PRIZES!



EASTER PARTY—at St Luke's March 28th 9-11 AM Light breakfast and fun things to do for the kids! Make a stuffed friends (bunny, bear, cat etc). Sign-up sheets and ordering information is on the table. You need to order them by March 27th!

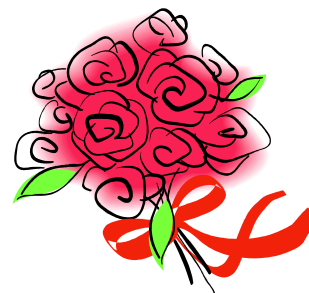


MOM AWARDS

Congratulations to Jacinthe Julien for winning the January MOM award! This mother of 3 boys is a friend to all! She is co-coordinator for MOPPETS. Thanks for being such a great MOM!

The following Mom's were nominated for this months MOM:

Lauren M	Britta P	Lisette G
Deena O	Kim T	Candace S
Kimber H	Michelle N	Felicia H
Kim B	Pam K	Gia O
Allison T	Pam M	Jen G
Carrie W	Beth W	Joli G



This month's winner is

A BIG thanks to Beth Welmaker for this months gift to our MOM!

Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair...

Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dish-washing liquid, mix well. You will find those flies drawn to the cup and gone forever!

Recipes From December Breakfast



Hash Brown Potato Casserole—Carolyn Schell

- 1 (2 pound) package frozen hash brown potatoes, thawed
- ¼ cup melted butter
- 1 (10.75 oz.) can condensed cream of chicken soup or cream of mushroom
- 1 (8 oz.) container sour cream
- ½ cup chopped onions
- 2 cups shredded sharp Cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups cornflakes cereal
- ¼ cup melted butter

DIRECTIONS:

1. Preheat oven to 350 degrees F.
 2. In a large bowl, combine hash browns, ¼ cup melted butter, cream of chicken soup, sour cream, chopped onion, Cheddar cheese, salt and pepper. Place mixture in a 13" x 9" casserole dish.
 3. Combine remaining ¼ melted butter and cornflakes. Sprinkle the mixture over top of the casserole.
- Bake covered for 45 minutes and uncovered for 15 minutes so that the top gets crunchy.

Reheating refrigerated bread
To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Bacon Bacon Quiche—Martha Schaible

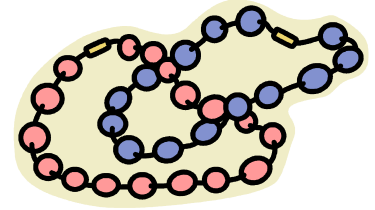
- ½ cup minced onion
- 9 inch packaged pie crust
- 3 eggs or 1 cup egg substitute
- 12 oz. can evaporated skim milk
- 2 cups shredded cheddar
- 1/3 cup Bacon Bacon (from Tastefully Simple –see Jen Grimmer)

Spread onion on bottom of pie crust. Combine remaining ingredients; pour into crust. Bake 350 for 45 minutes or until set in the middle.

Can make one day ahead and bake when needed.



Bracelet Poem



A MOM'S COLORFUL WORLD

Does Mothering really matter?
Does anyone really care?
The **Purple** bead means I'm significant
A Godly mother is rare.

It's easy to lose my identity
Sometimes I am not sure who I am
The **Pearl** reminds me that I'm unique
In the eyes of the Son of Man.

Green speaks that I am growing
Developing patience every day
As circumstances confront me
And I see the need to pray.

When sometimes those around me
Don't seem to understand
The **Red** reminds me "I need the Lord"
To stay close and hold my hand.

The color **Orange** represents "caution"
When I'm not sure where to go
I need to move ahead slowly
The Lord will lead me - I know.

The **Yellow** color is a warning
For me to stop or slow down
To accept help from time to time
Friends offering assistance abound.

There are also times when I need a break
The **Pink** stands for having fun
So get away and try to relax
And play 'till the day is done.

As the days and weeks turn into months
It's easy to lose perspective
The **Clear** bead reminds me to think clearly
And ask the Lord how to live.

The color **Blue** stands for the vastness of life
There's a race that I need to run
I will live each day for Jesus,
'Till I hear the words, "Well Done!"

Written by Myrna Gunderson & Ruth Bixby
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Now that you have your beautiful bracelet, here are some references to remind you of the meaning of each bead. Isn't it great to know that God's word can be so applicable, even to our everyday life? When you read these verses, if at first you don't quite understand, ask God for His wisdom and read it again. God in His faithfulness will reveal His truth to you as you continue to make it a daily part of your life. "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right."
2 Timothy 3:16 (New Living Translation)

Purple: Isaiah 40:11; Colossians 3:23; Proverbs 31:28, 30, 31
Pearl: Ephesians 2:4, 5; John 3:16
Green: Philippians 4:6, 7
Red: Psalm 34:4, 7, 8, 15, 17, 18
Orange: Proverbs 3:5, 6
Yellow: Proverbs 12:25; Proverbs 15:22; Proverbs 17:17
Pink: Ecclesiastes 9:7-10
Clear: Colossians 3:12-17
Blue: Philippians 3:12-14

Happy Birthday Wishes to the following:

Feb 28	Doreen Letofsky
Mar 2	Pam Matje
Mar 4	Gretchen Colombo
Mar 8	Candace Scarpulla
Mar 11	Carolyn Schell
Mar 13	Heather Liberi
Mar 14	Marianne Sambrick
Mar 15	Pam Biebronski
Mar 18	Lisette Gonzalez



Show Your Husband You Love Him!

- ♥ Leave love notes in hidden spots for him to find or hide candies in his pockets and shoes! ♥ Make a special dinner or dessert ♥ Mail him a card to work ♥ Give him a massage ♥ Tell him how good he looks ♥
- ♥ Set the dinner table extra special –light candles, play music ♥
 - ♥ Feed the children early and have dinner for two!
 - ♥ PRAISE HIM! ♥ Be HAPPY! Greet him with a SMILE! ♥
- ♥ Buy silly things you know he loves! ♥ Arrange for, a big household chore to be done for him (i.e. seal the driveway) ♥ Have your son or daughter call him at work just to say “I LOVE YOU” ♥ Bring a picnic lunch to his office ♥ Send loving emails throughout the day ♥ Switch cars with him one day and have his car detailed (or cleaned really well!)
 - ♥ Ask HIS friends over for dinner ♥ Draw hearts on the steamy mirror ♥ Purchase his favorite DVD or CD and put it in his car for him to find ♥ Draw a bubble bath for two with champagne ♥ Arrange for a sitter and go out for breakfast or dessert and coffee ♥
- ♥ Make him a CD of his favorite songs or songs ♥ Have a “WE LOVE DADDY” party one night at dinner –have a cake like you would for a birthday party, candles, party hats, special plates, even balloons ♥

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STEERING TEAM

Coordinator

Tammy Muir 610-323-7171

Assistant Coordinator

Candace Scarpulla 610-917-8789

Discussion Group Leader

Cindy Stevens 610-917-9578

Finance & Registration

Michelle Wilson 610-454-0277

Hospitality Coordinators

Cory Rupe 610-792-7295

Michelle Nester 610-792-3369

Craft Coordinators

Gretchen Colombo 610-831-9322

Dana Linton 610-831-5650

MOPPETS Coordinator

Jacinthe Julien 610-831-8894

Eileen Locascio 610-590-0111

Speaker Coordinator

Christine O'Donnell 610-831-8962

Prayer & Care

Caroline VanBuskirk 610-650-0818

Consignment Sale

Christine Henson 610-948-4907

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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