



# FRESH TALK WITH MOPS

## Coordinator

Good morning and welcome to our March MOPS meeting!

I can't believe that we have only 3 meetings left for this year. Times goes by so quickly. Although spring seems too far away. Having those 2 days of nice weather where we didn't even need to wear a heavy coat was such a tease! It was so nice to see everyone come out of their homes and be outside with their families! I have always loved winter – I just love the change of the seasons – but I am definitely yearning for some warm weather so I can get outside and get some **Fresh Air!**

Our theme for today's meeting is Fresh Air: Breathe Deeply, Live Fully through Help...Help me More! To **Help** us out this meeting we have a speaker here to talk to us about Organizational Skills. I believe most of us are looking for ways to get organized and better yet...stay organized! Our hope is that you leave here today with at least one tip that you can implement in your daily life and possibly make your life a little more manageable.

As moms we don't always ask for the **Help** we need. There are many

reasons we don't do this. A lot of women don't ask because we tend to feel that asking for help is a sign of helplessness or weakness, and we are determined not to be weak. As women, we've made the choice to be mothers and now we will deal with whatever motherhood throws our way, we reason... Do you get caught in this trap?

Why do we avoid getting help? We feel guilty about asking for help. Just admitting that we can't do it all and could use some help feels like admitting failure. When you finally get up the nerve to ask a friend for help, you may be pleasantly surprised by the response. The result of receiving help one-on-one outweighs the risk of asking. In fact, many long-lasting friendships between

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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 HELP II), announcements
- 9:45—9:55 Goals—Group Discussion
- 9:55– 10:05 Mom of the Month, Announce Pregnancies/New Babies,
- 10:05 - 11:05 Speaker
- 11:05 – 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: April 18th**
- ♥ **March 24th Consignment Sale**
- ♥ **March 28th Easter Party**

Continued....

women begin this way. We can't do it all alone – and we are not meant to. So get out there and ask for the help you need! And don't forget to offer help to someone in need too!

Smile,  
Tammy

## MISSION CORNER: THE POWER OF A SIMPLE GIFT

A heartfelt THANK YOU goes out to everyone who donated to A Baby's Breath. Your donation will go a long way in helping a woman achieve motherhood.

God bless you!!!

Your Assistant Coordinator,  
Candace Scarpulla

Happy Birthday Wishes  
to the following:

Apr 10	Emily North
Apr 15	Renee Elsner
Apr 16	Wendy Parento



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# Something for yourself! Something for your kids!

Looking to make some changes in the way your family eats that will make a difference for their lifetime and yours? If so, then you will not want to miss this book!

## The Healthiest Kid in the Neighborhood

This book by William Sears, MD is an easy and fun read with amazing tips and inspirations to make critical changes in the eating lifestyle of your family.



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## Craft Corner

Thanks to all who came out on Sunday, March 4<sup>th</sup> to work on their scrapbooks or other projects. We had a good time!

### Easter Flower Arranging

Beth Ann's Flowers of Royersford will be guiding us in creating an arrangement of Easter flowers. Join us on Tuesday, April 3<sup>rd</sup> at 7:30 pm at St. Luke's. The \$12.50 cost includes all flowers, a vase or basket and any other floral supplies needed. You have your choice of a vase or basket for your arrangement and either pastel or Easter bright flowers. Please RSVP with payment by Monday, March 26<sup>th</sup>. You can reach me at [dana\\_linton@verizon.net](mailto:dana_linton@verizon.net) or 610-831-5650.

### Organizing Tips

If you are anything like me, you have more craft supplies than space to put them all. Here are some ideas from various sources to organize your craft supplies!

- ♥ As with all **organizing** projects, the first step is purging and sorting.
- ♥ Things you use regularly should be kept within arm's reach; seldom-used supplies can be stored out of sight, but should be clearly labeled so that you can find what you need quickly.
- ♥ Place supplies in clear plastic containers with labels or a picture for easy access.
- ♥ Use muffin tins to organize small craft supplies.
- ♥ Use a peg board with hooks to hang scissors, pliers, ribbon, and other supplies.
- ♥ Have a separate large plastic container with drawers on wheels for kids arts and crafts supplies such as markers, paint, crayons, glue, paper and scissors. This can easily be wheeled into a closet or a room to get it out of the way when not being used.
- ♥ Buy a plastic, over-the-door shoe organizer! These are usually under \$10.00 and provide a lot of pockets for storing craft supplies. The best part is that you can store quite a few items without taking up any counter or drawer space, plus you can easily find everything with the see-through pockets!

Happy Crafting!

Dana and Gretchen

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## Hospitality News and Events

Easter Party Wednesday March 28 9-11am

Light breakfast and fun things to do for the kids

Make a stuffed friend-Must order with Felicia Hymer by 3/21



If you signed up at the last meeting and can't make it please cross your name off the list. Or add it if you can come!

### MOM Award

Congratulations to Jbli Groomes for being February's MOM!

This awesome mother of 2 (Emma and Evan) is a Group leader for the orange group. Thanks for being such a great leader, friend and MOM!

This months nominees are:

Carolyn H, Candace, Renee E, Tammy M, Eileen, Lauren M, Felicia, Britta, Jen B, Holly B, Allison T, Susan S

This months MOM is \_\_\_\_\_.

A BiG thanks to Tammy Rosebrook for donating a gift for our MOM!

#### **Conditioner**

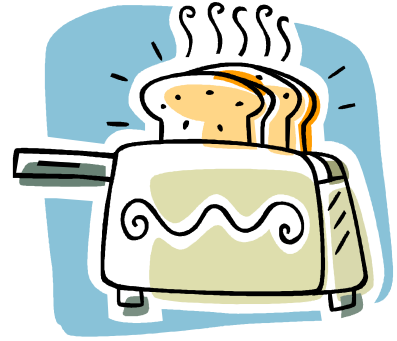
Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair...

#### **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!

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## Recipes to Enjoy



### **Raisin Bran Muffins ~ Carolyn Huff**

- 2 1/2 cup Raisin Bran cereal
- 1 cup unsweetened applesauce
- 1 egg (or 2 egg whites)
- 1/4 cup nonfat milk
- 2 TBSP vegetable oil
- 1 cup flour (I used whole wheat)
- 1/3 cup packed brown sugar
- 1 TBSP baking powder
- 1 1/2 tsp ground cinnamon

Preheat oven to 400 degrees F. Spray 12 regular muffin cups, or 24 mini muffins cups with nonstick spray or use paper liners. In a large bowl, stir together cereal, applesauce, egg, milk and oil. Let stand 5 minutes. Add remaining ingredients; stir to combine. Divide evenly among muffin cups. Bake 15-20 minutes or until toothpick inserted into center comes out clean. Cool slightly and remove from muffin cups.

### **Meatloaf Muffins** from Healthiest Kid in the Neighborhood

- |                                   |   |
|-----------------------------------|---|
| 2 lbs ground turkey or chicken    | 4 cloves garlic, chopped                    |
| 2 eggs                            | 1 red onion, diced                          |
| 1 C whole-grain bread crumbs, dry | 1/4 C Worcestershire sauce                  |
| 1 1/2 C fresh spinach, diced      | 1 1/2 C grated low-fat Monterey Jack cheese |
| 2 plum tomatoes, diced            |   |

Preheat oven to 350°. In a large bowl, mix all ingredients until completely combined. Spoon the mixture into a lightly greased muffin tin (any extra can go in a small loaf pan) and bake four 50-60 minutes or until the meatloaf is firm to the touch. Remove from the tin and serve.



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### **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*

## **NOTES:**

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