



WELCOME TO MOPS

Coordinator

Good Morning MOPS moms and welcome to our first meeting of the year! This is an exciting time and we hope not too overwhelming especially for our new members! This first meeting can sometimes be a little hectic, just keep in mind that it is an adjustment for both the children and the moms!!!

It is so good to see all of you here today. Please use this time to feed your mind, body and soul. We hope you allow yourself this time to relax and let it be all about YOU!

Each year MOPS International creates an overall theme for the year. Our theme for this year is "Fresh Air...What every Mom needs. Breathe Deeply, live fully." In years past we have centered our meetings, speakers, events and crafts around being a mom and parent—this year we hope to

spend more time focusing on **YOU** as a women. We have found that it is easy to 'lose' yourself once you become a wife and a mother and sometimes it is important to put the focus back on you as an individual.

MOPS is a great organization and we are lucky to have this local chapter here at St. Luke's. Please take advantage of all of the possibilities, relationships, activities and events that are available to you thru MOPS!

Thank you for sharing this morning with your fellow MOPS members. **You** might be just what the women next to you needed to get through the day. Don't forget to Breathe Deeply and Live Fully...

Tammy & Beth

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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	Group Spotlight: Pink
9:30-9:40	Speaker—Pastor Ann
9:40-9:55	Welcome, Theme for day, Brief Announcements
9:55-10:10	Introduce Steering & Group Leaders
10:10-10:20	Ice Breaker
10:20-11:05	Craft
11:05-11:20	Door prizes, New Babies, Members & Pregnancies
11:20-11:25	Closing prayer
11:25-11:30	Help clean up/Pick Up children at Moppets

Upcoming Events:

- ♥ **September 27** Playdate in the Park 10am
- ♥ **October 13** Hayride at Merrymeade 6pm
- ♥ **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

Speaker

Spotlight for October

Looking toward to October....

What Every Mom Needs is a Fresh Focus on Self!

As moms, it's easy to feel that we're always satisfying the needs of other family members and that there is no energy or time left for ourselves. When we feel drained and resentful, then we're not able to nurture other people. Which is why you won't want to miss our October 18 meeting.

The Parenting Center at Abington will be facilitating a workshop entitled "It's Okay to Stop and Smell the Flowers -- Getting Your Needs Met as a Mom." The interactive session

will help us identify our own needs, change some of our attitudes about getting our **own** needs met and will help us find some practical ways to replenish our energy supply. For many of us, it'll be a morning to remember -- one where we reclaim a bit of the "self" that we had long left behind in sacrifice to others. It'll be great to take a deep breath and say "Yes, I deserve to have my needs met too...In fact, I'll be a better mother for it!"



See you in October!

Christine O'Donnell

MOPSPurpose Statement

MOPS International exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader in the name of Jesus Christ.

You Can Help

If you ever wondered how to get more involved with MOPS, just pick up the phone and call a Steering Member. We have plenty of "stuff" to do from one time only to a monthly commitment. Whatever it is, know that the help of moms like you is part of what makes MOPS so wonderful. Plus, it gives you another chance to build friendships.

Only love can be divided endlessly and still not diminish!

Anne Morrow Lindbergh

New Babies

Dana Linton celebrated the birth of **Delaney Brooke** on August 2 — 8lbs 1 oz & 20" long

Tammy Muir celebrated the birth of **Sydney Elizabeth** on September 6 — 8lbs 7oz & 21" long

We apologize for any births that we missed celebrating here. If you had a baby or adopted a child recently, please tell your group leader so that we can celebrate with you next month.

Fun Facts about some of our moms:

Christine Henson plays the drums!

Britta Pekofsky's son Tyler was born on 9/11

Christine O'Donnell's father lives in the same neighborhood as "Big Bird".

Do you have a fun fact or quote from your children we can include in a future newsletter?

Happy Birthday Wishes to the following:



- June 1 Felicia Hymer—Green
- June 4 Chris Ford—Yellow
- June 4 Christine Henson—Orange
- June 7 Allison Thorne—White
- June 9 Tiffany Hoyt—White
- June 14 Jennifer Shaffer—Red
- June 19 Lauren Ryan—Red
- June 26 Ashley Marosek—Red
- June 29 Stephanie McGowan—Orange
- July 7 Eileen Locascio—Orange
- July 17 Cory Rupe—Green
- July 31 Pam Kopec—Red
- August 3 Jennifer Grimmer—Yellow
- August 6 Mary Sumner - Sigler—Yellow
- August 25 Michelle Nester—Red
- Sept 15 Anne Marie Krein—Orange



If your e-mail address or home address changes during the MOPS year, please let your group leader know. They will let the appropriate Steering members know. THANKS,
Tammy & Beth!

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

Fall Consignment Sale

On your marks, get set, SHOP! And I mean serious shopping. Here are some tips to help you make the most out of our upcoming Consignment Sale OCTOBER 21st 6:30 - 11:30 AM (special hours the night before for consignors and MOPS!!!).

The best time to shop is the 'pre-sale' - come Friday evening and score big. And you will avoid fighting the crowd on Saturday. It is worth putting a few volunteer hours on Friday evening to get your pick of the best items and see what's coming in!

Be prepared. Leave your purse at home. You want to do hands free shopping - bring a fanny pack for your necessities.

When you have piled up the items you want - or you have set aside a big item or two that you wish to purchase SEE THE FRONT CASHIER station and get labels that say HOLD or SOLD, put your name on them - and adhere them to your pile! You don't want to be dragging your finds all around with you.

Bring a box or laundry basket to stash your goodies. Bring your list of video, audio tapes, cds that you already have at home, so you don't purchase a duplicate. Bring a small calculator, so that when you check out you aren't surprised. Bring a list of your children's basic measurements along with a measuring tape - so you can size up items for fit.

You'll want to move quickly - pick out everything you like, find a quiet corner to sort - make sure to RETURN unwanted items to the APPROPRIATE spot. Try to help us all at MOPS by picking up items that may have fallen.

And oh yeah... HAVE FUN!!!! Let's shop!

Please see me if you, or anyone you know wants to consign.

Christine Henson



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

Being a mother not only takes time, but also requires amounts of faith and courage.

St. Luke's United Church of Christ

Along with sponsoring this MOPS ministry, St. Luke's has many other ministries that may meet a need in your life. You are invited to Sunday worship, Sunday school or to any of the other Church ministries.

Sunday Contemporary Worship 8:30 a.m.

School 9:30 a.m. (all ages -birth to adulthood)

Traditional Worship 10:30 a.m.

Also at St. Luke's:

Bright Spot Preschool

Let's Make Music Together

Drama Kids International

Boy Scouts

Girl Scouts

And much more!

For more information about St. Luke's UCC and its ministries and programs, kindly call Angie Chilton at 610-489-4933

Hospitality Events

PLAY DATE IN THE PARK Wednesday September 27th at Mandarach Park at 10 AM. Come and play with all MOPS members, all age kids welcome. Bring your own snacks.

FALL HAYRIDE Friday October 13th at Merrymead Farms. 6:00pm. Fun for the whole family!

Mark your calendar for November, 5th back by popular demand **BASKET BINGO!!**

Get to know the Moms in your group and nominate someone that you feel deserves to be the

MOM (Mom of the Month) One Mom will be randomly picked each month and will receive a surprise. **Mom award gift donations are greatly accepted.**



Welcome Hospitality Committee!

Renee Elsner, Tammy Fulmer, Beth Keenan, Dawn Leach, Gia O'Donnell, Lauren Ryan, Marianne Sambrick and Deena Ottinger!!! We are really excited for a fun new year!

Happy Fall,
Michelle and Cory

Craft Corner

Welcome back to MOPS! We have an exciting year planned with lots of great craft activities. There will hopefully be something for everyone this year and we hope to see many of you at the craft events held outside of our monthly meetings. Whether it is to make something for your home or family, learn a new skill, or to just spend a night out with a bunch of great women, these events are always a good time. We'd love to also have you consider joining our craft committee this year!

-- Dana Linton and Gretchen Colombo

Flower Pens

This is an easy craft you can do with your kids. They make fabulous gifts!!

Supplies needed:

- ò Silk flower
- ò Ballpoint pen
- ò Green floral tape
- ò Glue Gun
- ò Wire cutters or pliers

Using wire cutters or pliers, crack the end of the pen and pull out the cap.

Starting at the tip of the pen, twist and stretch floral tape around the pen, up to the end.

Using glue gun, glue flower into the end of the pen.



Finance



Grocery Store Receipt Competition:

To foster some friendly competition and raise funds for our group, we are holding a competition to see which small group can collect the most grocery store receipts. Acme, Redner's Warehouse Market and Genuardi's participate in this type of fundraiser.

Grocery shop like you normally do, bring the receipts to our Mops meeting each month (or in the case of Genuardi's-just sign up), and turn them in at your table.

At the end of the year, the group raising the most funds will be the winners!

Enlist the help of grandma, friends or neighbors as well to benefit our group! If you do have grandma sign up with Genuardi's (escrip) let Michelle Wilson know so that their purchases can be tallied with your group.

You go grocery shopping anyway, so why not benefit Mops at the same time!!

Michelle Wilson

Grocery Store Fund Raisers

The following grocery stores have a fund raising opportunity for non-profit groups (that means us!). By following the easy procedures below, your normal grocery shopping can add up to money for our Mops group. The stores listed below give 1% of your grocery bill to our organization. This means that if 25 families spend an average of \$75 a week on groceries, our Mops group would get \$975 annually. Boxes for Acme and Redner's receipts are available at each meeting. If you have any questions, please contact Marcy Huang.

Here is what you need to do:

Acme Tape Saver Program

You do not need to fill out anything in advance or have a special card, just bring in your Acme grocery store receipts and hand in at the MOPS meeting. The Acme stores in Collegeville and Phoenixville both participate in this program. Incidentally, the receipts do not expire, so if you happen to have a pile of old Acme Tapes from 2000, bring them in!

Redner's Warehouse Markets Save-A-Tape Program

Obtain a Save-A-Tape card before you purchase by stopping at the Customer Service Desk or the store office. There is no form to fill out, you just get a card. Before the clerk rings up your purchase, hand him the Save-A-Tape card. Sometimes they have one at the register. This identifies your receipt as participating in the Save-A-Tape program but not designate our group as the beneficiary- you will need to hand in your Redner's receipt at the Mops meeting for us to receive the donation.

Genuardi's

Genuardi's is part of the escrip network. You can sign online at www.escrip.com or at the customer service desk (there is a form to fill out and mail). To sign up online, under the 'sign up' tab, the first step is to enter St Lukes UCC Mothers of Preschoolers as a designated group to support (you may enter up to three). Our Group ID is 150734487. After that, follow the steps and register your Genuardi's card. There are also a variety of other stores/credit cards with this group if you wish to register with them as well to benefit our group. You do not need to bring in your Genuardi's receipts for this program- they will automatically send us the amount. If you are currently signed up you do need to renew each year by November 1. Renewal can be done online (under yes, renew) or by phone at 1-800-801-4973.



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Next Event: Holiday Card & Tag Class
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Dana Linton
 Independent Demonstrator
 610-831-5650
dlstamps@verizon.net

Make beautiful hand-made cards, gifts, and scrapbook pages. Host a workshop or attend one of my stamp camps. Contact me for details.

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References available upon request

Please phone Gretchen Colombo at (610) 831-9322 or E-mail [gretch89 @comcast.net](mailto:gretch89@comcast.net)

B&D
Photography & Design

Photography ~ Holiday Cards ~ Invitations ~ Announcements

Let us take the pictures at your next event
 so you can enjoy your party!

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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Discussion Group Leader

Cindy Stevens 610-917-9578

Finance & Registration

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Christine O'Donnell 610-831-8962

Prayer & Care

Caroline VanBuskirk 610-650-0818

Consignment Sale

Christine Henson 610-948-4907

Publicity/Communications

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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