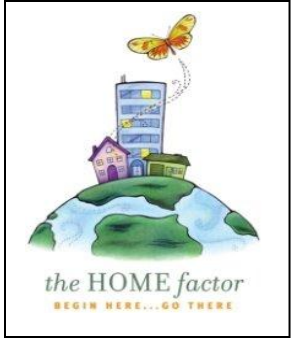




IVC MOPS “WELCOME HOME” NEWSLETTER

September 2007 Volume 1

By Megan Pickering, Publicity
<http://www.geocities.com/MOPSIVC>



In the Family Room

I hate trying to figure out what we should do to quantify as that, dare I say dreaded “quality family time.” So instead of wracking my brain for needless hours, I open one of my favorite books: The Wish List. We all have wishes, so why not start a list, and knock some of those things off with your family for countless hours of true family fun. Here are some fun, cheap ideas:

- **watch a shooting star while lying in your backyard*
- **throw a dance party complete with mood lighting*
- **paint that room you keep talking about—the whole family can join in (and it takes a whole lot less time than you think!)*
- **plant a rose garden*

HAVE FUN, DO SOMETHING OUT OF THE ORDINARY (whatever that is for your family)!!

In the Kitchen

SWEET TREAT MAKEOVERS

INSTEAD OF:	Flavored yogurt	Canned Fruit (33 grams sugar)	Maple syrup (34 grams sugar)	Bbq Sauce (8 grams per tablespoon)
TRy:	Plain yogurt with mix-ins	Chopping up the fresh stuff (13 grams sugar)	Preserves (6 grams sugar)	A dry spice rub

The daily recommendation of sugar for an adult is only 40 grams!!

Don't Forget

***The Steering Team is bringing *Comfort Food* for our next MOPS meeting on September 13, 2007.

***Please welcome Halle Kate Cole who was born on June 29 to Stacy.

***Please welcome Elias Abercrombie born on July 5 to Kristie.

For the Heart

Have you ever compared your top “fears,” with what the God of the Universe has to say about them? Here is just a sample of what I believe to be some of the tops:

<u>FALSE BELIEFS</u>	<u>GOD’S TRUTH</u>
<p>FEAR OF FAILURE I must do it right all the time to feel good about myself.</p> <p>FEAR OF REJECTION I must meet the expectations of primary people in my life to feel good about myself.</p> <p>GUILT When I fail I am unworthy of love and acceptance and deserve to be punished.</p> <p>SHAME I am embarrassed at my faults and failures. I am hopeless and cannot change.</p>	<p>Once I accept God and His love, His undying love casts out all fear and I am completely forgiven in Christ.</p> <p>Once again, if I accept God and His love, I have been given total acceptance so that I no longer need to fear rejection from Him or anyone else.</p> <p>In Christ I am no longer condemned or judged—I no longer need to fear punishment.</p> <p>I am a new creation in Christ. I no longer need to experience shame over my past, present or future.</p>

❖ Adapted from “Search for Significance”

In the Garage

Megan P. (664-7175) **NEEDS:** Work-out partner who is also a member at The Powerhouse Gym behind O’Charley’s on Hwy. 119

Melissa W. (613-3844) has to **DONATE:** Changing Table

Ask a Mentor

Question: How do I handle my strong-willed child, while not comparing her to my compliant child (Answer by Linda H.)? You can not prevent a comparison thought from going through your head, but you can prevent that thought from being spoken. It is only when it is spoken that it could do damage to your children. Think of all of the special, unique traits that each child has. For instance, if a child is stubborn, that probably means that he or she will not easily abandon a task or calling God has given them. If they are bossy now, it means that there is awesome leadership potential just waiting to be channeled for the good of all. Seeing the child as a future adult helps focus on developing the latent, good characteristics. It helps make the bad ones more bearable as we work through the process of training them to be self-disciplined and self motivated instead of parent disciplined and parent motivated. Remembering that they will not become perfect over night helps us sleep better after a hard day of child training.

In the Office

DID YOU KNOW:
A \$1,000 one-time investment,
No withdrawal for 40 years,
At 12% interest, equals (drum-roll please)....

\$93,050.00

Who is doing Christmas Club now ☺!!

In the Bedroom

Do you remember what it was like when you were this sensual, provocative women before the invasion of those under 2 feet? The good news is that sensuality can be induced. Make a list of answers to the following questions:

1. What makes me feel maternal?
2. What makes me feel nurtured?
3. What makes me feel safe?
4. What makes me feel alive?
5. What makes me feel feminine?

Now go out and actually “feel” some of those things. Lets wake up girls, and start our post-partum,

Meet a MOPS Member

This month's MOPS is: **Michelle Coxwell**

1. How many children do you have (and their ages)? **Cameron (3), Cade (1)**
2. Best advice you have ever received. **If you want to see the rainbow, you've got to put up with the rain.**
3. What is your favorite hobby? **Reading and playing tennis**
4. If you could have a superpower, what would you want? **Heal the sick, fly like Superman, stop time, and read people's minds**
5. Any confessions? **I can eat a medium pepperoni pizza all by myself.**
6. Beach or mountains? **Beach**
7. Favorite movie? **Gone with the Wind**
8. Describe the perfect date for you. **1. He'd bring home a 20 oz ice cold Diet Coke and a Heath bar, 2. Dinner at P.F. Chang's, 3. See a funny or romantic movie, 4. Go dancing somewhere, 5. Go to Krispy Kreme on our way home and pick up ½ a dozen doughnuts for me! 6. Then due to sugar rush, I might have time to...read an entire book and go to bed!!! (Hey, this is MY perfect date- not his!)**

Please let Michelle know you appreciate her by thanking her for sharing a little more about herself with the group!! You go girl!!



MOPS Steering Members

Jennifer Warren (Coordinator): 987-7192
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Brandi Mast (Hospitality): 664-0519
Melissa Wilson (Discussion Group Leader): 613-3844
Debby Howell-Moroney (Webmaster): 981-1200
Linda Harper (Mentor Leader): 995-2118
Lydia Hill (Creative Activities): 664-4090

For any questions regarding this newsletter or to add a mentor question, column of interest, or anything else, please contact Megan Pickering (Publicity): 664-7175 or wallypickering@hotmail.com