

# Mothering Matters

MOPS of Community Covenant Church ~ Growing Moms for Growing Children ~ Vol. 1 Issue 1 ~ September, 2004

## What fruit do you want to grow?

By **Melissa Hayes**  
Coordinator

Welcome to the 2004-2005 MOPS year! We have so many fun, fruit-filled activities planned for you.

This year the MOPS theme is Fresh Fruit: Growing a Life That Matters. Love, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Joy and Self-control. Aren't all of these qualities we'd like to possess in our lives as mothers of small children? Galatians 5:22 tells us that these are the qualities we exhibit when we look like Jesus.

As we get to know one another this year, we will be building relationships. Quite possibly we will find some lifelong friendships with other

women who know just what we are going through each day as we raise our children.

God longs for a relationship with each one of us too. Take time out this week to talk to God. Which of these character qualities would you like for Him to grow in you? He is the only one who can grow this fruit in our lives. We just have to be willing.

I pray that we will have a fruitful year as a MOPS group and as individuals!

May God bless you in mothering,

*Melissa*



## We need helpers for Moppets!

We have been praying that more people will be led to volunteer in the Moppets classrooms.

Great effort is made to ensure that children of all MOPS moms are cared for in a nurturing and loving environment. Classrooms are split appropriately to accommodate different age groups and activities are based on specialized curriculum.

Do you know someone who would like to help mothers of preschoolers take a much-needed break? It's only once a month for three-and-a-half hours.

Curriculum, materials and training will be provided. No experience

is necessary. *Volunteers may bring a child to participate free of charge.*

Volunteers will be teaching and playing with children, ages birth to five-years-old.



9 a.m. to noon\*  
one Friday per month

September 17  
October 15  
November 12  
December 10

The Moppets program is also in need of a co-coordinator to help lead

M O T H E R S O F  
**MOPS**  
P R E S C H O O L E R S

Please contact your steering team leaders if you have any questions, concerns, or would like to volunteer to be on a committee.

<b>Coordinator</b>	Melissa Hayes	694-8358
<b>Speaker Coordinator</b>	Marci Bistodeau	622-8875
<b>Hospitality Team Leader</b>	Christina Perry	696-2219
<b>Discussion Group Team Leader</b>	Becky Lambert	622-4505
<b>Publicity Team Leader</b>	Candis Olmstead	622-3322
<b>Creative Activities Team Leader</b>	Stacy Nyikos	696-2625
<b>Moppets Team Leader</b>	Pamela Alleva	696-2500
<b>Prayer Team Leader</b>	Terri Otto	622-0982
<b>Care/Community Team Leader</b>	Kristie Moser	622-9332
<b>Finance Team Leader</b>	Glenda Young	622-0382
<b>MOPS Mentor Team Leader</b>	Patty Meredith	696-0780

the team. If you feel this is an opportunity you would like learn more about, or if you are compelled to jump in feet-first, let us know!

Please contact Pamela Alleva at 223-8365 or [jpalleva@mtaonline.net](mailto:jpalleva@mtaonline.net) if you know someone who is interested in helping out or if you would like to be on the Moppets leadership team.

\*15 minutes before and after for preparation and finishing up

## Fall Schedule

The MOPS schedule was provided in the yellow folder that was distributed at the MOPS meeting in May, and to late-comers after registration. It is also included here for you to "clip and save." Put it in your wallet, on your refrigerator, or tape it to you child's forehead (just kidding).

Please keep in mind that registration for each MOPS day is important. There are moms on a waitlist for childcare, and if you are unable to attend, it will give others the opportunity.



**Fall 2004**  
Fridays  
9:15 — 11:45 a.m.

**September 17**  
*Register by the 13th*

**October 15**  
*Register by the 11th*

**November 12**  
*Register by the 8th*

**December 10**  
*Register by the 6th*

Register **each month** at  
[www.communitycovenant.net/mops](http://www.communitycovenant.net/mops)  
Melissa Hayes - 694-8358

## MOPS Moms Directory

We will be distributing a MOPS of Community Covenant Church Directory in October. Please call Candis Olmstead at 622-3322 if you *do not* want to be included in this directory.



The directory will include your name, address, phone number, e-mail address, birthday, husband's name, children's names and birth year. This directory is intended to be used by MOPS moms only.

## Make a splash with savings

Beginning September 20, H2Oasis is offering a special price to parents with children under five years of age. On Mondays, Wednesdays and Fridays from 11:00 a.m to 2:00 p.m., the rates are five dollars for one parent and one child and eight dollars for one parent and two children. (Wow, what a deal!) Please contact Sara Cook (688-4789 ) if you would be interested in going as a MOPS group!

## Bible Verse *God's Word*

*A cheerful look brings joy to the heart, and good news gives health to the bones. Proverbs 15:30*

When we can laugh at life and at ourselves as we muddle through it, we are happier, saner and even more physically fit. According to some studies, laughter exercises the abdomen, increases circulation and improves muscle tone. It's been said that laughing heartily several times a day has the same benefit as ten minutes of vigorous exercise. Laughter eases strain and relieves tension.

Laughing at ourselves takes the sting out of our mistakes. It takes the frustration out of those things we simply can't control. Since we have to live with ourselves, we might as well be good company.

(Moms Devotional Bible pg. 644)

## Giving Thanks *Yummy!*

Each month, a different discussion group will be hosting MOPS by providing set-up and food for our meeting. However, the steering team is starting off this Fall by hosting in thanks to you for joining us, and for making our first official MOPS meeting so successful!

The October meeting will be hosted by the Apples (Terri Otto's group...you'll know who you are!)

clip and save

### Citrus Roasted Salmon

- 4 salmon filets
- 2 lemons
- 2 t. coarse salt
- 1 1/2 t. ground white pepper
- 1 t. coriander seeds, crushed
- 2 T. olive oil
- 2 oranges
- 2 limes
- 2 t. sugar

Place salmon in glass bowl. Grate zest of orange, lemon, and lime. Place in separate bowl with the herbs and mix. Rub this mixture thoroughly on both sides of salmon. Cover with plastic and refrigerate 2 hours.

Preheat oven to 400 degrees. Wipe herbs off salmon. Let sit at room temperature for 20 minutes. Cut orange and lemon into 1/4-inch slices and arrange in bottom of 9x13 inch glass dish. Place salmon on top of fruit. Brush oil all over salmon. Roast until cooked through, about 17 minutes.

Recipe from Mary Beth Lagerborg  
MOPS Fruit cookbook

