

PRAYER FROM A MOM'S HEART

Lord,

When they scribble on the walls, please help me to see a rainbow!
And when I've said something a hundred times, please give me the patience to say it a hundred times more!

And on those particularly annoying days when I tell them to act their age, please help me to remember that they are! And while we are on the subject of age Lord, when I begin to lose my temper, please help me to remember to act mine!

And through it all, Lord- the finger prints and runny noses, messy rooms and unrolled toilet paper, destroyed video tapes and broken knick knacks- please help me to remember this:

Someday, these will be the days I will long to have back again!



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THE MATERNAL JOURNAL Cheshire MOPS Newsletter



A word from our guest speaker...

Our guest speaker this month, Barbara Yasuda, a mom and an artist, shared her love for art, its evolution since being a mom, her passion to inculcate it in her children and its emergence into a new business.

Her work can be viewed on www.paintedpics.net.

Barbara has shared an article which makes interesting reading - <http://www.parentingexpress.com/Stories/Stories/0044.htm>

She offers all MOPS moms a 10% discount on any picture they would like her to digitally transform into a painted picture.



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THE MASKS WE WEAR.....HALLOWEEN

Do you ever feel like you are wearing a mask? Do you ever find yourself pretending to be someone you are not? Pretending to 'have it all together', but in reality your 'all togethers' are **falling apart**? You would never want people to see the 'real you'- the person behind the mask. You would be embarrassed if you were ever 'found out'?

So.....we put on our masks, go about our business, and when friends ask how we are, we smile and declare, "Great, how are you?"

Because so many of us are wearing these perfections masks, we look around and think that we are the only Christian mom or wife or daughter who is "messing up". We feel like **failures**. We would never admit to needing help, let alone actually asking for it! Instead of building one another up and encouraging each other in our faith, we pretend that we are just fine and hide behind our masks.

But, God sees through the mask right down to the "real you". He sees all the flaws and mistakes and failures and yet loves us completely and unconditionally. Isn't it comforting to know how much He loves us? Psalm 139 tells us that God searches us and knows us. He knows us completely, from the inside out. He knows a word even before it reaches our tongue. He is familiar with our ways. He isn't surprised by us. He knows every thought, every worry, every joy, every hurt.

There is nowhere we can run from his Spirit, nowhere to escape His love, no mask to hide our person from Him. With God, we can stop pretending, take off our mask and allow Him to love us.

(continued on the next page)

October	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 MOPS meeting	2
	3	4	5	6 Free webinar with Margaret Feinberg	7	8 Happy Birthday Erin! MOPS Playdate	9
	10	11	12	13	14	15 MOPS meeting	16 Happy Birthday Maria!
	17	18	19	20	21	22 9.30am MOPS leaders meeting	23
	24	25	26 MOMS night out !	27	28	29	30
	31						
2010							

From the Kitchen

PUMPKIN WAFFLES



Ingredients

- 2 cups Bisquick pancake mix
- 1 cup milk
- 1 large egg
- ½ cup pumpkin puree
- 1 tbsp vegetable oil
- vegetable cooking spray
- confectioner's sugar
- apple sauce, fresh fruit (optional)

Method

- Preheat waffle pan to medium high
- Combine the pancake mix, milk, pumpkin puree, oil and egg in a medium bowl. Whisk until almost smooth.
- Spray the preheated waffle pan with vegetable cooking spray. Spoon a generous half cup of batter into the prepared waffle pan. Cook for about 3-4 mins (or according to manufacturer's directions).
- Serve with apple sauce and /or fruit.



There was once a woman from MOPS.....

And, I believe that we can also take off our masks with our sisters in Christ, allow them to love us, and share authentic relationships with them. We might find that we all make mistakes, not one of us is perfect, and we are not the only one in the carpool with a dirty minivan!

Father God, thank you for loving me unconditionally. Thank you, Lord that I don't have to hide anything from You, that I CAN'T hide anything from you because You know me completely. Thank You that I can take off my mask. Help me Lord to be honest, authentic and real with those around me. Help me to encourage others to that they, too feel comfortable taking off their masks. Amen.

Ellen Rogers



(Fun at the September MOPS playdate at Hickory Hill Orchards, Cheshire)

PRAYER -N- CARE

One of the most important things our mentor moms, Ellen and Christy do for us mums is enveloping us in prayer. If you or your family are facing health issues, unemployment, deployment, financial strain, or would simply like you, your spouse and children to be lifted up in prayer, talk to Ellen or Christy, email, phone or fill up the prayer cards on your table.

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for his answers. Philippians 4:6

There was once a woman from MOPS,
Who arrives at her chair and just plops.
I need a break,
Or I'll jump in a lake,
Thank goodness for groups like MOPS!

There was once a woman from MOPS
Who took her three kids to the shops.
They ran up the aisles,
They tore down the piles,
Till she bribed them all with lollipops!

There once was a woman from MOPS,
Who read her kids stories from Aesop's.
The morals were lost,
The books were all tossed,
And now she reads Dr. Seuss til she drops!

There once were some women from MOPS,
Who had funny kid stories to swap:
Mine ate some glue,
Mine threw up at the zoo,
They laughed til it hurt their chops!

Stephanie & Sons

MOMMY'S MASTERPIECE

Sometimes, it only takes a belly laugh from Neil to remember to stop and take in every moment of babyhood.

It'll pass before we know it!

(The best place to hear his sweet laughter is at the playground.)

Neil Rambo, 17 months



Service Opportunities

• We are in need of a Publicity leader and a Discussion Group Leader (DGL). For more details of the position or if you would like to reach out and serve, please contact Sandy.

• Please continue to bring in mini-toiletries for the women at Prudence Crandall and unsharpened pencils to help our MOPPETS reach out to children in Archer Elementary School, NC.

Mommies Online Monthly Picks

- Sounthington Apple Harvest Festival

<http://www.sounthington.org/content/2028/default.aspx>

- Pottery Piazza – Paint your own pottery

<http://www.thepotteryplazza.net/>

- Mattatuck Museum, Waterbury

<http://www.mattatuckmuseum.org/>

