



The Art & Science of Mothering

Another summer has come and almost gone; officially, September 22 is the last day of summer. As another MOPS year starts, I hope you have taken time to smell the roses, run and jump in the water sprinkler, catch some fireflies (or lightening bugs as we called them when I was little), or taken (many) long walks around your neighborhood.

I should end these thoughts with the phrase “with your children”. They grow up so very, very quickly. Please make memories with your little ones. Love them everyday- not so much with monetary things, but with time, your listening ear and your smile. The summer of their life will go by so very fast. Love every minute of it, and most of all, love them.

Jamie Klennert

September

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 New MOPS year starts!	4
5	6	7	8	9 9.30am Leaders meeting	10	11
12	13 Happy B'day Megan Jackson!	14	15	16	17 MOPS meeting	18 Moms' Night Out (movie)
19	20	21	22	23	24	25 10am-Apple picking at Hickory Hill
26	27	28	29	30		

Better Moms Make A Better World

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THE MATERNAL JOURNAL

Cheshire MOPS Newsletter



FROM THE CO-ORDINATOR:

Welcome! I hope everyone had a great summer. I am so excited about this year. After reviewing last year's evaluations and taking into consideration all your concerns and suggestions, I think we have a great plan in place for a wonderful year. We hope this year brings forth strong connections among each of our moms with one another. Our crafts, discussion group topics and speakers will be exciting and enriching. I sincerely hope we can meet the needs of every mom in the group. God bless!



Welcome to MOPS

Coming home after his first day at kindergarten, my son ecstatically announced that he had made a new friend. On further questioning about how this happened, he confidently said he heard someone call his name, then went up to her and asked if they could be 'best friends' and she said, "Sure"!

If only we as mothers could build relationships just as easily as our children could, navigating the joys and challenges of motherhood would be so much easier.

Mothering is a huge responsibility. We were not meant to mother alone. While we are focused on shaping our children during the intense early mothering years, we are also being shaped as women and as mothers. Much of this positive interaction occurs in community with other moms. Relationships in a mothering community are essential for equipping you to be the best mom for your child.

For many of us moms, MOPS has been instrumental in equipping us with skills to become better women and the best moms to our children... and, most importantly, bringing us closer to Jesus.

Our curriculum this year, MOMOLOGY- the art and science of mothering, focuses on delving deeper into ourselves, discovering our strengths, unraveling our true potential, building relationships that support us and our kids and most importantly growing in our relationship with God.

I hope that as you spend the year with us exploring what it takes to raise a healthy, resilient child and creatively incorporate those things into your mothering, you come away assured in the knowledge that God created YOU to be the best MOM for your child!



SCIENCE IN THE KITCHEN MAKING LEMONADE FIZZY DRINK

What you'll need :

- Lemon
- Drinking glass
- Water
- 1 tsp baking soda
- Sugar to make it sweet

Instructions:

- Squeeze as much of the juice of the lemon as you can into the glass.
- Pour in an equal amount of water as the lemon juice.
- Stir in the teaspoon of baking soda.
- Taste the mixture and add in sugar as necessary.



JESUS LOVES ME, THIS I KNOW!

Psalm 139

Often as mothers of preschoolers, we get caught up in feeding, changing diapers, comforting and often work at least 40 hours a week. It's easy to feel unloved and forget just how precious we are to God. So take a moment and read this poem that King David wrote thousands of years ago, and remember that it is still very true today.

Psalm 139:1 O LORD, you have searched me and you know me.

PS 139:2 You know when I sit and when I rise; you perceive my thoughts from afar.

PS 139:3 You discern my going out and my lying down; you are familiar with all my ways.

PS 139:4 Before a word is on my tongue you know it completely, O LORD.

PS 139:5 You hem me in--behind and before; you have laid your hand upon me.

Ps 139:6 Such knowledge is too wonderful for me, too lofty for me to attain.

PS 139:7 Where can I go from your Spirit? Where can I flee from your presence?

PS 139:8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

PS 139:9 If I rise on the wings of the dawn, if I settle on the far side of the sea,

PS 139:10 Even there your hand will guide me, your right hand will hold me fast.

PS 139:11 If I say, "Surely the darkness will hide me and the light become night around me,"

PS 139:12 Even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

PS 139:13 For you created my inmost being; you knit me together in my mother's womb.

PS 139:14 I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

PS 139:15 My frame was not hidden from you when I was made in the secret place.

When I was woven together in the depths of the earth,

PS 139:16 Your eyes saw my unformed body.

All the days ordained for me were written in your book before one of them came to be.

Sometimes we forget that God is with us every moment of the day. The Almighty knows every move we make and knows our thoughts and hearts. There are days when God seems very far away; however, David knew that even if we tried to get away from our Creator, it would be impossible. On those days when you feel insignificant and it seems you can't do anything right, let these verses remind you that you have been created, especially knit together and wonderfully made by a loving Father.

You are more valuable than the birds of the air and more beautiful than the flowers in the field. The Bible tells us that God made us "just a little lower than the angels." It reminds us over and over again that our loving Lord is always watching us, waiting patiently for us to turn to Him in every instance so He can take control.

KIDS SAY THE DARNEST THINGS!



One afternoon, when I was picking my daughter up from school, she came running happily to me with two tinfoil wrapped packages in her hand. "Mommy, mommy, we baked cookies today," she squealed with delight. "Oh, is one for me?" She nodded a big yes. We got to the car, got her all buckled in, and I started to unwrap my treat to enjoy a peaceful moment. From the backseat, I heard a horrified scream, "Mommy, DON'T eat it, you'll die!"

When I asked her why, she sobbed. "The teacher made us wash our hands before we helped make the cookies to get the germs off and be clean. Then she opened a white jar of Germs and poured them into the cookies." It took me a minute to add it up and then I realized they were Wheat Germ Cookies, and my daughter thought the teacher got the germs and wanted us to eat them.

It took some explaining and a stop at the grocery store for some visuals, but it remains one of my favorite kid stories to the day!

NEWS FROM MOPPETS WORLD

This month, our MOPPETS' lessons center around KNOWING GOD HAS CREATED ME FOR A PURPOSE TO DO GREAT THINGS FOR HIM. They will be listening to stories about Adam & Eve and the blind man (from birth).

Like the past few years, our MOPPETS will be working on projects to reach out to other children in need - The Pencil Project (where they will collect unsharpened pencils for a US school in need) and collecting toiletries for the Hope Pregnancy Center, Cheshire, are two such. Further details will follow.



What's Happening To Your Fizzy Lemonade?

The mixture you created should go bubbly and taste like a lemonade, soda, fizzy or soft drink. If you added some sugar, it might even taste like a lemon flavored soft drink you bought at the store. The bubbles that form when you add the baking soda to the lemon mixture are carbon dioxide (CO₂). These are the same bubbles found in proper fizzy drinks. Of course they add a few other flavored sweeteners, but it's not much different to what you made. If you are wondering how the carbon dioxide bubbles formed, it was because you created a chemical reaction when you added the lemon (acid) to the baking soda (base).

WILL IT BE YOU?

Our steering team is in need of a Discussion Group Leader and a Publicity leader. For more details about the positions or if you would like to help, please talk to Sandy.