



Happy Birthday!
May

- 10th – Shelly Goetz
- 18th – Jessica Vinton
- 20th – Christine Albright
- 22nd – Shannel Davis

Upcoming Events

- **May Family Picnic** - May 23rd – 12:30pm – 2:30pm Blyth Park, Bothell; Watch for an Evite
- **Summer Park Dates** – TBA; every 1st and 3rd Wednesday through summer
- **Upcoming Speakers:**
May 5 – Pastor Kurt, Associate Pastor, NCPC
May 19 – End of year celebration!
- **Upcoming Snack Schedule:**
May 5 – Steamers (Jody’s table)
May 19 – Cappuccinos (Joelle’s table)
- **NCPC Important dates:** Visit www.northcreekpres.org to register
 - Spring Alpha Course -Tuesdays through May 18; 6pm-9pm
 - NCPC Summer Bible Camp July 12 – 16th Age 4-through entering 6th grade

May	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
							1
	2	3	4	5 MOPS Meeting 9:30-11:30 Snack: Steamers	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19 Last MOPS Meeting! Snack: Cappuccinos	20	21	22
	23 Family Picnic Blyth Park 12:30-2:30	24	25	26	27	28	29
	30	31 Memorial Day					

2010

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North Creek Presbyterian MOPS April 2010 Newsletter



Lori's Mentor Mom Memo

Greetings Ladies,

We have just celebrated the resurrection of our Lord and Savior. I can still feel the joy that the disciples must have felt, that the one who loves us and guides us truly lives!

Can you imagine what it must have been like to have had Jesus tell you that you would never be alone? That he would send a counselor to be with us, live in us. Would they know it was him?

It must have been scary and thrilling at the same time, maybe even a little confusing as they awaited this unique gift. Aren't we lucky to have been offered this gift as well, and to know that the Holy Spirit will always be with us so we are never truly alone.

So, as we reach the half way mark through Spring I am reminded of these words from David. " Create in me a new heart, Oh God, and renew a steadfast spirit within me." Just like the flowers have bloomed this Spring, may the Holy Spirit bloom and grow in each of us.

Blessings in His Name,
Lori



Coordinator Corner

Dear MOPS moms,

It's April! I am enjoying my flowering cherry blossom tree and a few red tulips finally making an appearance. Mostly, I love the anticipation of warmer weather on the way.

In these spring months, MOPS Life on Planet Mom theme looks at how becoming a mom changes your relationship with God.

As you begin your annual spring cleaning this year, consider clearing out a little space in your life or even a physical place in your house where you can find a place to spend some time developing your relationship with God. A new or different place in the house for prayer and meditation might just put some "spring" into your soul!

Blessings,
Heather

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Congratulations on Your New Arrival!

- Elizabeth "Betsy" Finn Erichsen
March 5, 2010
6 lbs. 15 oz.
20 inches
Joins proud parents Julie and Erik; big sister Sally and big brother John.
- Madeline "Madi" Jean Machle
February 19, 2010
10 lbs 2 oz.
20.5 inches
Joins proud parents Cameron and Andy; big brother Xane and big sister, Alexandra.

From the Kitchen

Zesty Quiche

Lorraine*

4 servings



- 6 whole eggs
- 4 Tbsp. half-and-half
- Tabasco Pepper Sauce or your favorite hot sauce, to taste
- Salt and pepper, to taste
- Cooking Spray
- ¼ cup grated Swiss cheese
- 3 green onions, green part only, thinly sliced
- 8 strips bacon cooked and chopped (or ½ cup ham, chopped)

Preheat oven to 350 degrees. Whisk the eggs, half and half, and Tabasco until combined. Add the cheese and onion, season to taste with salt and pepper. Coat a 12-muffin tin with cooking spray. Divide the meat into each muffin cup and top with the egg mixture. Bake for approximately 15-18 minutes or until knife inserted in the middle of the quiche comes out clean. Let stand 5 minutes and serve. Serve 3 quiches per person with potatoes and fruit.

*Submitted by Chris Lambert, from "The Belly Fat Cure Cookbook" by Jorge Cruise.



Mothering Moment

Enough

By Robyn Whitlock

"Mom, can you help me tape this?" Andrew asks.

"Not right now, sweetie. Do the best you can, okay?" I respond, holding a screeching baby with one arm and a basket of dirty laundry in the other.

It's ten o'clock and nobody is dressed yet, the baby is as cranky as he's ever been, and I didn't get more than two hours of sleep in a row last night. My husband is out of town and a too-high smoke alarm beeps every three minutes. I think it needs a new battery.

Toys cover the floor. I think of my neighbor and her always tidy house. *How does she do it?* I use my foot to forge a path through the toys in the living room, and make my way to the stereo.

Turning up the music, I try to warm the mood in our home, which at the moment teeters somewhere between difficult and total chaos. I grab Benjamin's cozy blanket and binky, and sit down on the floor to cuddle him. We sing along to the music, and the dark cloud lifts just a little. I manage to help Andrew with his project.

"Today is a hard day," Andrew tells me. "Benjamin won't stop crying."

"Yeah," Bryce agrees, "it's giving me a headache."

"Yes," I agree, "it is a hard day. Today is a 'let's just do the best we can' kind of day."

Lord, I pray, be present with us on this hard day. I give you my agenda — the laundry, the sticky floor, the scattered toys, my need for a nap. Please give me your perspective for today.

The only magic in this prayer happens in my own attitude. The house is still a mess and the baby is still fussy, but my attitude shifts. I stop looking at the mess and start looking at my three boys. It seems like just yesterday Bryce and Andrew were Benjamin's age. Now look at them! Big kindergarteners! I hold Benjamin closer. Suddenly, it is enough to sit on the floor in my pajamas and simply be with my children.

I think of how much energy I spend trying to avoid this hard place. I plan activities ahead of time, stay up late to catch up on laundry, and make meals in advance. I don't like feeling out of control. But the truth is, no matter how much I plan ahead, sometimes motherhood is hard. No amount of planning ahead can prevent toddler meltdowns and messy houses. They're a fact of life with three small children.

What I can do is prepare my heart to embrace these children as they are. To spend less time planning for what might come next and simply embrace what is — this moment with my boys.

On some days, this is the best I can do. And it is enough.

Robyn Whitlock has three boys, Bryce (7), Andrew (7) and Benjamin (2). When she's not running to carpool or doing laundry, she writes. You can find her online at <http://llamamomma.blogspot.com>.

Healthy Habits



Service Opportunities

Thanks to all who have already committed to Steering Team positions for this fall. Many opportunities are still open for our 2010/11 Steering Team, please contact Heather at hl.morrow@yahoo.com if you're interested

Springtime Allergy Prevention

If people in your household have allergies, it is important to do a thorough cleaning of the house, especially in the spring, by removing all the dust that has collected in your house over the winter.

It's a good time to shampoo your rugs, vacuum all the nooks and crannies, and remove the mold from all kitchen, bathroom and garage surfaces.

If you have allergies in the spring and summer, take a few precautionary steps to avoid bringing allergens back into the house.

When you come in from the outdoors, don't bring the clothes you've worn outdoors into the bedroom; change in another part of the house and take a shower, if you can.

Avoid being outdoors from the late morning to early afternoon, as those are the peak hours for pollen production. Keep your windows closed if you're really allergic.

Dr. Manny Alvarez, Ob-Gyn and Reproductive Health, NY; health news managing editor, Foxnews.com

Mommy and Me Activities

Handprint Apron (www.familyfun.com)

Materials

- Solid-colored apron
- Fabric paints
- Paper plates
- Fabric pen

Instructions

1. Cover a work area with newspaper, and lay the apron right side up. Pour a little paint into a paper plate.
2. Have kids press their hands in the paint, move them around until the palm sides are covered, then place their handprints on the apron. Continue until the apron is covered with prints.
3. Write each child's name with a fabric pen under his handprint. Let dry for at least one day before wearing.



Save more than money:

www.thecouponizer.com

Family fun in the Puget Sound area:

www.gootykids.parentsconnect.com/region/seattle-wa-usa