



**Happy Birthday!**  
March

- 5th - Julie Erichsen
- 9th - Tammy Schmidt
- 15th - Emily Sistrunk
- 23rd - Brooke Macleod

### Upcoming Events

- **Moms Night Out (MNO)** - March 31st - Dawn's Chocolates, 7pm-9pm; \$15
- **Upcoming Speakers:**  
March 3 - Donna Liddle - "HOPE - Having Our Purpose Expanded"  
March 17 - Craft/Discussion Group Day
- **Upcoming Snack Schedule:**  
March 3 - Cappuccinos (Joelle's table)  
March 17 - Lattes (Emily's table)
- **NCPC Important dates:** Visit [www.northcreekpres.org](http://www.northcreekpres.org) to register
  - Alpha Marriage Course -Tuesdays through March 9; 6pm-9pm
  - Spring Alpha begins March 16th; 6:15-9pm, through May 18
  - Men's Retreat - March 12-14 at "The Homestead" in Snohomish. Speaker Jamie Bohnett will discuss "Men & Marriage". Cost is \$87 which includes 2 nights lodging and 4 meals. Contact Tom Cahill 425-385-3679 to register.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2 6:00pm Alpha Marriage	3 MOPS 9:30-11:30 Snack- Cappuccinos	4	5	6
	7	8 6:00pm Alpha Marriage	9	10	11	12 Men's	13 Retreat
	14 Men's Retreat	15	16 6:00pm The Alpha Course	17 MOPS 9:30-11:30 Snack-Lattes	18	19	20
	21	22	23 6:00pm The Alpha Course	24	25 7:00pm ST Meeting	26	27
	28	29	30 6:00pm The Alpha Course	31 MNO 7pm- 9pm Dawn's Chocolates			

**Better Moms Make A Better World**

ISSUE  
**05**  
Feb  
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# North Creek Presbyterian MOPS February 2010 Newsletter



### Teresa's Mentor Mom Memo

Hello my girls-you all hold a very special place in my heart. As I was asking the Holy Spirit what to share with you, one thought kept rising, The Power of Play! Somehow the world paints a picture of God sitting on His throne running everything- but I see the Fathers heart all around in His creation....the word of God says: the Kingdom of Heaven is Righteousness, Peace and Joy in the Holy Spirit. The Father created us to play, delight in one another, and enjoy our life. Observe a pack of puppies (or children) playing and you will have a little bit of heaven on earth. There is something that happens when we "become like little children". Jesus said "its then when we can truly see the Kingdom of Heaven". When we take the time to play, we are connecting heart to heart. Whether with your children, husband, parents, friends, kids friends, or whoever, you are bringing heaven to earth and letting the heart of the Father move through yours. So the next time someone asks you to play, leave the dishes in the sink, become like a little child and go! Play tag, roll around in the mud with your kids (cheaper than the spa!), play dress up - be creative and let them see the real you. These are the moments we are made for....Jesus said he came so that we could have and enjoy an amazing life...so have some fun! love T



### Coordinator Corner

Dear MOPS Moms,

Can you believe our MOPS year is already half way over? Thanks to each of you who returned your mid-year review survey last month. Your comments were a blessing to our entire steering team. I am so glad to hear how much you are all enjoying this group. The one common theme that stood out to me when compiling your surveys was we all like to meet other moms and TALK!

At MOPS that talking has a bigger purpose, we are building our community. Our chat time helps us to grow close friends, some of who we will see at the grocery store, at parks and at our pre-schools or elementary schools. I believe by building our communities, we become better moms and we grow stronger kids.

So talk away! Keep growing your friendships and community in and out of MOPS because "Better Moms make a Better World."

Blessings,  
Heather

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### A HEART FOR CHILDREN

One hundred years from now  
It will not matter  
What kind of car I drove,  
What kind of house I lived in,  
How much I had in my bank  
Nor what my clothes looked like.

One hundred years from now  
It will not matter  
What kind of school I attended,  
What kind of typewriter I used,  
How large or small my church,

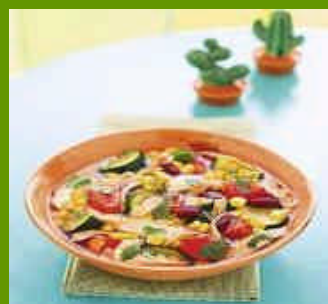
But the world may be ...  
a little better because...  
I was important in the life of a child.

- Margaret Fishback Powers



## From the Kitchen

### Chicken Tortilla Soup \*



- 4 corn tortillas, halved, then cut crosswise in narrow strips
- 2 cans (14.5 oz each) chicken broth
- 1 medium zucchini, cut in 3/4-in.-thick half-rounds
- 1/2 tsp each minced garlic and ground cumin
- 1 cup corn
- 1 can (16 oz) red kidney beans, rinsed
- 1 1/2 cups large shreds cooked chicken
- 1 large ripe tomato, cut in 1-in. chunks
- 1/2 cup chopped cilantro

#### PREPARATION

1. Coat a 5- to 6-qt pot or Dutch oven with nonstick spray; heat over medium heat. Add tortilla strips and cook 5 minutes, turning occasionally, until lightly toasted. Remove to a paper towel or plate.

2. Add broth, zucchini, garlic and cumin to pot; bring to a boil. Reduce heat, cover and simmer 3 minutes, or until zucchini is crisp-tender.

3. Stir in tortilla strips, corn and beans; continue to simmer 2 minutes until tortillas soften. Stir in remaining ingredients; heat through. 4 Servings.

\*Woman's Day 11/1/07



## Mothering Moment

### Taking a Sick Day

by Katherine Craddock

Until last night, I had a grand Ten Step Plan laid out for coping with the demands of motherhood while being sick. I had some great advice like *Get dressed. It will help you stay on your feet* and *Act like you're not sick and you'll get better sooner*. I was determined to be sick AND be the perfect mom at the same time. (Insert maniacal laughter here.)

Before I could even finish writing out my Ten Step Plan, I crashed. I had a complete meltdown. Twice, actually — in one day. My body just couldn't take *Do at least one load of laundry and the dishes*. And I certainly couldn't handle *Play through the pain* when I absolutely freaked out while playing (sick) in an indoor soccer game, punched a wall, cried hysterically and got the first red card of my life. (I was brutally fouled, and I'm sticking to my story!)

So here is my real, tried and true advice on how to take a sick day when you're a mom. It's a short list.

**Declare a sick day** (or days) and stick to it. Stay in your pajamas and explain to everyone around that they shouldn't expect much from you. Stay in bed or lounge on the couch. Utilize the "silent babysitter" (your TV) as much as possible. Let your kids play nurse and wait on you hand and foot (my kids actually think this is really fun). Pull out your freezer meals. Listen to the radio or watch a mommy movie. And if you feel compelled to do chores, stick to the basics: Feed and change your kids. Light housework like sorting or working on the computer is ok too. (Interestingly, though, that's the kind of work people in the office world take a sick day from.)

Whatever you do, focus whatever energy you have toward getting better and cuddling your children as much as you can. If you don't take care of yourself physically, it opens the door for your emotional and spiritual being to come under attack. In the end, your might not look like a "perfect" mom to family and friends, but you will be a peaceful mom. And there is nothing more perfect than a mom — and a family — at peace. Just ask my referee.

*Katherine Craddock is a writer, life-long soccer player and pastor's wife who is the oldest of nine children and mother to three preschoolers of her own. She lives in Chantilly, Virginia and is part of The King's Chapel MOPS.*

## Healthy Habits



### Four Ways To Ward Off Breast Cancer

**Keep your body weight down** – Fat cells produce excess estrogen, which can fuel the growth of some cancers.

**Get moving for at least 30 minutes every day** – Besides helping you maintain a healthy weight, it'll boost your immune system and keep hormone levels balanced.

**Have one alcoholic drink a day/max** – Abstaining is even better. Alcohol may work with other chemicals in your body to cause more damage to cells.

**Try to breastfeed exclusively for 6 months** - It could reduce your risk by 60%.

## Mommy and Me Activities

### Beyond Mud Pies - Mud Bricks (www.familyfun.com)

The classic mud pie needs no improving, but there may be days when your kids want to get more creative with their dirty work. That's when old kitchen supplies come in handy, for these building blocks.

Materials: Ice Cube Tray, Mud, Spoon

#### Instructions:

For a load of toy-size bricks, fill an ice cube tray with mud and compress each block with the back of a spoon. Depending upon the consistency of the mud, removing the bricks from the tray may be easier if they're first allowed to bake in the sun for an hour or so.



## Service Opportunities

**Co-Coordinator** - Do you have a passion for this group and for moms of preschoolers? Are you able to write an agenda, introduce a speaker, or keep a calendar? If so, we need you in 2010-2011! The role of Coordinator needs two people who both make a two year commitment. No obligation conversations can be found with Celeste at [celeste@crctechnologies.com](mailto:celeste@crctechnologies.com) or Heather at [hl.morrow@yahoo.com](mailto:hl.morrow@yahoo.com)

**Finance** - Do you love numbers and spreadsheets? Learn everyone's name by handling dues in 2010-2011! No obligation conversations can be had with Heather or Celeste at the above email addresses.

### Mommies Online Monthly Picks:

Susan Heid, Scream Free Parenting

[www.theconfidentmom.com](http://www.theconfidentmom.com)

Use what's in your cupboard: [www.recipekey.com](http://www.recipekey.com)

Family Fun in South Snohomish County:

[www.northsound.macaronikid.com](http://www.northsound.macaronikid.com)