



Happy Birthday!
April

- 18th – Dottie Gooch
- 23rd – Shelby Hanson
- 27th – Amy Chase

Upcoming Events

- **Moms Night Out (MNO)** - March 31st - Dawn's Chocolates, 7pm-9pm; \$15
- April Joint table outings – check with your table leader for your date
- **Upcoming Speakers:**
April 21 – Do Not Miss! Special Event Day
- **Upcoming Snack Schedule:**
April 21 – Frappuccinos (Holly's table)
- **NCPC Important dates:** Visit www.northcreekpres.org to register
 - April 4th: Easter Sunday Services 8:30am, 10:00am, 11:30am
 - Spring new member class Saturdays 9:00am – 11:00am 4/24-5/8
 - The Alpha Course – March 16-May 19
 - NCPC Women’s Retreat April 23-25

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North Creek Presbyterian MOPS
March 2010



Dottie's Mentor Mom Memo

Hi Dear MOPS!

The March-April MomSense magazine asks us to look deeper into all kinds of relationships and friendships – both close and casual. Those with our neighbors, fellow workers, our children and of course our spouses. Naturally, a song comes to my mind:

“Make new friends
But keep the old.
One is silver
And the other is gold.”

As Easter fast approaches, we need to remember the best friend anyone could ever have – our Lord and Savior, Jesus Christ. We need to remember what He did for us and what He gave for us.

He knows our needs, and hears our every prayer. We can yell and cry out to Him and He never sasses back. So look deeper into your relationship with your Savior – and as the world whirls around us, let us remember God’s peace and promise to us. And

“Let us Rejoice and Be Glad In It”

God Bless you and Happy Easter!

In His Love,
Dottie



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Coordinator Corner

Dear MOPS Moms,

Hyacinths, Daffodils, Crocus, Tulips and Lillies oh my! My absolute favorite thing about spring is the color (and fragrance) of these magnificent bulb blossoms. Though I failed again to plan ahead and plant the dormant little bulbs I clearly have a secret squirrel friend doing work on my behalf - because I actually have some of these treats sprung up in my front yard. (Oddly enough last year there was a bag of bulbs sprouted in the depths of my garage!)

I've noticed something similar in the garden of my heart and life – the Holy Spirit working ever so diligently, often quietly, other times much louder, wanting my attention, and always in areas that though I have good intentions would be left sitting in darkness. Thankfully my weed barren, overgrown, entangled, wild vine of a heart is being groomed by His saving love and grace. There IS hope for us late bloomers ☺

May you rest in His touch this Easter!

Blessings,
Celeste

At Easter

*As Easter breathes hope for a joyous tomorrow
E'en out of the depths of despair,
So may this day banish from you every sorrow
And make you feel free as the air.*

*While hearing grand anthems that swell to the sky,
And breathing sweet lilies' perfume,
May you feel assured that your soul will not die
As life does not end in the tomb.*

-Winifred Sackville Stoner, Jr.



April

2010

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-----------------------|-----|------|---|----------------------------|-----|-----|
| | | | | 31 7:00pm Dawn's Chocolates MNO | 1 | 2 | 3 |
| | 4 Happy Easter! | 5 | 6 | 7 NO MOPS | 8 | 9 | 10 |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 18 | 19 | 20 | 21 Special Event 9:30-11:30 Snack- Frappuccinos | 22 | 23 | 24 |
| | 25 | 26 | 27 | 28 | 29 7:00pm ST Meeting | 30 | |

Better Moms Make A Better World

From the Kitchen

Chicken and Broccoli Alfredo*



Ingredients:

- ½ of a 1 pound package fettuccine
- 1 cup fresh or frozen broccoli flowerets
- 2 Tablespoons butter
- 1 lb. skinless, boneless chicken breast, cut into 1 ½-inch pieces
- 1 can (10 ¾ ounces) condensed cream of mushroom soup
- ½ cup milk
- ½ cup grated Parmesan cheese
- ¼ teaspoon ground black pepper

Directions:

1. Prepare the fettuccine according to the package directions in a 3-quart saucepan. Add the broccoli during the last 4 minutes of cooking.
2. Drain the fettuccine mixture well in a colander.
3. Heat the butter in a 10-inch skillet over medium-high heat.
4. Add the chicken and cook until it's well browned, stirring often.
5. Stir the soup, milk, cheese, black pepper and fettuccine mixture in the skillet.
6. Cook until the mixture is hot and bubbling, stirring occasionally. Serve with additional Parmesan cheese.



Mothering Moment

Jesus Loves Me

by Ginny Mooney Withrow

Recently in need of relaxation, I made a warm cup of tea and sat down to enjoy it for maybe ten seconds. "Mommy, peese have some?" my toddler said in her developing and endearing diction. I offered the irresistible little imp a sip of my warm, savory, long-awaited cup of tea – only to have her decide it really wasn't her "cup of tea" and spit it right back into mine.

I'm sure every mother could relate a similar tale of exasperation. But for as many times as our precious little ones exasperate us, there are those moments when children do something so beautiful, so magical, so perfectly "other" that it pierces right through the ordinary chaos of the day and strikes us right in the heart.

I had such a moment with my tea-spitting toddler. Though Azalea has been fascinated with my jewelry for quite some time, she had never worn any of her own. I decided she was now old enough to try on some of her jewelry. So I took out the two little necklaces she had been given for her second birthday.

One necklace is a delicate silver rope with a dangling heart-shaped locket. The other one is a beautiful gold cross. I opened the box with the locket first and showed it to her.

"Heart," she said.
"Right," I encouraged her.

Next I lifted out the necklace with the cross and held it up. She looked at the tiny gold image intently but didn't seem quite sure what to make of it. Though she has lots of books about Jesus, most of them tell stories of his healings and miracles in child-friendly language. Few try to tackle the cross in toddler-talk. So I held the necklace up and said simply, "That's Jesus' cross."

A few hours later as we were getting ready to go out, she asked to wear her necklaces – both at the same time, of course. So I picked up the chain with the locket and put it on her. Then I took out the gold cross. She pointed eagerly to the dangling icon and said with great conviction, "Look Mommy. It's a Jesus lumme!" Which translated is, "It's a Jesus loves me!"

How perfect. How beautiful. How true.

Somehow my daughter's mind made the connection between the name "Jesus" and the words from one of her favorite songs, "Jesus loves me, this I know." How ever she arrived at her word choice, what better description of the cross could there be? The sign of eternal love. The proof we all need that Jesus truly does love us.

Now, whenever we drive anywhere, my daughter inevitably spots a church with a cross on the top of the steeple. And I know each time exactly what she's going to say. And each time my heart echoes the words along with her. "Look Mommy! It's a Jesus lumme."

Ginny Mooney Withrow lives in Falls Church, Virginia, with her husband, Jason, and two children, Azalea, 4, and Asher, 2. She enjoys writing for various ministries and also produces an occasional piece for television.

Healthy Habits



Start Eating Smarter (Shape Magazine)

Red Grapes for your Heart – rich in antioxidants and flavonoids, may reduce damage to your heart.

Almonds for your cholesterol – packed with protein, calcium, and Vitamin E, the monounsaturated fats help control cholesterol.

Carrots for your eyes – jam packed with Beta Carotene, which your body converts to Vitamin A – a lack of this nutrient can hinder your vision; having it can help reduce the risk of developing cataracts.

Cinnamon for your digestion – commonly used to help the body absorb certain dairy products, there is also evidence that it may have certain disease fighting properties. A recent study from University of Maryland suggests that it may decrease the production of leukemia and lymphoma cancer cells. It is also believed to aid in digestion and maintain blood sugar levels, helpful in type 2 Diabetes.

Mommy and Me Activities

Cool Crayon Colors (www.familyfun.com)

Start a new tradition this Easter by coloring right on still-warm hard-boiled eggs! The heat melts the wax, creating smooth swaths of color.

Materials: Eggs, white vinegar, paper towels, crayons

Instructions:

1. Boil the eggs in a mixture of water and vinegar (about 1 1/2 tablespoons of vinegar for every cup of water) for 10 minutes, then turn off the heat.
2. Carefully remove a hot egg (parents only) and let it cool for about 10 minutes. (Leave the others in the water until you're almost ready to decorate them, so they stay warm.)
3. Holding the egg on a paper towel, draw on the shell with the crayons. To avoid smudging your design when turning the egg, carefully lift it from the paper towel, turn it, then set it back down. Let the design set for about 30 minutes.



Service Opportunities

Outreach – Be instrumental in touching someone else's life by coordinating our group's outreach efforts. Minimal time commitment with projects at Christmas and Easter. Are you able to do online research and make a few phone calls? Grab a friend and bless those less fortunate!

Craft – Do you love the thought of going to Michael's or Ben Franklin? Grab a friend and come up with three crafts for our 2010-2011 year! Have fun while making a difference in our group. Craft and Outreach could be a team as well!

Publicity – Would you like to serve but can't imagine being in front of the group? Then Publicity is for you! Bless our moms by passing along recipes and tips, creating our newsletter (from a Word Template on MOPS website) and overseeing Facebook each month. This position can be done during naptime or after the kiddos are in bed!

Items Needed:

Do you have a home business? Would you like to advertise it? Please contact Molly Wyllys wylvland@comcast.net or Jen Hirman jhirman@gmail.com to donate products or services that will be given away as prizes during our Special Event meeting on April 21st!