



Happy Birthday

Sept & Oct Birthdays

Joelle Sage, Sept 3rd

Sarah Williams, Sept 4th

Shavonne Tonnes, Sept 7th

Courtney Duran, Sept 9th

Kate Nichols, Sept 13th

Teresa Sjolander, Sept 29th

Jenny Odell, Sept 30th

Katie Porter, Oct 4th

Upcoming Events

- **Outreach project: gather and assemble hygiene kits.**

Nov. 3rd bring to MOPS items for kits

Nov. 17th assemble hygiene kits

- **Thursday 11th MOPS night out**

7PM @ Lynnwood Bowl & Skate

- **Mill Creek Library Story times** www.sno-isle.org for other locations/times

Ages 3-5, Tuesdays at 9:30AM

Ages 2-3, Wednesdays at 9:30AM

Ages 2 and under, Thursday at 9:30AM

- **Table Refreshments**

Nov. 3 Jenny's table

Nov. 17 Sarah's table

- **NCPC upcoming events: visit** www.northcreekpres.org for details

Nov 19 Women's Ministry Movie Night @ 6:30PM, childcare can be provided

Nov 11 Taize (Worship) Service @ 9:00-9:30 AM

ISSUE

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Judy's Mentor Mom memo.

THANKSGIVING.....
Traditionally the time of year to share a special meal with family and friends and to reflect upon what we are truly thankful for. The older I get, the more appreciative I am for the many close relationships I have been blessed with. You, dear MOPS moms, have become an integral part of my "friends & family" and for that I say "Thank you, Lord"!

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3 Mops meeting	4	5	6	7 Turn back your clocks
8	9	10	11 Taize Service MOPS night	12	13	14

From the Kitchen Tortilla Soup



A great way to use leftover turkey but chicken and canned broth can be used as well.

INGREDIENTS:

2- 14.4 oz cans chicken broth

1- 14.4 oz can stewed tomatoes w/ mexican seasonings- chopped

1 med onion chopped

1 (or more) garlic

chopped

1- 7oz can diced chilies,

1/4 teaspoon ground

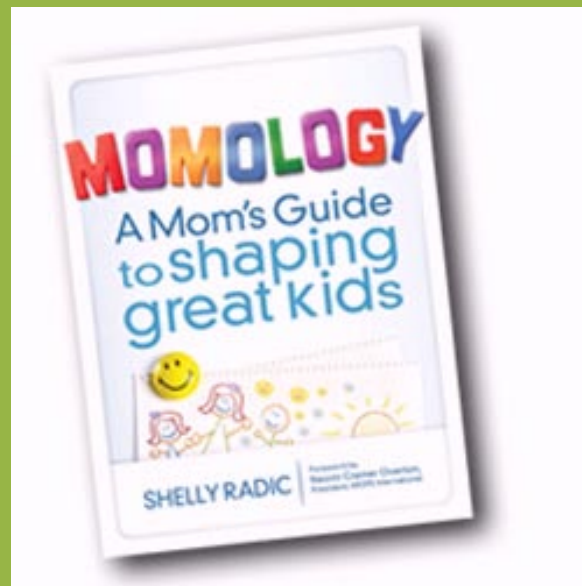
cumin

2 cups cooked chicken or

turkey, diced

1 1/2 cups crushed

baked tortilla chips



Excerpt from Momology "Just Say No"

-Marcie, mom of two

Not too long ago I was overwhelmed. I was flustered, frustrated, and exhausted because I had overcommitted to too many worthwhile activities, some of which I enjoy quite a bit.

One morning, I remembered I'd agreed to help out with one of my daughter's activities that day. Completely worn out, I flopped on the couch and began my tirade of complaints. "Why did I agree to help out when I already have so much going on?" I listed the many things I had to do. Part of me was hoping someone would recognize my efforts and soothe me. Instead, I'm sure I was quite a spectacle!

My daughters just watched me for a bit. I was hoping for a hug, or maybe they would tell me everything would be okay. But they were hesitant to get too close to me.

Cristina said, "Mom, why don't you just say no to your friends?"

"Yeah, Mom," Victoria chimed in. "After all, you say no to us all the time."

The truth was staring me in the face and I didn't know what to say. I provide healthy boundaries for my girls. I don't let them stay up late and I don't let them get involved in too many activities. I limit their daily TV time, how much candy they consume, and even how many play dates they have each week. Why? Because I understand that too much of a good

Holiday game plan

Here's one expert's prudent

-Emily Yoffe of Dear Prudent

As the author of the Dear Prudent, you've shared so many peculiar dilemmas. But as the holidays approach, the predicaments people find themselves in are often more common. Of course there are families that count their blessings. But for those who find the unpleasant aspects of the season to be a source of friction: food, money,

So here is some advice: Keep your boundaries. You should be, combined with intention, more easily brushed off other times. You're a person like you – well-meaning but personally.