

Momology

The Art & Science of Mothering



October
2010

City of Grace MOPS



October 6th Meeting

“Putting the ME back in Mommy!”

From guest speaker Valerie Mummert:

If the only “me” you ever hear is “Mommeeeeeee...!”, then its time to put the ME back in Mommy! With a husband, seven kids, a dog, a house, extended family, friends, and ministry responsibilities, I know how we put ourselves last on the list. By being the best ME, I can be a better US and WE. Come hear some practical and doable steps that you can take to rediscover the ME in mommy.



Play Date Calendar

Mother Nature’s Farm Family Date

Saturday, October 9th
9:30 a.m.

1663 E Baseline Road
Gilbert, AZ 85233
\$7/child, \$3/adult

October birthdays get in FREE!

Price includes pumpkin decorating, an air bounce, a hayride, straw bounce, feeding animals and Alexander’s Adventure Maze.

Bring your whole family!

Pack a lunch to eat together as a group!

November Sneak Peak:
Living the Lovely Life
with online blogger
Heather Hamilton

Meeting Times

1st Wednesday
of each month

6:45 - 8:30 p.m.

City of Grace
Mesa campus
655 E. University Dr.
Mesa, AZ 85203

Childcare is provided.

Chick-Fil-A Play Date

Thursday, October 14th
11:00 a.m. - 1:00 p.m.
1664 South Stapley Drive
Mesa, AZ 85204
Bring money for food.

SanTan Mall Play Date

Monday, October 25th
10:00 - 12:00 a.m.
SanTan Village Mall
Williams Field Rd. & Loop 202
Gilbert, AZ 85295
Play area is near Dillard’s.

For more information:

www.cityofgracemops.weebly.com

Art Mom

Name: Lauren Mitchell

Kid(s) and ages: Alexis 10, Ashlynn 7, Myka 2

Favorite Scripture: Micah 6:8 (New International Version)

He has showed you, O man, what is good.
And what does the LORD require of you?
To act justly and to love mercy
and to walk humbly with your God.



Favorite mom role model: Michelle Duggar, she is so patient.

Why do you consider yourself to be more of an art mom than a science mom? I know I am an art mom because I thrive on being creative. Sticking to a routine or a "formula" that works is hard for me. I see the world as a blank canvas that I can paint however I want.

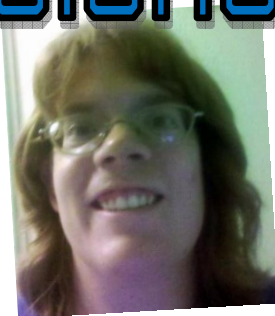
What is one fun activity you do with your kid(s)? I like doing a craft with them. Something unexpected. over the summer we made hair bows , and used paint quite a bit. Our favorite project was drawing a castle on a white sheet of paper in pencil, and then out lining it in Sharpie marker, and filling it in with water colors.

What area of parenting do you struggle with? Following through with discipline and staying on a schedule.

What is one of the most valuable things you've learned since becoming a mom? ALWAYS trust your gut! You are your child's mom. No one else can ever take that from you. if something doesn't feel right that's because it probably isn't right. Go with you first instincts.

Science Mom

Name: Tawnya Marie Thomas



Kid(s) and ages: Donovan Garrett, age 3 (4 on October 18).

Favorite Scripture: Psalm 37:4-5 "Delight yourself also in the Lord, and He will give you the desires of your heart. Commit your way to the Lord, Trust also in Him, and He shall bring it to pass."

Favorite mom role model: My paternal grandmother, who, despite all kinds of adversity and obstacles (such as being widowed young with 3 boys, the youngest being my father at age 6), still never grumbled, went back to school to become a teacher and went on to teach in a one-room schoolhouse and other positions for years to come, and did what was necessary to provide for her boys and even instill the love of family and God in them.

Why do you consider yourself to be more of a science mom than an art mom? I am a huge proponent on procedure. My family thrives on routine, and I don't by any means consider myself a "fly by the seat of my pants" kind of mom.

What is one fun activity you do with your kid(s)? My son LOVES running errands with me, particularly when it involves a trip to the Superstition Springs Mall carousel, the "vegetable store" (Sprouts), the "popcorn store" (Target), or the "grilled cheese restaurant" (Port of Subs).

What area of parenting do you struggle with? power struggles

What is one of the most valuable things you've learned since becoming a mom? The value of surrounding our children with positive input. If you surround your baby with negative, sassy, disrespectful attitudes, you shouldn't be surprised when they echo it back...

What was your favorite Halloween costume as a kid?

Hmmmmmm.....
Probably being a cheerleader.
I always wanted to be one.
Lol.
-Amber Gonzales

I was not allowed to celebrate Halloween. Sometimes our church or school would have a Harvest Party. Otherwise we would shut all the windows and go to the basement and watch movies and have a family night.
-Angela Rockstad

I think the clown costume that my mom made me to match my sister... maybe cause it's the only one I can really remember.
-Heather Bower

When I dressed up like a mom:
I had rollers in my hair,
a cup for coffee, a baby doll in a carrier and a phone on my ear. Who would have thought motherhood was a crazy as my costume?
-Monique Myers

Ads in the newsletter may be purchased with a door prize donation or at a monetary rate. See Shilo for more details.

MOPPETS CORNER

Matthew 2:13-23
Bible Point: God watches over us.

Preschoolers will learn that God watches over us wherever we are. The Bible story from Matthew 2:13-23 describes how God watched over Joseph and his family as they traveled to safety in Egypt.
* * *

MEETING REMINDERS

Oct. Food: Chemistry Cuties Nov. Food: Beaker Babes

Dues will be collected at next meeting.
Bring spare change for MOPS fundraiser.



Operation Christmas Child Gift Packing Party

Tuesday, November 9th
6:00-8:00 p.m.

Kristina Warren's House
2745 E Boston Street
Gilbert, AZ 85295

Shoebboxes provided.
Please RSVP at mesamops@cox.net

Sweet Potato Pie

from *RecipeMatcher.com*

- 3 sweet potatoes 1/2 tsp. nutmeg
- 1/2 c. butter, softened 4 eggs, beaten
- 1 T. vanilla extract 3/4 c. evaporated milk
- 2 1/2 c. white sugar 2 (9 in.) pie crust, unbaked



1. Bring a large pot of water to a boil. Add sweet potatoes and cook until tender but still firm, about 30 minutes. Drain, cool, peel and mash. Preheat oven to 350 degrees F.
2. In a large bowl, combine sweet potatoes, butter, sugar, vanilla and nutmeg. In a small bowl, whisk together the eggs and milk and blend into the sweet potato mixture.
3. Pour into pie shells and bake in preheated oven for 60 minutes, or until done.

*MOPS
Cookbooks are
available for
\$10.
All proceeds to
go to our MOPS
group!*




Glittered Pumpkins

from *Martha Stewart Living*,
October 2006

These decorations bring sparkle to tables and serving areas-and they last far longer than jack-o'-lanterns. To make one, use a medium-size paintbrush to spread a layer of white glue over the surface of a small pumpkin. Hold pumpkin over a paper plate or a sheet of newspaper to catch excess glitter. Sprinkle powder glitter over pumpkin in several colors (we used penny, persimmon, orange, and pink champagne), covering completely. Let dry for about one hour; shake off excess glitter. Coat stem with brown acrylic paint; let dry. Pumpkins will keep for months.



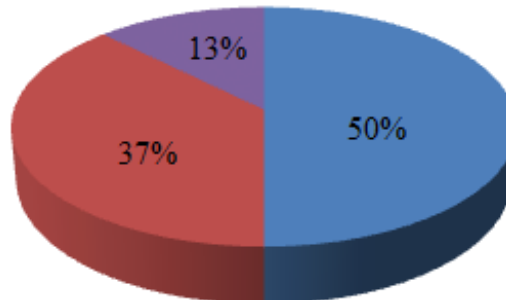
For more "Decorating with Pumpkins" ideas, see the craft section of Marthastewart.com.



SEPTEMBER'S POLL RESULTS

What is your least favorite household chore?

To vote in October's poll, go to www.cityofgracemops.weebly.com and click on "Fun Stuff."



- Dishes
- Laundry
- Vacuuming
- Sweeping/Mopping