

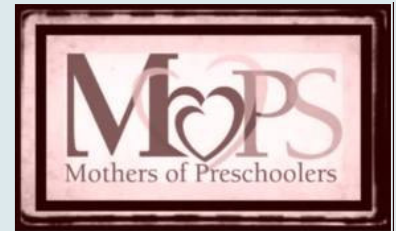


VOLUME 3

ISSUE 1

OCTOBER 2011

Sometimes being a mom can feel a lot like playing a game. Sometimes in real-life, just as in games, unexpected "chance" events occur, abruptly changing our paths. We must regroup and determine our next steps. Sometimes we follow the instructions of "experts" or sometimes we follow the advice of trusted friends instead. Sometimes we decide our own "house rules" work best for our family. Teaming together with other moms is a great strategy and relying on a spouse or mentor can help us play more effectively. Playing games involves being bold and taking risks, loving those in the game with us and being sensible while figuring out what works and what doesn't. Sounds a lot like being a mom, doesn't it? Our bible verse this year comes from **2 Timothy 1:7— "God doesn't want us to be shy with his gifts, but bold and loving and sensible."** (The Message). We're here to encourage and support one another as we journey together to be the bold, loving, sensible moms our children need in this game of life. We're glad you're here and are looking forward to a great MOPS year!



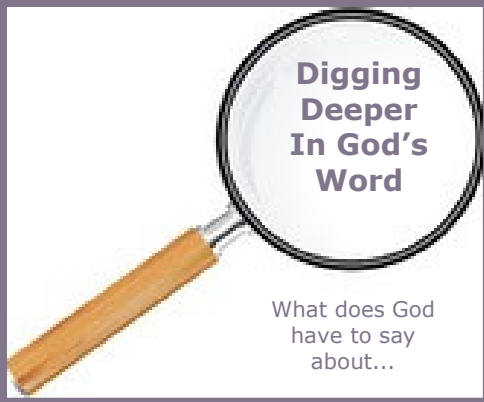
There is a chill in the air, that must mean it is time again for another year of MOPS. Welcome to those of you who are attending MOPS for the first time and welcome back to the seasoned MOPS attendees. We have a great year of topics to dig into and a new crew of leaders. Congratulations to Melissa Sharpe on the birth of her baby girl Rachel. We have enjoyed your leadership in the last two years and cheer you on to what this new chapter in your life will reveal. Moppets has been given a facelift this year. We have some new dedicated leaders who look forward to caring for your children for the short time you are here. We continue to enjoy delicious snacks while we are in MOPS. This year, let's make MOPS a nut-free zone, being mindful of the little fingers who enjoy our snacks following MOPS. If you are a mom who wants to be the best mom she can be, grow and learn with other moms...you are in the right place.

Jen Koopman



Inside This Issue:

Digging Deeper in God's Word: When Someone Wrongs You	2
Solitaire: Time for Mom	2
The Game of Life: Laughs	2
Operation; Your Health	3
Trivial Pursuit	4
Instruction Manual: Confessions of a Mom	4



~When Someone Wrongs You~
1 Thessalonians 5:15-18

"Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."

Discover more in....Romans 12:14-21

Solitaire: Time for Mom

Give your feet the spa treatment they deserve with a home pedicure.

Soak—

- 2 tbsp sweet almond oil
- 5 drops rosemary essential oil
- 5 drops peppermint essential oil
- Smooth stones 4-6cm in diameter



Pour hot water over stones. Wait until temperature is comfortable and then add oil. Submerge your feet for 10 minutes, rubbing your soles on the stones.

Trim Nails—

Cut nails straight across and then file to smooth edges.

Foot Scrub—

- 1 tbsp sea salt
 - 1 tbsp olive oil
- Mix together and scrub feet and calves with small circular movements. Rinse off scrub.

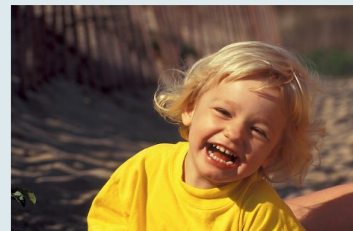
Foot Balm—

- 1 tbsp sweet almond oil
 - 3 drops peppermint essential oil
- Combine oils and massage onto feet and calves.

Finish off by painting your nails in your favourite colour!

The Game of Life: Laughs

A kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat or looking up from her drawing, the girl replied, "they will in a minute."



An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, "For heaven's sake, Dylan, come in or stay out!"

Saying "Thank You" to Our Childcare Workers

Did you know that during our meetings, your children are being taught, fed, changed (for those in diapers), cared for and loved by our wonderful childcare workers? We are able to enjoy a nice hot cup of coffee, have adult discussion and get an entire sentence out without having to worry about our children. Isn't it nice? Remember to give each childcare provider a genuine "THANK YOU" as you leave today.



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 	11	12	13 	14	15
17	18	19	20	21	22	23
24/31 	25	26	27	28 	29	30

October MOPS Meetings

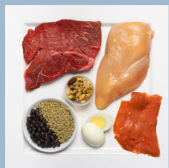
Thursday, October 13th
9:30—11:15am
"Will I Ever Have a Full Night's Sleep Again?"
Your Child's Sleep Patterns

Thursday, October 27th
9:30—11:15am
"The Ageless Mom"
Interviews with moms of various ages



Operation: Your Health

Next to water, protein is more plentiful than any other substance in the body. It is one of the most important elements for the maintenance of good health and vitality and is of primary importance in the growth and development of all body components. All the tissues, bones, and nerves are made up mostly of proteins. It is the major source of building material for muscles, blood, skin, hair, nails, and internal organs, including the heart and the brain.



Recommended daily dose is 0.45 grams of protein per day to be consumed for each pound of body weight. To figure out individual protein requirements, simply divide body weight by 2, and the result will indicate the approximate number of grams of protein required each day. For example, a person weighing 120 lbs requires approximately 60 grams of protein daily. Protein requirements differ according to the nutritional status, body size, and activity of the individual. Take a look at your lifestyle to see how much protein you should be getting!

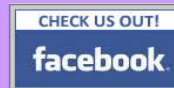
Mad Gab



Contact Us

Have a story to share? A funny tidbit? Send us an email! We would love to hear from you!

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BETTER MOMS MAKE A BETTER WORLD

Trivial Pursuit

New websites to check out:

 is an online pinboard. Collect the things you love, comment and “repin” new ideas.



is the largest collection of interior design and decorating ideas on the net. Ask questions, create an “ideabook” for your next project.



“Ability may get you to the top, but it takes character to keep you there.”

Instruction Manual: Confessions of a Mom

I have a confession to make. I wasn't sure what to write about this month. It's been a few months since our last MOPS get-together, so I felt a little bit out of practice. And then it hit me—I had my worship music blaring, house to myself, singing my heart out, when I felt God's voice in my soul. He was telling me to count my blessings, thank Him for all that I have and have been given. Even for all the prayers that I have offered up to Him and He has told me “no”. And only in hindsight now can I look and say wow, isn't it good that God doesn't always give you what you hope and pray for; that He can see all things and know the very best plan for your life? For that, I am so thankful.

So this prayer on my heart has come at the perfect time, with October celebrating Thanksgiving. What am I thankful for? A God that I don't take enough time in the day to say thank you for loving me unconditionally. A husband who is my best friend, who at the end of the

day, I can say that I love more than life. My kids—as hard as it is to be a mom sometimes, I absolutely adore them and love watching them grow into their own person and seeing where God is going to take them in life. I could go on and on about what else I'm thankful for—my family (in-laws and all!), my friends, my church. I think what I need to remember is how God lovingly blesses me with all these things in my life, and how many days will go by without me thanking Him for it all? What if I

woke up one morning and had only the things that I had thanked God for the previous day? Would my life be significantly different? So I challenge you today—take a look at your life and all that you have to be thankful for.

Have you thanked God for it yet today?

by: Jennifer Frankel



“...He was telling me to count my blessings, thank Him for all that I have been given.”

Eight Reasons To Teach Your Child to Listen

8. **Be a role model:** Children learn from observing. Give your full attention when she is speaking to you.

7. **Promote diversity:** Take your child to a setting where people speak with a different accent and or language from what he may be accustomed to in the family.

6. **Make it fun:** Children explore their world through play as they grow. Rhyming games, riddles and humour are all great listening opportunities.

5. **Listen to audio books:** With practice, your child will demonstrate sustained attention to spoken words.

4. **Listen to your health:** Teach your child the impact of effective listening on our health and well-being.

3. **Listen for emotional cues:** Teach your child to listen by observing facial expressions, other gestures, and to listen for the tone of voice.

2. **Listen to discover who you are:** What a child believes influences how the child behaves. Encourage positive thinking.

1. **Promote classroom listening at home:** In a typical school day, your child will spend more than 75% of classroom time listening.