



**VOLUME 3**

**ISSUE 3**

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## Amazing Questions Kids Ask About God

**Q:** Why does Jesus want us to follow him?

**A:** Jesus told the people to follow him because he is the way to God, heaven and eternal life. When Jesus was on earth, the disciples and others followed him by walking close to him and listening to his words. Today, we follow Jesus by copying his example and by doing what he says.

**Key Verse**—*Then Jesus said to the disciples, "Do you want to be my followers? If you do, you must deny yourselves. You must take up your cross and follow me. For anyone who keeps his life for himself shall lose it. And anyone who loses his life for me shall find it again. What good is it if you gain the whole world and lose eternal life? What could ever be as good as eternal life?"* Matthew 16:24-26



Mothers of Preschoolers

## TOP 10 Christmas Movies

1. Miracle on 34th Street (1994)
2. Home Alone (1990)
3. Elf (2003)
4. Muppet Christmas Carol (1992)
5. Jingle All The Way (1996)
6. The Polar Express (2003)
7. Love Actually (2003)
8. How The Grinch Stole Christmas (2000)
9. The Nightmare Before Christmas (1993)
10. National Lampoon's Christmas Vacation (1989)



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~Love~  
John 3:16

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Discover more in....Psalm 13:5, Matthew 22:37

## The Game of Life: Confidence

### Building Confidence

1. Be positive; give hugs, give me compliments and remember to laugh with me
2. Help me to understand it's okay not to be perfect and everyone is good at something and not so good at other things
3. Give me your time; having you do things with me such as reading a book, watching TV and playing, all tell me I'm important to you
4. Say "I love you"; you can tell me this and show me with smiles, hugs and kisses
5. Stay connected, really listen to me when I tell you things
6. Use positive discipline; make sure I understand the rules and consequences. Be consistent and make sure they are right for my age
7. Criticize my behaviour only, not me. For example, you could say, "I'm upset you wouldn't share with Sarah," instead of "You're a mean girl for not sharing."
8. Be patient and enjoy our time together.

"It's not enough to love the children, it is necessary that they are aware that they are loved"

-St. John Bosco



## Scattergories: Holiday Organizing

### Storing Christmas Lights

Next year, don't spend a minute sorting through tangled webs of holiday decorations. Keep lights organized by winding each strand around a piece of cardboard cut to fit in a plastic bin. Use scissors to cut a 1-inch slit at the top of one long side and the bottom of the other long side of the cardboard. Secure one end of the lights in a slit, wind lights around, and secure the other end in the other slit. Store stacked lights between layers of bubble wrap in bins.



### Safe Ornament Storage



Protect your dearest ornaments from damage as you pack up after the holiday this year. Cut a piece of corrugated cardboard to line the bottom of a plastic storage bin. Then use a hot-glue gun to attach paper cups to the cardboard. Wrap ornaments in tissue paper, and place in cups. Then stack cardboard-and-cup flats inside the container. Store smaller ornaments in egg cartons.

Courtesy of Martha Stewart

### 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.



# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 A Night in Bethlehem 7pm	8 	9	10
11	12	13	14	15	16 Let There Be Light 7pm	17 Let There Be Light 7pm
18 Let There Be Light 7pm	19	20	21	22 	23	24 Christmas Eve 5:30 & 7:30pm
25 	26	27	28	29	30	31 New Year's Eve 5:30 & 7:30pm

## December MOPS Meetings

**Thursday, December 8**

9:30—11:15am

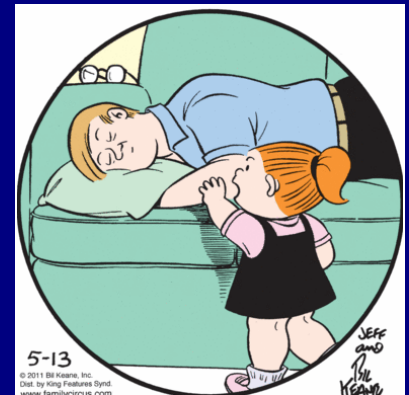
"Table Talk"

All Things Food and Nutrition

**Thursday, December 22**

9:30—11:15am

"Gospel Message"



5-13  
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"Daddy, Mommy asked me to see if you were up from your nap yet. Are you? ... Daddy? ... Daddy? ..."

## Operation: Your Health—The Iron Complex

All cells require iron, which works primarily by carrying oxygen in the body as part of hemoglobin in the red blood cells and as myoglobin in the muscle cells. Anemia results when there is not enough iron in the red blood cells and is a common problem seen after pregnancy, blood loss and a diet either low in iron or poor absorption of iron by the body. Iron deficiency is still considered to be the most common single nutrient deficiency in the world affecting approximately 15 percent of the world's population. Possible symptoms of iron deficiency include severe fatigue; weakness; light headedness; poor exercise tolerance; pale skin; rapid heartbeat; brittle finger nails; hair loss; decreased immunity. All these symptoms can be caused by numerous health conditions other than iron deficiency so a blood test must be done in order to make the right diagnosis. A complete blood count and a serum ferritin level is what you should be asking your doctor to order to see if you need to improve your iron status. Normal serum ferritin levels are 80-300. You will need to improve your iron intake through either eating more iron-rich foods or taking an iron supplement. Regardless of source, iron absorption is enhanced by Vitamin C. The Recommended Dietary Allowance (RDA) for iron for pre-menopausal women is 18mg/day.

## 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

# What's Happening at Gateway Church

## Christmas Eve

Services will be held at 5:30 & 7:30pm, with a stand-up reception in between at 6:30pm.

## Let There Be Light—A Musical Christmas Gala

Friday, Saturday, Sunday, December 16th, 17th, 18th at 7pm  
Free Admission



Instead of wishing you were someone else, be proud of who you are. You never know who has been looking at you wishing they were you....

and suddenly there was with an angel a multitude of the heavenly host praising God and saying  
*Glory to God in the highest, and on earth peace, goodwill towards men*  
Luke 2 13-14

## Instruction Manual: Confessions of a Mom

I have a confession to make. I wonder how Mary felt at this time of year. I wonder what her thoughts were, knowing that in just a couple of short weeks she would be giving birth to a baby, a divine baby no less. One that was sent by God to be called the Son of the Most High, and His kingdom would have no end. Can you imagine the pressure that Mary must have felt, knowing that she had no idea what to expect as a new mom? Would the labour hurt? Would she be a good mom? Would she know what to do with a child? I can remember back to when I was pregnant for the first time—reading all the parenting books, taking my vitamins and eating all the right foods. I was preparing myself for this precious bundle of joy that would soon be here. But no matter how much reading and listening to others that you do, nothing can prepare you for the miraculous gift of a child. The instant bond and love that you feel for the child, even though you hardly know him yet. You know its move-

*"...I wonder what her thoughts were, knowing that in just a couple of short weeks she would be giving birth to a baby, a divine baby no less."*



ments of course, and you've talked to the child often; many times speaking hopes and dreams to him privately, like it's a secret only the two of you share for a small moment in time. And so I wonder if Mary had all these thoughts too. There was so much going on at the time of Jesus' birth—she gave birth in a stable since there was no room in the Inn; shepherds came from afar to bring gifts after angels appeared to them; The bible says "But Mary treasured all these things, pondering them in her heart." (Luke 2:19). So I like to think that although she was maybe terrified of what was to come, stressed that her role was too much to handle, I imagine that she took it all in stride as we moms do. We adapt. We make mistakes. But we grow. And I think that's what God wants most—for us to grow in His love.

by: Jennifer Frankel



## OREO TRUFFLES

### Ingredients:

- 1 package Double Stuffed Oreos
- 4 oz Cream Cheese softened
- Dipping Chocolate

### Directions:

- Chop up Oreos finely in food processor. Save some of the finely crushed Oreo for garnish for later (you won't need much)
- Mash softened cream cheese and crushed Oreos until well combined
- Roll into 1" balls and place on a wax covered cookie sheet. Place in freezer for 15 minutes
- While balls are in the freezer, melt chocolate
- Pull the Oreo truffles out of the freezer and dip into the chocolate. Garnish with the reserved Oreo crumbs before chocolate sets
- Refrigerate and enjoy!