

MOPS IN THE LOOP

A MONTHLY NEWSLETTER • OCTOBER '09

WELCOME FROM SARAH

NO MOM ALONE ON PLANET MOM



"I can't do this. I can't do this. I can't do this by myself."
I Can't Do This by Plumb, *Chaotic Reserve* album

I'm not sure how many times I've screamed this, either in my head or out loud, since becoming a mom. Honestly, I don't really want to know. Hundreds? Thousands? When I landed on Planet Mom in late 2000, I had already made many changes to my life, but this one rocked my world like no other.

Two short months after having a baby, we packed up our home and moved to Oregon. Let's just say moving cross country and having a new baby was not a good mix for me. Sure, it was bringing us closer to my own family (although that's not why we moved), but in the end I was one unhappy mama. I can just remember feeling very alone even with a little one who needed me at all hours of the day and sometimes the night. Alone.

No mom should feel alone. No Mom Alone.

Naomi Cramer Overton, President of MOPS International, is encouraging us to reach out into our own communities so that no mom is alone as she begins or continues her journey on Planet Mom. After all, we were created to "do life" together.

Throughout the year, we will discuss ways our group can reach out in a meaningful way to all moms of preschoolers. One way that you can start now is with a New Moms Gift. MOPS International is working with hospitals, pregnancy centers and women's shelters to distribute kits that contain resources and information for moms. The kits also include a MOPS membership so that they can connect with other moms in their own communities...no mom alone. (More information can be found at www.mops.org/newmomgift)

Even if you are already part of a MOPS group, you will most likely have times when you feel alone. Is anyone feeling like I am about _____? Surely no one is

going through or has ever been through _____. Personally, I have felt alone many times -- regardless of how many people are on this journey of motherhood with me. Usually it's because I've lost sight of me and what I need. Somewhere in the midst of tending my own flock, I haven't tended to myself. Once we've landed on Planet Mom, it's so easy to lose sight of Planet Me.

"We have each other and what is more important, we have the one who created us to be in community..."

This month, we'll start our Together on Planet Mom journey at the **Lost Woman's Bridge, Bridging Planet Me and Planet Mom**. How can we bridge the two together? How can we move freely between both planets? Not simple questions, but definitely a good start.

During the next stop on our journey, we will take some time to get back in touch with our own dreams. Most likely there are things on all of our "lists" that we'd love to do, see, experience, etc. I trust you will be encouraged to keep dreaming after spending a morning with MOPS Mom, **Nikki Deckon, on Dreamer's Isle**.

Well Moms, we've got quite a journey ahead of us this year. I look forward to doing life Together on Planet Mom with all of you.

You are not alone. You do not need to do this by yourself.

We have each other and what is more important, we have the one who created us to be in community and do life together which is underlined in our theme verse for this year: "For where two or three come together...there am I with them." (Matthew 18:20)

"I can't do this. I can't do this. Oh, God I need your help!" Continued lyrics from: *I Can't Do This* by Plumb, *Chaotic Reserve* album

IN THIS ISSUE

- At A Glance
- Special Events
- Recipe Swap
- Building Community
- Community Events

OCTOBER						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Oct. 1 - Lost Woman's Bridge
MOPS International DVD
(*Bridging Planet Me and Planet Mom*).

Oct. 15 - Dreamer's Isle
Guest speaker on how to get back in touch with your dreams.

Oct. 29 - Safety Station
Field trip to Beaverton Fire Station #51.

NOVEMBER						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Nov. 5 - You're Not Alone Lake
MOPS International DVD (*Growing with Extended Family*).

Nov. 19 - Traditions Alley
A time to share family traditions.

DECEMBER						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dec. 3 - The "Do I Have To" Swamp
The 3rd annual Get-It-Together Day / cookie exchange.

Dec. 17 - Christmas Cove
A Christmas extravaganza hosted by our very own Mentor Moms.

PLAN ON IT - food rotation schedule

Each meeting we rotate who helps buy/prepare/bring food. We rotate based on our discussion group (DG) color. **Does that leave you asking, "Okay, so what discussion group am I in?"** Well, have no fear! In case you don't already know your group, we have a master list. We'll also list the DG leader with each color to help jog your memory.

- OCT. 15 - RED (Marian Dolan)
- NOV. 5 - YELLOW (Sherry Smith)
- NOV. 19 - BLUE (Rhondard Birchard)



"People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates." ~Thomas Szasz

Within the MOPS International theme, *Together on Planet Mom*, we as a steering team have chosen to focus each month on an aspect of what it means to be together on planet mom. This month it is **DISCOVERING SELF** and, hopefully, you'll notice that we were intentional with our choice of DVDs, speakers & crafts.

SPECIAL EVENTS

Birthdays

Leanne Sype 10/5
Sherry Smith 10/16
Marian Dolan 10/28

Anniversaries

Sherry & Tyler Smith 10/25

Misc.

For those of you who might have missed the announcement, **Sarah** and her husband, David are expecting little **girl number 5** in January.

HELP US BUILD OUR RECIPES!

As busy moms, we're always looking for quick, easy recipes that the whole family will love.

Want to get in on the action? All you have to do is send your recipes to Julie (julie_a_woodcock@yahoo.com) and before you know it, maybe your recipe will end up in our newsletter.

As we're heading into the holiday season, we're looking for . . .

1 appetizers

2 salads

3 main dishes

4 sides

5 desserts



WHAT'S | FOR DINNER TONIGHT!

MAIN DISH Sausage Ratatouille - (recipe serves 6)

Submitted by Heather Hart

1 lb Italian sausage	2 cups canned, diced tomatoes
4 1/2 T olive oil	2 T tomato paste (I prefer the kind in the tube that is usually sun-dried tomato paste--much more flavor)
1 medium eggplant, peeled & diced	Salt and pepper
2 small zucchini, halved and sliced	2T chopped fresh parsley
1 large onion, diced	1-2 T chopped fresh basil
1 medium bell pepper, halved, seeded and sliced (mix up the colors if you like)	
2-3 cloves garlic, minced	

In large deep skillet, cook sausage thoroughly, breaking into small pieces. Drain on plate. Add 2-3 T olive oil to pan and cook zucchini and eggplant. Saute until lightly browned but not soft, stirring often, about 7 minutes. Transfer to plate. In same pan, heat remaining oil. Add onion and pepper and saute for 3 minutes. Stir in garlic and sausage and saute about 3 minutes more. Stir in tomatoes and eggplant and zucchini. Partially cover the skillet and simmer for 5 minutes. Add the tomato paste, along with salt and pepper to taste and simmer 5 minutes more. Stir in parsley and basil.

We also like to top with parmesan or cheddar cheese. We served it with sourdough bread and sliced watermelon and you have a complete dinner! Enjoy!

SALAD Apple, Dried Cherry, and Walnut Salad with Maple Dressing

Maple Dressing

1/4 cup mayonnaise
1/4 cup pure maple syrup
3 tablespoons Champagne vinegar or other white wine vinegar
2 teaspoons sugar
1/2 cup vegetable oil

Salad

1 5-ounce bag mixed baby greens (about 10 cups lightly packed)
2 Granny Smith apples, peeled, cored, cut into matchstick-size strips
1/2 cup dried tart cherries or raisins
1/2 cup chopped walnuts or pecans, toasted or caramelized

For dressing:

Whisk mayonnaise, maple syrup, vinegar, and sugar in medium bowl to blend. Gradually whisk in oil until mixture thickens slightly. Season to taste with salt and pepper. (Dressing can be prepared 3 days ahead. Cover and refrigerate. Rewhisk before using.)

For salad:

Toss greens, apples, cherries, and 1/4 cup walnuts in large bowl to combine. Toss with enough dressing to coat. Divide salad equally among plates. Sprinkle with remaining 1/4 cup walnuts and serve.

DESSERT BEST EVER Sugar Cookies

Submitted by Jenny Douglass

1/2 cup butter	1 tsp. vanilla
1/2 cup granulated sugar	2 tsp. baking powder
2 eggs	2 3/4 cups all purpose flour

Mix together baking powder and flour, set aside. In a large bowl cream butter and sugar with mixer. Blend in eggs and vanilla. Mix in baking powder / flour mixture - one cup at a time.

* The dough will be very stiff. It may be necessary to mix in the last addition of baking powder / flour mixture by hand. DO NOT chill the dough.

Divide the dough into two balls. On a floured surface roll each into a 12" circle or square 1/8" thick. Cut dough with desired cookie cutter and place on ungreased cookie sheet.

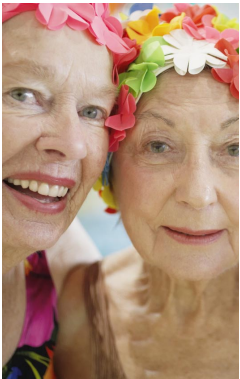
Bake in 400° oven for 6 to 7 minutes. Remove from cookie sheet to cooling rack. Ice with buttercream or royal icing.

We are on the web!

Check out our website at lakegrovemops.wordpress.com for all the MOPS latest information. You can also find links to helpful websites, pictures from our events/meetings, and contact information.



GOOD OLD FASHIONED MOTHERLY ADVICE!



"My one piece of advice for you MOPS Moms would be to have friends around you especially during this season of mothering. I found that friends got me through lonely times, they laughed and cried with me and gave me the best advice about my marriage and mothering. We commiserated together about never having alone time and then cried together when the kids all left home. They are my best friends to this day and I thank God for them in my life." ~ Mentor Mom Joyce Mason

Lake Grove Presbyterian Church



Mothers of Preschoolers

Lake Grove MOPS meets on
the 1st & 3rd Thursday of each
month from 9:30 - 11:30

Lake Grove Presbyterian Church
4040 Sunset Drive
Lake Oswego, OR 97035
503.636.5656

MOPS@lakegrovepres.org

Don't
forget the
STAMP

Sorry that we missed you...see you next meeting!

STEERING SPOTLIGHT

Rena Rabe - Mother of 3



Favorite fall activity? the pumpkin patch, Football games, parks....I love them all I love fall.

Favorite food? I would love it if peaches were fresh & available all year round

Favorite candy bar? Big Hunk, no joke.

Top 3 songs on your ipod? Don't have one, lame i know. But they would be. you've got a friend, james taylor, Home, michael bubble, and My Humps, Fergie/black eyed peas.

If you could go anywhere in the world, where would you go and why? Any where tropical and remote with my hubby. We don't get enough time together.

3 words to describe yourself? Child of god, wife, mother

What do you want to be doing in five years? I don't know, I do see myself working after Ellie starts elementary school. But, i still don't know what I want to be when I grow up!

When you have an hour of free time, what do you like to do? Organize something while taking Internet breaks and TV on in the background.

What is the strangest food you ever ate? Iguana (sp? the lizard), yes, it tastes like chicken.

What has been your biggest challenge since becoming a mom? accepting that myself and my child are not perfect and some days will just be a wonderful mess!

What's been the most rewarding? Anytime Ellie says I love you Mom, melts me everytime.

MOM OF THE MONTH

Christine Simpson - Mother of 3

Favorite fall activity? Harvesting fruit from local orchards with the kids
Favorite type of food? Spanish Tapas
Favorite candy bar? Toblerone



Top 3 songs on your ipod? Don't have an ipod, but I listen to Jango online, and

it's programmed to play anything from my favorite bands Muse (Assassin), The Foo Fighters (Everlong), and Green Day

If you could go anywhere in the world, where would you go and why? My husband and I want to run with the bulls again in Pamplona, Spain

3 words to describe yourself? adventurous, eclectic, selfless

What do you want to be doing in

five years? I hope to go back to school for graduate school or working for an international non-profit in the ethical trade field as a compliance officer and hopefully, be able to skateboard without falling off the board!

When you have an hour of free time, what do you like to do? I like to work on my book that I'm writing

What is the strangest food you ever ate? No food is ever strange

to me because I would be right up there with Andrew Zimmern of Bizarre Foods

What has been your biggest challenge since becoming a mom? Keeping my cool when tantrums escalate and eyes at the supermarket are glued to you or the typical screamfest in the car

What's been the most rewarding? When my children repeat what I've taught them and actually practice it

MENTOR MOMENT

Joyce Mason - Mother of 4

Favorite fall activity? Taking a walk on a crisp afternoon looking at all the beautiful colors of the season

Favorite type of food? It would be PIZZA! And I'm not a good sharer

Favorite candy bar? SNICKERS.

The top three songs on my WHAT???? Just kidding. I know what an ipod is. I just don't have one and if I used my husband's I'd have to listen to the Grateful Dead

If you could go anywhere in the world, where would you go and why? I would return to AFRICA. I loved the people there

- especially the children!

How would your friend describe you? Fun-loving, big-hearted and too busy.

3 words to describe yourself? Family oriented, giving and humorous.

What do you want to be doing in five years? My husband will be retiring and I'll get to spend a lot more time with him and hopefully do a little traveling.

When you have an hour of free time, what do you like to do? I love to cuddle up on the sofa with my cat and read a good book or watch a favorite old movie.

What is the strangest food you ever ate? It

would have to be rattlesnake. I had it in AZ on my 60th birthday.

What has been your biggest challenge since becoming a mom? Taking time to nurture myself. I waited until other's needs were met before thinking of myself and then felt guilty taking time and money to do something just for me. When I did take time to enjoy something for myself, I returned home such a better wife and mother. I should have done this more.

What's been the most rewarding? Seeing my children as adults. I am so proud of who they have become and how they each have such a heart for the world and give back in their own unique ways.

COMMUNITY | EVENTS

Every weekend in Oct.
Check website for times

The MAiZE at Sauvie Island

Where: 16511 NW Gillihan Road • Portland, Oregon 97231
Check out the latest design at this famous corn maze! Here's a hint - it's basketball inspired. Also look for the nights the maze is "haunted."

Every weekend in Oct.

Halloweentown

Where: St Helens Olde Towne
The whole town, including the historic courthouse plaza, will be decorated for Halloween. Shopkeepers and servers will be turned into ghosts, goblins and ghouls every Friday at 3 p.m and won't be restored to their mortal forms until 3 on Sunday. Wear your costume and take advantage of special offers at local businesses.

Every Wed., Thurs. & Fri
Check website for times

Pop In Playtime at Pump It Up Jr. (ages 3 & under)

Where: 16205 NW Bethany Ct. • Suite 120 • Beaverton, Oregon 97006
Notes Let your toddler burn off some energy by jumping on the soft, fun-filled interactive inflatables of Pump It Up Jr. Socks are required.
Price: \$7 per child; \$5 if under age 2; \$5 per sibling

Friday, October 2
5pm

Movie Night at Cafe Sip-n-Play FREE

Where: 3000 SE 164th Avenue • Vancouver, Washington 98683
Enjoy the fun setting of this cafe and a great movie!
Tonight's film: "Horton Hears a Who"
For more information call 360.896.4446

Oct. 9-11 & 16-18
10am – 5pm

Annual Apple Tasting Event at Portland Nursery

Where: 5050 SE Stark • Portland, OR 97215 • 503-231-5050
Now offered for two weekends of glorious autumn sunshine and delicious autumn flavors, this event features clowns, jugglers, face-painting, crafts, music, cooking demos and storytelling plus 61 variet...

October 16
10:30 – 11:30am

Messy Monkeys ~ Pre-school Art Studio (ages 1 to 6)

Where: 110 SE 16th Avenue • Portland, Oregon 97214
Drop-in Art, play – relax and enjoy a cup of coffee while your child is free to enjoy messy art playtime. Don't worry, we'll clean up the mess!
Youth artists should be registered with the studio at least 48 hours in advance.

Tuesday, October 13
6:30 – 7pm

Join Elmo for Dinner at Me Too! Cafe

Where 16755 SW Baseline #102 • Beaverton, Oregon 97006
Notes Don't be alarmed if there's a little red fuzz in your dinner at Me Too! Café. It's just from special guest Elmo! Be sure and bring your camera.

Friday, October 23
9am – 5pm

Opening Weekend of Clifford Exhibit at the PCM

Where: 4015 SW Canyon Road • Portland, Oregon 97221 • 503.223.6500
Explore the world of the famous big red dog! Exhibit remains in Portland until February 15, 2010.

Saturday, October 25
11am – 4pm

Spooktacular at the Jenkins Estate

Where: 8005 SW Grabhorn Road • Beaverton, Oregon 97007
You are invited to participate in our "not-so-spooky" carnival event. Face painting, games and prizes, crafts, a hay ride, pumpkin patch, and a snack shack.
Admission is \$7 per child ages 2 to 10. Accompanying adults are free.