



EARTH TO PLANET MOM

Upcoming Dates

4/13 "The Alien In Your Cupboard"

What Is In Your Pantry?
by Dr. Kaz

**4/13 On The Border MNO/
Fundraiser**

4/27 "The Early Eclipse"
Women's Health

5/11 "Mother Earth"
Mommyhood Matters! by
Margot Starbuck
Hausman

**5/13 End-of-the-Year
Banquet**



There are times in our lives when we must take courage. We take courage in times of crisis, change, conflict and even when stepping out beyond what we think is comfortable.

Links

MOPS International
<http://www.mops.org>

Crossroads MOPS
<http://crossroadsmops.net>

Crossroads Fellowship
<http://crossroads.org>

Look us up on Facebook
Crossroads MOPS

HYMN TO A GOOD WIFE

A good woman is hard to find,
and worth far more than diamonds.
Her husband trusts her without reserve,
and never has reason to regret it.
Never spiteful, she treats him generously
all her life long.
She shops around for the best yarns and cottons,
and enjoys knitting and sewing.
She's like a trading ship that sails to faraway places
and brings back exotic surprises.
She's up before dawn, preparing breakfast
for her family and organizing her day.
She looks over a field and buys it,
then, with money she's put aside, plants a garden.
First thing in the morning, she dresses for work,
rolls up her sleeves, eager to get started.
She senses the worth of her work,
is in no hurry to call it quits for the day.
She's skilled in the crafts of home and hearth,
diligent in homemaking.
She's quick to assist anyone in need,
reaches out to help the poor.
She doesn't worry about her family when it snows;
their winter clothes are all mended and ready to wear.
She makes her own clothing,
and dresses in colorful linens and silks.
Her husband is greatly respected
when he deliberates with the city fathers.
She designs gowns and sells them,
brings the sweaters she knits to the dress shops.
Her clothes are well-made and elegant,
and she always faces tomorrow with a smile.
When she speaks she has something worthwhile to say,
and she always says it kindly.
She keeps an eye on everyone in her household,
and keeps them all busy and productive.
Her children respect and bless her;
her husband joins in with words of praise:
"Many women have done wonderful things,
but you've outclassed them all!"
Charm can mislead and beauty soon fades.
The woman to be admired and praised
is the woman who lives in the Fear-of-GOD.
Give her everything she deserves!
Festoon her life with praises!

Local Events

Beginning 4/15 - Beach Music Series is back at North Hills Thursdays 6-9pm on The Commons

4/17, 9am-3pm - Super Saturday at Wake Christian Academy, 5500 Wake Academy Drive, Raleigh, 27603 - silent auction, games, inflatables, food, etc.

4/17 & 24 - Crossroads Fellowship Yard Sale, 7am-1pm

4/17 Planet Earth Celebration at NC Museum of Natural Sciences, 11am-5pm

4/17-18 - CoolKidz Expo at the Raleigh Convention Center, for more information visit <http://coolkidzexpo.com>

4/18 - Creepy Crawlies, 2-3pm. Which insects can we spot lurking in the grass as we use insect nets to capture them for closer inspection, dress up as insects and make a special bug catcher, meet at White Oak Church parking lot. \$3/person or \$5/family, call 387-2117 to pre-register.

4/22 - Earth Day Celebration, all day. Kidzu Museum 105 E. Franklin Street, Chapel Hill

4/24 - Spring Daze Arts and Crafts Festival, Bond Park, Cary. 9am-5pm for more information visit townofcary.org and search for this event.

4/24 - Songbird Celebration at Blue Jay Point County Park, 9am-3pm. Free!

4/24-25 - NC Museum of Art Grand Opening Festival, reserve your FREE tickets now. <http://ncartmuseum.org>

5/1,2 - Carolina Reptile & Exotic Animal Show, NC State Fairgrounds

5/8 - Duke Gardens Story Time, gather for nature stories and a take home creative project, ages 3-8, \$2, no registration required

EARTH DAY ACTIVITIES FOR PRESCHOOLERS

When teaching children about Earth Day, explain how people sometimes damage the earth by polluting it and using its resources while not giving back. Then explain how people can make the earth beautiful by keeping it clean, minimizing waste, and recycling.

Recycle

To begin a recycling plan, obtain four large cardboard boxes for sorting and four pictures representing metal, paper, plastic, and glass objects. Bring in some recyclable items of paper, plastic, metal and glass.

Paste one picture on the front of each box to represent each category of recyclable items. Give each child a few recyclable items and encourage them to deposit each item into the appropriate box, or cooperatively sort all items and then place them in the correct box.

Reduce

It is simple to teach young children to reduce and every little bit helps. Teach them to turn the lights off when leaving the restroom or classroom, turn water off when they are not rinsing, and only use as much paper, glue or other materials as they truly need.

Reuse

In addition, show children how items can be reused instead of thrown away. Scrap paper can be reused for crafts or can be made into books or journals. Old containers like milk jugs or and butter containers can be used for container gardening.

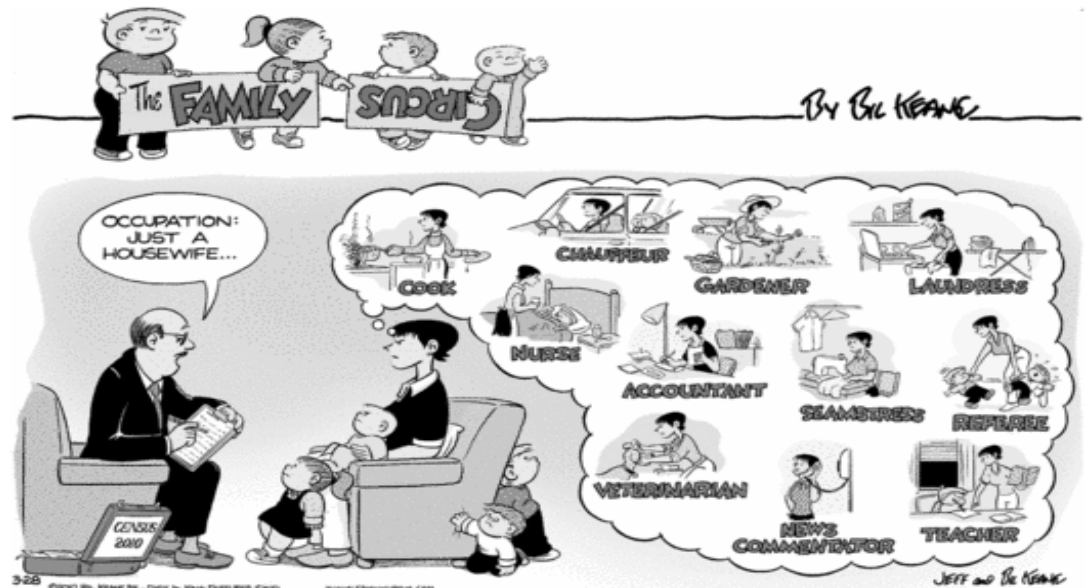
Earth Day Alphabet Activities

Using alphabet printouts with pictures of Earth Day subjects, children can practice both upper and lowercase letters:

- E is for Earth
- F is for Forest
- G is for Green
- R is for Recycle, Reduce and Reuse
- T is for Tree
- W is for Water

Earth Day Cleanup

Take the children on a walk around the neighborhood and let them collect trash. Recycle the recyclables and throw the rest in a large outdoor garbage bin.



MAKE A TERRARIUM

What you'll need:

- Plastic 2 liter soda pop bottle with cap
- Very sharp scissors or craft knife
- Dirt or potting soil
- Seeds
- Water



Kids will love helping make and take care of a terrarium.

How to make it:

Remove the label from the bottle. Discard label. Save cap!

Wash and rinse out the bottle and cap.

Cut the bottle close to the bottom. There may be a "line" near the end of where the label was, that's a good place to cut. You can cut it higher if you wish.

Lightly place dirt or potting soil in the base.

Plant a few seeds in the dirt.

Lightly water.

Put the cap on the bottle.

Cover the base with the top of the bottle. You will have to fiddle with it a bit to fit back inside the base.

Place in a sunny spot and watch for your seeds to grow. (

When the plants are ready, repot them or plant them in your garden.

Tips:

- If your soil starts to look a little dry before your seeds come up, you can unscrew the cap and insert the head of spray bottle of water. Spritz several squirts into the terrarium.
- This project can also be done with individual sized water bottles. Don't plant more than two seeds in a small bottle like this or they will be overcrowded and won't grow.

April Recipe:

Mini Meat Loaves With Ketchup Glaze

These individual-size loaves are a great instant meal for busy families. Keep several in the freezer to reheat for dinner, or slice up for lunch-box sandwiches.

Meat loaves:

- 2 lbs lean ground round beef
- 1 small onion, finely chopped
- 2 packets (.98 oz each) instant oatmeal, regular flavor
- 2 large eggs
- 3/4 cup ketchup
- 1/2 cup low-fat milk
- 2 Tbs. Worcestershire sauce
- 1 tsp. salt

Glaze:

- 1/3 cup ketchup
- 3 Tbs. light-brown sugar

1. Heat oven to 375, in large bowl, mix together meat, onion, instant oatmeal, eggs, ketchup, milk, Worcestershire sauce, and salt until well-combined. Divide meat mixture into 8 servings and shape into individual loaves. Place meat loaves in a 9"x13" baking pan.

2. Prepare glaze: In a small bowl, blend together ketchup and brown sugar. Brush tops and sides of meat loaves; bake 35-40 minutes, or until a meat thermometer registers 160 degrees when inserted into center of loaves. Let cool 10 minutes.

3. Serve 4 meat loaves with mashed potatoes, if desired. Cool remaining meat loaves for 25 min. Wrap individually in plastic wrap or waxed paper and freeze.

OUT OF THIS WORLD FUNNIES

Women's Revenge

Cash, check, or credit card I asked the lady as I was folding the items the women wished to purchase.

As she fumbled for her wallet, I noticed a remote control for a television set in her purse.

"So do you always carry your TV remote?" I asked, curious.

"No," she replied, "But my husband refused to come shopping with me and I figured this was the most evil thing I could do to him."

"A cheerful disposition is good for your health; gloom and doom leave you bone-tired. " Proverbs 17:22, The Message. Look for ways to include laughter in each day!

We're on the Web!
 Crossroadsmops.net



Crossroads MOPS meets every 2nd and 4th Tuesday of each month, September through May, from 9:30-11:30am at Crossroads Fellowship, 2721 Millbrook Road, Raleigh, NC 27604.

What is MOPS?

MOPS was created with the goal of meeting the needs of Mothers of Preschoolers (infancy through kindergarten). MOPS is a place for women to make friends, share experiences, laugh together, and receive understanding and gentle encouragement. MOPS groups are run by mothers for mothers of preschoolers. Our program includes an encouraging message, time for ladies to gather and talk in small groups, a craft and a variety of other activities intended to deepen friendships and spiritual growth.

2009-2010 Steering Leadership

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April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 MOPS On The Border	14	15	16	17
18	19	20	21	22	23	24
25	26	27 MOPS	28	29	30	