

Earth to Planet Mom

Crossroads MOPS
Volume 1, Issue 1
January 2010



Strong families have direction, goals, and aspirations that they share together. For 2010 why not gather the *family* together and make some *resolutions* that you wish to accomplish as a family unit? The resolutions don't have to be on a grand scale, they should be simple and attainable.

Ideas for family resolutions for the New Year

Spend More Time Together

Quality *family* time is underrated. Children crave attention and time from their parents, and we crave the same from them. Unfortunately, life often gets in the way and family time gets neglected. Make a *resolution* to spend more time together. The first step is to be realistic, we are all busy and even our kids are busy so it is important to look at everyone's schedule and choose at least one day a week for family night. If you find that you can't fit at least one or two days of family time in, it is time to shift your priorities around. Time is the best gift you can give one another as a family.

Share a New Hobby Together

You are never too young or too old to learn. Sharing a new hobby together is a great way to spend time with one another while having fun and trying something new. Collaborate on a list of hobbies that everyone would like to try and then choose a month for each hobby. You might want to try something new each month or every other month. Get creative with your list! Some examples are studying a new language together, quilting, rollerblading, or gardening. If one hobby holds more interest to you than to your husband split up the hobbies. For example, you and your son may want to learn rollerblading and your husband and your daughter may take on gardening, then make the next month a hobby the whole *family* wants to participate in.

Spiritual Goals

The *family* that prays together stays together. One of our goals as Christian parents should be strengthening our family spiritually. Making spiritual goals not only strengthens your family bond, but also strengthens their walk as Christians. Make it a *resolution* to have family bible study once a week, keep a blessings journal, or volunteer more at church. Try creating a family prayer time, when the entire family prays and worships God together. In today's world it is so important that we instill in our children biblical principles and values. This is a resolution that can't afford to be broken if we want to stay faithful followers of Christ.

Home Improvements

Some of the most precious moments are those created in the comfort of your own home. Kids love to decorate and be part of creating the place called home. Schedule a family meeting and discuss improvements that everyone would like to implement in the house. It doesn't have to be a \$50,000 kitchen renovation, it can be as simple as redesigning the family room. Pick a room and give it a new design that suits the needs of each family member. Try moving the furniture around, painting the walls, adding art, anything that is simple, cheap, and requires the involvement of whole *family* will work.

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Upcoming Dates

Jan 12 - 7 Steps To A Sound Financial Plan by Julie Miles

Jan 26 - Healthy Dinner In No Time by Debbie Lyerly & Craft

Feb 9 - Men Are From Mars, Women Are From Venus

Feb 23 - Growing a Garden



Links

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

Crossroads MOPS
<http://crossroadsmops.net>

Crossroads Fellowship
<http://crossroads.org>

Look us up on Facebook
Crossroads MOPS

Is your house overflowing with toy blessings from Christmas?!? If so, please consider bringing your unwanted toys or activities/games that are in good condition and donating them to the Crossroads preschool ministry. They use them to continually update the activity boxes used for the children's program.

Activities (educational and Christian are good), games, puzzles, blocks, basically anything preschool age 2-5 yrs old. Also larger items for play rooms - kitchen sets, costumes, balls, train sets, doll swings, cribs, strollers, etc.

A letter from the church for your taxes is available, as with any non-cash donation the donor has to supply a value.

Items can be dropped off in the resource room on the preschool hall. For more information please see Sarah Clark.



Activities for you and your children

Activity Jar - Make a "boredom buster" jar. Write different activities (build a Lego house, paint a fish, make a clay monster, etc.) on scraps of paper and then put all of the paper in a jar. Whenever your children say they are bored let them draw a paper out of the "boredom buster" jar. Works great for chores too!

Winter Beach Party - Try throwing your own Beach Party! Bring that fun-in-the-sun feeling into your home with a winter beach bash. Spread beach towels on the living room floor. If you have a beach umbrella, haul that out of the garage! Let everyone wear their swimsuits and a pair of flippers. Put some Beach Boy music on the stereo. Play games with a beach ball. Feat on hot dogs and lemonade. Make castles out of clay and play-dough. And don't forget to take pictures!

Winter Treasure Hunt - Create a fun treasure hunt for the winter. Make a list of things for your child to find outdoors. Here are a few ideas: deer, fallen leaves, pine cones, bark, a sled, other children, snow, squirrels, etc. Additionally you can make your own treasure hunt with a treasure box to find at the end. Put in it: packs of hot coca, marshmallows, a fun book, crayons, a coloring book, puzzles, etc.

Do you have a suggestion or information to share in the newsletter?
Email it to Sarah Clark at pwfaith@yahoo.com

Local Events

Jan 21-24 - Kids Exchange Consignment Sale at the NC State Fairgrounds. Visit <http://www.kidsexchange.net> for times.

Jan 23, 9:00am-noon - Women's Refresher in the Crossroads Fellowship Cross Café Area. This is an event held quarterly for women to share food, fun, music, stories and resources. Join them this month as they take *comfort in the classics*. Visit the Crossroads website for more information about Bible Studies and other women's events beginning this month. <http://crossroads.org>

January 14, 21, 28: Mommy & Me: The AT&T Raleigh Winterfest Ice Rink is hosting their first Mommy & Me Stroller Skate Day! Moms with infants can ring in the New Year with a great fitness alternative! Mommy & Me Stroller Skate sessions will take place at the rink from 10 am-11 am. Moms will supply their own stroller and pay the low admission price of \$6 (includes skate rental). There is no fee for the strolling infants and siblings are invited to participate for \$6. Visit www.godowntownraleigh.com for more exciting events at Raleigh Winterfest downtown. (Check their **Date and Skate** schedule too!)

Daily Program, M-F, 11am - Meet the Animals at the NC Museum of Natural Sciences. From alligators to opossums, come face-to-face with a new live animal each week. Free!

January Recipe: Buffalo Chicken Dip

2 (10 oz) cans chunk chicken, drained or 2 cups cooked chicken
2 (8 oz) pkg cream cheese, softened
1 cup Ranch dressing
3/4 cup buffalo wing sauce (such as Moore's)
1 1/2 cups shredded Cheddar cheese

Mix cream cheese, Ranch dressing and buffalo sauce in a medium bowl until smooth with a hand mixer. Stir in chicken and half of the cheese. Spread into a 13x9" baking dish. Sprinkle remaining cheese on top. Bake at 350 until bubbly (approx 20 m in). Can also be made in a crockpot.

Serve with celery sticks, crackers or tortilla chips.

Helpful Money Saving Links

www.daveramsey.com

www.stretcher.com

www.restaurant.com

www.mint.com

www.dollartree.com

www.smartspendingresources.com

raleigh.craigslist.org

projects.newsobserver.com/taking_stock

www.couponmom.com

www.thegrocerygame.com

www.hillbillyhousewife.com

www.5dollarinnings.com

www.frugalvillage.com

www.thriftyfun.com

www.livingonadime.com

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Fitness Goals

Fitness goals are probably one of the most common *New Year resolutions* of all times. Unfortunately, within about four weeks they are usually forgotten. However, everyone desires a healthy family and one of the best ways to attain a fitness goal is to partner up with someone. This year make a pact with your family to eat healthy, exercise, and stay fit. Teach your children to worship their temple by giving it the fuel it needs. Make a resolution to walk at least twice a week after dinner, take a bike ride, join a dance class, pick healthy recipes, or sign up for a marathon! There are so many fun ways to stay healthy and do it as a family!

Be Green Together

Our environment has taken a beating and it is up to us to take care of it. This year make an effort to conserve more, use recyclable bags, and make a conscious effort to keep our world healthy. Work together as a *family* to learn more about how to keep our earth clean and what you can contribute. Organize a neighborhood cleanup, don't drive as much, and find ways to be green. This is a great lesson for your children that can make a positive impact in the future.

The *New Year* is a time to look forward and get excited about the year ahead. It is great to have individual *resolutions*, but making resolutions as a family is a wonderful way to create stronger bonds and work as a team toward a common goal. Family time is quality time whether you're painting a wall or sitting around the dinner table. The point is to cherish one another and to learn and grow together while involving God every step of the way. Make **2010** the year that your *family* keeps their *resolutions*!

By Chere Williams, Moms of Faith (<http://momsofffaith.com>)

Household Tip from Martha Hedge, Mentor Mom

Maybe it's a surprise that we need to wash our washing machines, but sometimes we do. To clean the soap residue from your washing machine and under the agitator set the water level at the lowest setting and the time for the longest wash. Add 1 quart bleach and 1 quart white vinegar. When the cycle is complete, reset the water level to the highest level and run a short cycle to rinse out any remaining bleach before washing laundry.

Caution: Be sure to ventilate the area well because of the chlorine! And remember to NOT mix bleach with other cleaners because of the danger of creating a toxic gas! This combination was recommended to me by an appliance repairman and works well but is strong. Be safe!



Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matthew 5:16

Needing help while it is so cold!

Newbern House & Helping Hand Mission (Raleigh) are looking for donations such as mattresses, blankets, coats, thermals, hats, gloves, and other warm items for ALL AGES! Think of children standing at the bus stop let alone keeping warm at night.

Drop offs can be made 8:45am- 9pm
623 Rock Quarry Rd, Raleigh
919-829-8048



Indoor Snowman Activity!

There's no snow required for this friendly snowman. Use as a decoration or make a whole snow family, set them up and play bowling with a soft ball. This project is rated EASY to do.

Age: Ages 5 and up (younger if children have help cutting)

16 oz. bottle with label removed (water bottles work well)

White tissues or cotton balls

Pencil

Black, orange and green felt pieces

Red sock

Green and red rick-rack or other narrow sewing trim

Green pom-pom

Scissors

White craft glue

Use the pencil to stuff the soda bottle with white tissue. Cut a one by 12-inch strip of green felt for the scarf. Cut fringe on the ends and trim with rick-rack or other narrow sewing trim. Tie the scarf around the middle of the bottle. Cut a face for the snowman from the orange and black felt pieces. Glue the face to the side of the bottle above the scarf. Cut the toe from the old sock approximately four inches from the toe to make a hat for the snowman. Roll the cut end of the sock up twice to form a brim for the hat. Glue rick-rack around the brim. Slip the hat on the snowman over the top of the bottle. Glue the pom-pom to the top of the hat.

<http://www.babycenter.com>



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.

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

For more information visit our website at <http://crossroadsmops.net>

2009-2010 Steering

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Jennifer Zech, Finance.....	Phone: 647-4298 - Email: Jennifer.zech@earthlink.net
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Pattie Allmond, Mentor Moms.....	Phone: 847-4040 - Email: padallmond@nc.rr.com

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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24	25	26 MOPS	27	28	29	30