

Earth to Planet Mom

Crossroads MOPS
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March 2010



You don't have to wait until Mother's day to take care of yourself! So much of a mom's time is spent taking care of others, it's easy to forget that you deserve to be pampered too. Taking a break from your daily routine to pamper yourself every now and then shouldn't just be a luxury. By paying attention to yourself, you will be more relaxed, feel better about yourself, and have a better attitude about everything you are doing.

Time to indulge

You may not get a whole day at the spa, but you can learn to take advantage of those brief but blessed windows of freedom when the baby naps or spends time with Dad.

If you have 15 minutes...

- ▶ Make yourself a cup of tea and watch reruns of the Golden Girls.
- ▶ Toss out all your raggedy, stretched-out underwear and order some sexy new ones online.
- ▶ Put on your favorite CD, dim the lights, and pour yourself a cup of hot tea.

If you have 30 minutes...

- ▶ Hole up in your bedroom with a cozy throw and a bowl of ice cream to watch the most mind-numbing show you can find. Cheesy SciFy movies work well.
- ▶ Call that old friend you recently found on Facebook and talk for 30 minutes about the old days -- without once using the words "sore nipples" or "colic."

If you have an hour...

- ▶ Go to the gym. Spend 20 minutes walking on the treadmill and 40 reading magazines in the steam room.
- ▶ Take a car ride, music (not Barney) blasting, along pretty roads near your home. Stop somewhere scenic and just sit for a while before heading back.

If you have three hours...

- ▶ Bike to a park with a friend; pass right by the swings and sandbox and find a grassy spot for a picnic lunch.
- ▶ Find the coziest corner at the coffee shop, order a latte, and read half a novel without interruption.

Little Luxuries

Just because we're all watching our pennies doesn't mean we can't feel like millionaires. Here are our favorite on-the-cheap treats:

If you have \$5...

- ▶ Buy a refreshing fruit smoothie; a paperback romance novel; a fancy bakery cupcake with sprinkles; a gossip magazine; a yummy-smelling, flirty lip gloss.

If you have \$10...

- ▶ Go to a movie (bring your own snacks).
- ▶ Download ten new songs on iTunes and dance to them for half an hour.
- ▶ Pick up a bottle of nail polish and give yourself a quick manicure.

If you have \$20...

- ▶ Splurge on a completely unnecessary -- but really cute -- accessory.
- ▶ Grab a novel at your local book-store and head to the coffee shop!

Upcoming Dates

March 9
"Me" Reminder of Self in
Motherhood

March 23
Fun Ideas on How to Ex-
plain Easter & Craft

April 13
What's in Your Pantry? &
Craft

April 27
Women's Health

May 11
Mommyhood Matters!



Links

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

Crossroads MOPS
<http://crossroadsmops.net>

Crossroads Fellowship
<http://crossroads.org>

Look us up on Facebook
Crossroads MOPS

Playdate for New Moms - March 30 10:00-12:00 a.m.

MOPS small groups are put together by location...but not necessarily by season of motherhood. We thought of you who are new to this journey might enjoy getting to know others who are paddling the same boat. If you have 1 little one in diapers (or twin babies), this playdate is especially for you! Small group leader Ellen Bragdon is inviting you to come and hang out at her house at 2000 Broadingham Ct, Raleigh. phone 847-5123 Come and enjoy! Please RSVP so she'll know how many to expect..."

MNO/Fundraiser at On The Border - April 13

MOPS Swap! April 13 - Cleaning out your closets? Spring cleaning? Bring your gently used items to MOPS and shop swap!



Local Events

3/13 - Breakfast with the Easter Bunny, Crabtree Valley Mall
8:30 AM-9:30 AM

3/17 - Check your local Chick-fil-a for St. Patrick Day specials, some are offering free food if you wear green

3/24-26- NCSU Farm Days 9am-2pm NC State University
Lake Wheeler Road Field Laboratory 3720 Lake Wheeler Road.
Farm Animal Days gives children a chance to see and touch farm animals and learn about agriculture; tractors will also be on display. <http://www.cals.ncsu.edu/farmanimaldays/> Register online by March 19.

3/27 - 10am-12 pm Egg Hunt & Kite Fly at Lake Benson Park. Children can meet the Easter Bunny, decorate and fly their own kite and play on inflatable amusements. The egg hunt will begin promptly at 12 noon. Participants should bring their own Easter basket.

4/3 - Easter Egg Hunt at Adventure Landing - \$3 donation per child will benefit the Make-A-Wish foundation of Eastern N. Carolina. Registration is from 8-8:45am. Egg Hunt begins at 9am. A charity raffle will take place after each Egg Hunt. Each child must have an Easter basket (not bags, pillow cases, etc)

4/17 & 4/24- Crossroads Yardsale 9am-1pm

4/24 - 9:30am-4:00pm - Beth Moore Simulcast *So Long, Insecurity*. In the Great Room at Crossroads Fellowship. Register online.

- Plastic eggs can be reused every year. Fill with jelly beans or small plastic toys of interest to the child. Bags full of fake bugs, dinosaurs, etc., can often be found at dollar stores for under a \$1 per bag.
- Homemade candy and treats.
- Homemade frosted Easter-shaped cookies individually wrapped. You can also make cookie lollipops by adding a lollipop or ice cream stick before baking.
- Crispy Rice Treats or Popcorn Balls colored with pastel food coloring and shaped like eggs.
- Sidewalk Chalk Eggs: Mix 1 cup plaster, 1/2 cup water and several drops food coloring. Pour mixture into empty egg carton sections. When dry, peel away the carton and hot glue two sections together at the center to form a complete egg.
- Toys from fast food children's meals can be found in "like new" condition at thrift stores and yard sales for \$0.25 or less.
- Rubber stamps and stamp pads.
- Homemade play dough.
- Crayons.
- Small bag of potato chips or finger foods.
- Bubbles.
- A jumprope.
- Jacks.
- A frisbee.
- Chopsticks.
- Fancy shoelaces.
- Stickers.
- Books.
- Stationary, note cards, envelopes, stamps.
- Coloring books or coloring sheets. Find some simple Easter related clip-art and print the picture out in black and white for homemade coloring sheets, or print out several and staple them together for a custom made coloring book.
- Audio tapes you've made of yourself reading their favorite books aloud. Be sure to include a signal for them to turn the page if they'll be reading along with you.
- Look for small Dover Books at your local bookstore. These books are high quality and usually under \$1 each. They have paper dolls, holiday activity books, coloring books, etc.

THE FAMILY CIRCUS®

By Bil Keane



"I want to talk to Grandma, but 't stop hugging her."

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

Creative Springtime Fun for your Toddler (and YOU!)

By K. McIntyre

Go for a walk! Pretty simple, but oh so refreshing after a winter indoors. Take it slow and make sure that you stop for all of the small stuff. You may not find the wet rocks at the side of the road fascinating, but through your toddler's eyes they are treasure. Have your child bring along a small basket or bag to collect her treasures in. Get down low with her and help her search. Find pine cones, twigs, stones....all these things are wondrous to your toddler. Let your toddler dawdle and fill her basket to her heart's content. Keep her treasures in her room and have her show them to your spouse when they get home. Make sure to ooo and aaahh.

Get muddy! Go ahead and get as dirty as you can, your toddler will thank you for it. There is nothing quite like the sound of mud sucking at your boots or goopiness of it sliding through your fingers. Forgo any "No Touch. Dirty." instincts that you may have, and let your little one explore. Suit up in splash suits to protect clothing, and just relax and have fun. It will all wash up later. Make muddy hand prints on your sidewalk. Find a good mud poking stick and poke. Be prepared, toddlers can poke mud for what seems like hours.

Go outside in the rain. Gear up in rain slickers and boots and go puddle dancing. Nothing can bring you back to your childhood faster than splashing in puddles. Make sure that you join in the splashing. See who can splash the fastest, the biggest, the hardest. Hold hands and give rain droppy kisses. Sing "It's raining, it's pouring".

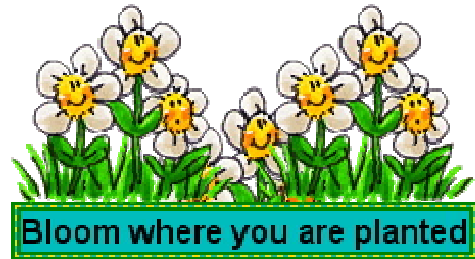
Help the birds. Take out a bunch of drier lint and string and strew it about your front path and place on your window sills for the birds to pad their nests. Give your child handfuls to spread about and make sure to explain that the birds will use it to make their beds. Watch from a window off and on during the day and make sure to call your little one when you see a bird making off with a bit of yarn or fluff.

Plan an outing to a nearby farm or petting zoo to see all of the baby animals. We have a dairy farm nearby and go to see the new calves in the springtime and if we are lucky, to see them being born. Birthing might be too much for your toddler, but preschoolers and school age children find it an incredible experience. Pet the new calves and show your toddler how they suck on your fingers. (Don't have them suck on your toddler's fingers though, those little guys have major sucking power and could suck down a whole toddler hand! You don't want to give your little one a lifelong fear of cows. Make sure that the adventure is highly supervised as spirited little calves are not the most predictable of little creatures and you wouldn't want your toddler to get bumped.)

Go fly a Kite! Take your toddler with you to the dollar store and pick up a kite, then hit your nearest football field. Talk about the wind, run into it. Show your little one how to fly the kite. Let them hold the string with you so that they can feel the wind tugging at it. Spin circles, and if the ground isn't too soggy, fall down and watch the clouds blow by together. Show your toddler how to make blowing noises and pretend to be the wind. If you don't have a kite, use a plastic grocery bag, tie a string to it and viola!

Easter Bouquet

- Paper Baking Cups
 - Scissors
 - Pipe Cleaners
 - Glue
 - Ribbon
 - Glitter
1. Poke a hole through the bottom of the baking cups with a scissor or pen
 2. Stick a pipe cleaner through the hole
 3. Bend the top of the pipe cleaner over and glue it in place
 4. Spread Glue over the paper baking cup and decorate it with glitter
 5. Bunch together 4 or 5 flowers together, twisting the pipe cleaners together. Tie with a ribbon to make a spring time bouquet.
 6. For an even easier idea for real little ones, simply glue the baking cups to paper and draw stems. Glue on Easter grass and a clip-art bunny. Don't forget to let them color the bunny first!



March Recipe: Easter Bread

- 1 cup milk, whole
- 2 eggs, lightly beaten
- 3 tablespoons butter, melted
- 1/2 cup granulated sugar
- 1 teaspoon salt
- 3 cups bread flour
- 1 packet (2 1/4 teaspoon) dry active yeast

Add all ingredients to a bread machine in the order listed. Do not use a delayed start program. Use a basic bread program.

EASTER COOKIE RECIPE!

Making cookies with your children to teach the true meaning of EASTER!

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth. John 1:14

You Need

Help & permission from Parents!

1- cup whole pecans

1-teaspoon vinegar

3 egg whites

pinch of salt

1-cup sugar

zipper baggie

wooden spoon

tape

Bible

EASTER COOKIES

Preheat the oven to 300 (this is important-don't wait 'til you're half-done with the recipe)

1. Place the pecans in the baggie and let the kids beat them with the wooden spoon to break them into pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers.
Read John 19:1-3
2. Put the vinegar into a mixing bowl. Let each child smell the vinegar. Explain that when Jesus was on the cross and he became thirsty, He was offered vinegar to drink.
Read John 19:28-30
3. Add the egg whites to the vinegar. The eggs represent life. Explain that Jesus gave His life so that we could have life.
Read John 10:10-11
4. Sprinkle a little salt into each child's hand and let them taste it. Put the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin.
Read Luke 23:27
5. So far the ingredients are not very appetizing. Add 1 cup of sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.
Read Psalm 34:8 and John 3:16
6. Beat the egg whites with a mixer on high speed for 12 to 15 minutes, until stiff peaks form. Explain that the color white represents the purity in god's eyes of those whose sins have been cleansed by Jesus.
Read Isa. 1:18 and John 3:1-3
7. Fold in the broken nuts. Drop by teaspoons onto a wax paper cookie sheet. Explain that each mound represents the rocky tomb where Jesus body was laid to rest.
Read Matt. 27:57-60
8. Put the cookie sheet in the oven, close the door and turn the oven off.
9. Give each child a piece of tape and seal the door. Explain that Jesus tomb was sealed.
Read Matt. 27:65-66
10. Go to bed. Explain that they may feel sad to leave the cookies in the oven overnight and that Jesus followers were in despair when the tomb was sealed.
Read John 16:20-22
11. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. the cookies are hollow! ON THE FIRST EASTER Jesus followers were amazed to find His tomb empty.
Read Matt. 28: 1-9

Resurrection Rolls

Here's a new twist on the Resurrection Cookie idea for Easter, both are recipes you can do with your kids/grand kids in order for them to understand the death and resurrection of Jesus Christ. This fun recipe uses Crescent rolls and a disappearing marshmallow!

Preheat Oven to 350 degrees

Ingredients:

Crescent rolls
Melted butter
Large marshmallows
Cinnamon
Sugar

Give each child a triangle of crescent rolls. The crescent roll represents the cloth that Jesus was wrapped in.

Read Matthew 27:57-61

1. Give each child a marshmallow. This represents Jesus.
2. Have him/her dip the marshmallow in melted butter. This represents the oils of embalming.
3. Now dip the buttered marshmallow in the cinnamon and sugar which represents the spices used to anoint the body.
4. Then wrap up the coated marshmallow tightly in the crescent roll (not like a typical crescent roll up, but bring the sides up and seal the marshmallow inside.) This represents the wrapping of Jesus' body after death.
5. Place in a 350 degree oven for 10-12 minutes. (The oven represents the tomb - pretend like it was three days!)
6. Let the rolls cool slightly. The children can open their rolls (cloth) and discover that Jesus is no longer there, HE IS RISEN!!!! (The marshmallow melts and the crescent roll is puffed up, but empty.)

Now read Matthew 28:5-8

Explain: At the tomb, Mary Magdalene and the other Mary saw an angel, who told them not to be afraid. No one had taken Jesus' body, but He Had risen from the dead! The angel told the women to go and tell the disciples what they had seen, that Jesus had risen from the dead. They were so excited, they ran all the way home to tell the disciples the good news! He is risen from the dead! Alleluia!

After that Jesus appeared in person to Peter, then to the 12 disciples and after that, to more than 500 people. Jesus' appearance to eyewitnesses, those who saw Him with their own eyes, would give support and prove that Jesus rose from the dead (1 Corinthians 15:3-6).

By rising from the dead, Jesus proved once and for all that He was the Messiah, the Savior of the World, the Chosen One, and the Lamb of God. By dying on the cross and rising from the dead, Jesus did what no other had ever done before. As both God and man, He overcame sin, death, and hell. And now because of what Jesus has done, these things no longer have any power over those who believe in Jesus and allow His Spirit to lead and direct them. Rather than being slaves to sin and death, Christians (those who love and believe in Jesus) are free to obey God and do good (Romans 6:17-18). The Bible says in John 8:36, "If therefore the Son shall make you free, you shall be free indeed."

However, we will only obey God if we listen to the Holy Spirit our helper. He enables believers in Jesus to do the right thing. It is important that we read the Bible (God's Word) because one of the ways the Holy Spirit helps us obey God is by reminding us of what He says to us in His Word. God's Spirit will never go against his Word. In fact, when we read God's Word, we are listening to the Holy Spirit. Of course, you won't always do the right thing; the Bible says this) 1 John 1:5-10). But that is why we need to continue to confess our sins knowing that God forgives us, based on what Jesus did on the cross. This is also a reason we need to spend time with other believers in Christ so they can encourage us in our faith.



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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March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 MOPS	10	11	12	13
14	15	16	17	18	19	20
21	22	23 MOPS	24	25	26	27
28	29	30 New mom playdate	31			