

Earth to Planet Mom

Crossroads MOPS
Volume 1, Issue 1
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Thank You

Day by day, week by week, people pass through your life, touching you with wisdom, encouragement, and hope. Some bring physical blessings, some give glimpses into the meaning of life, and others bring laughter and optimism.

Take a few minutes to remind yourself of the people God has sent into your life and the wonderful blessings they have brought your way. Then find paper and a pen on which to write a thank-you note. Before you begin, sit back and focus on the person to whom you are writing and meditate on what he or she has meant to you. Picture the person in your mind and allow your thoughts and emotions to carry you where they want to go. Even if you no longer know how to reach the person, or even if he or she is no longer living, writing that note can be a wonderful, soul-enriching experience.

When you're ready to write, let your feelings flow freely. Don't worry about using the right words, just speak from your heart. The very act of writing out your thank-you affirms both the giver and the receiver, and it reestablishes those special words and actions that so blessed you in the past.

Exercising thankfulness feels like an adrenaline rush for the soul. It's a great way to lift your spirits on a not-so-happy day or to feel the warmth of sunshine when the weather is cold and dreary. And when one acknowledges the blessing, God blesses again.

Thanking those whose lives have touched yours can boost your self-esteem and inspire you in your relationships with others, motivating you to pass the wisdom, encouragement and hope along. When at marvelous way to honor those who have given of themselves to you while, at the same time, to refresh your own soul.

*"A word aptly spoken is like apples of gold in settings of silver."
Proverbs 25:11*

"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever." Psalm 30:11-12

"Thanksgiving is good but thanks-living is better." Matthew Henry

Upcoming Dates

Dec 8 - "When God Showed Up" by Eileen Mestas

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

Jan 26 - Healthy Dinner In No Time by Debbie Lyerly

Links

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

Crossroads MOPS
<http://crossroadsmops.net>

Crossroads Fellowship
<http://crossroads.org>

Look us up on Facebook
Crossroads MOPS

Steps of Faith

*God, "Help my children to live lives that are always 'overflowing with thankfulness,' 'always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ'"
Colossians 2:7; Ephesians*

Local Events

- **Raleigh Christmas Parade**, Nov, 21; 9:30am, downtown Raleigh. <http://www.grma.org/christmas-parade/>
- **Lobster Bingo**, Nov. 13; 5:30 at The Factory in Wake Forest. Bring the whole family for a night of Bingo and fun! Prizes, silent auction and more. Free admission. For more information visit the community calendar on <http://www.wakeforestnc.gov/>
- **Mistletoe Market - Holiday Fair**, Nov. 14; 8:30am-5pm at Wakefield High School. Over 100 vendors in 3 areas, displaying unique gifts and crafts. Get your Christmas shopping done early! Admission is \$2, children under 12 are free.
- **Preschoolers and Pets** - Each month this program focuses on a different animal-related theme. Programs include songs, rhymes, movement, and stories. To see a schedule and find out more visit the SPCAWake website <http://www.spcawake.org>
- **Historic Trolley Tour** - Every Saturday see Raleigh's 200 year history from an old point of view on the Raleigh Trolley. Cost: \$8 for adults, \$4 for 7-17 years, free for children six and under. Tickets and free parking available at Mordecai Historic Park. The Raleigh Trolley is currently running every Saturday, March through December at 11:00 am, 12:15 pm, 1:30 pm and 2:45 pm <http://www.visitraleigh.com> (type 'Trolley' in the search box)
- **The Showtime Trolley** operates every 15-20 minutes on Thursday, Friday and Saturday from 5:30 p.m. until 11:30 p.m. Trolley rides are free. Board at the Trolley Stop signs along the route.
- **Pecan Pickin' Day**, Nov 14; 10am-12pm, at Historic Oak View County Park 4028 Carya Drive, Raleigh. Learn about pecans, walk through the grove, participate in activities for kids, & enjoy samples! FREE
- **Fall Family Fun at Yates Mill**, Nov 21, 11am-3pm at Historic Yates Mill County Park
- **Raleigh On Ice** begins Nov 14, an outdoor ice skating rink that will be located at the area's premier shopping centers, including Brier Creek Commons, North Hills, and Triangle Town Center. <http://www.raleighonice.com>

Do you have a suggestion or information to share in the newsletter?
Email it to Sarah Clark at pwfaith@yahoo.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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December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 MOPS	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Merry Christmas	26
27	28	29	30	31	Happy New Year 2010	