

Earth to Planet Mom

Crossroads MOPS
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October 2009



Undivided Attention

The Lord will hear when I call to Him (Psalm 4:3)

While I loved being a stay-at-home mom, having three children under the age of 5 had its moments. There were always crayon marks on the walls and Lego's to step on with bare feet in the middle of the night on the way to fetch someone a glass of water or to wipe away a tear after a bad dream.

One of the most frustrating things to me was the constant level of noise: the chattering, arguing, screaming and endless questioning. "Mommy, how big is God?" "Mommy, why can't I stay up later?" "Mommy, Taylor hit me. Aren't you going to spank her?" "Mommy, how do birds fly?" "Mommy, when is Daddy coming home?" (Not soon enough!)

One day as I was cleaning up after lunch, I realized that I wasn't really listening to what my children were saying. As they told me the funny things that Calvin, our hamster, was doing in his cage, I found myself absently replying, "Mm-hmmm," without really listening to what they were saying I had to apologize and ask them to repeat what they had just said.

That night after everyone was in bed, I sat down to study the Bible and pray. I spoke to the Lord about my frustration in just trying to get through each day, the workload and the constant noise. God spoke to my heart and convinced me that I needed to change some things.

I decided to plan activities where two of the children could be engaged in something while I spent some one-on-one time with the other. After a couple of weeks, I noticed that they were happier and so was I. Since each child had some individual time with me, they were more at peace.

This is a practice we've kept up over the years, and now my children are teenagers. We still spend some one-on-one time together, and since I listen to them, they're more willing to listen to me.

We may think we're listening to our children or to others, but sometimes, while we're nodding in agreement and replying, "Mm-hmmm," our thoughts are a million miles away. Think about the way God listens to you. You have His undivided attention, and He really cares about what you have to say. Learn to listen to others the way He listens to you.

Upcoming Events

Oct 13 - Loving Others
With Your Words
By Dawn Sanders

Oct 27 - Finding Your Style
and Feeling
Comfortable With You!
By Michele Little

Nov 10 - Training the Heart
of a Child
By Darlene Lewis

Nov 24 - Community
Service Project, Raleigh Res-
cue Mission & Craft

Links

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

Crossroads MOPS
<http://crossroadsmops.net>

MomSense
<http://momsense.com>

Crossroads Fellowship
<http://crossroads.org>

Look us up on Facebook too!

Steps of Faith

Heavenly Father, thank You for listening to what I have to say, no matter what time of day or night it is. Please help me to develop good listening skills so I can not only hear the words others are saying to me, but so I can also listen to when their heart is saying.

New Arrivals

Ashley Bourdeau
Aubrey born July 21

Elizabeth Christner
Luke Andrew born Aug 1, 2009

Sandy Retzlaff
Owen Watson born Sept 17

If you had a baby, please let us know so we can celebrate with you and get you a special gift from MOPS.

Top 5 Ways to Promote MOPS...

- ⇒ Share our website <http://crossroadsmops.net>
- ⇒ Share business cards & brochures with friends, family, pediatricians, OB's, libraries, anywhere you can find moms and children
- ⇒ Recycle your MomSense magazine - bring in to MOPS or share at your pediatricians and OB office.
- ⇒ Donate gently used small toys, to be bagged for the next Crossroads yard sale with MOPS fliers
- ⇒ Word-of-mouth - watch for that mom at the mall, playground, park who has that same look you use to have - the look of exhaustion, need for friendship and understanding, or a quiet moment to be refreshed and renewed that only MOPS can provide her.

October Recipe

Potato Soup

- 4lb potatoes, peeled and diced
- 1 large onion, chopped
- 1 lb cooked ham, diced
- 1 lb sharp cheddar cheese, grated
- 2 (12oz) cans evaporated milk
- 2 (14.5oz) cans chicken broth

Brown onions in a large Dutch oven. Add potatoes, cover with broth. Cook until potatoes are fork tender. Add ham and evaporated milk. Bring to a simmer. Add cheese. Cook on med/low heat until cheese is melted and soup is heated through.

Local Events

- **Group for new moms** (babies under 6 months) in Knightdale.. Meets every 2nd Wed of the month beginning in Oct. For more information contact Leigh Ann Fernandez (919) 332-1819
- **Fall Refresher at Crossroads**, Sunday Oct 25, 12:30-3:00pm Join us for an old-fashioned chili cook-off! Bring a pot of your own or just join us for lunch. For more information on how to participate in the competition or to register for the event go to <http://www.crossroads.org>
- **Crossgames—The 2009 Mother & Son Event!** for mothers and son(s) (4-17 yrs old). Lots of fun games and activities, raffles and prizes. Be prepared to get semi-"dirty". Oct 24, 12:45-3pm, Shelly Lake \$20 per Mother/Son; \$5 each additional son. Register online by Oct 18 at ... <http://www.crossroads.org>
- **Fall Foliage Walk at Kids Together Park** Cary, NC, Sat. Oct 17, 11am. Go on a guided tour of the trees, shrubs and flowers in the park, followed by a fun art activity using plant materials collected during the tour <http://www.kidstogethercary.org>
- **First annual Oct 15th Raleigh** is a community event being held in downtown Raleigh in honor of Pregnancy and Infant Loss Remembrance Day. <http://www.october15thraleigh.com/>



"Recently I asked a small group of mothers, 'What makes a mother priceless?' One woman responded, 'Nobody but a mom can tell when her child is about to throw up!'" -- from *The Power of a Positive Mom* by Karol Ladd



What special abilities do I bring to parenthood? Do I give myself credit for the special ways I know my child?

For better or worse, you know your child better than anyone. Own that expertise, and make sure that the doctors and educators you work with give you credit for it, too.

2009 Marketplace Expo Vendors

- | | |
|------------------------|-------------------------|
| A Reason to Celebrate | Ten Eighteen, Inc. |
| Pampered Chef | Glass Designs by Alicia |
| Kidzola Kids Clothing | Melaleuca |
| Chiropractor | Tupperware |
| Jennifer's Bows & More | Physical Trainer |
| PartyLite | Soy candles by Paula |
| Wake Christian Academy | |
| Heritage Makers | |

Breast Cancer Awareness Month

Breast cancer is the most common cancer in women in the United States, aside from skin cancer.

- * 40 and over, get a mammogram every year
- * 20s & 30s do regular breast self-exams, and get clinical breast exams every 2-3 years
- * Talk to your Dr about other risk factors.

Breast cancer starts as a single abnormal cell that multiplies out of control, growing slowly or aggressively. Malignant cells can end up in the lymph nodes, meaning they can travel through the lymphatic system, spreading to other parts of the body, where new tumors can grow.

The fact is, there is no one single type of breast disease, rather there are different types of breast cancer, such as Paget's disease of the nipple and Inflammatory breast cancer. These can present different symptoms of breast cancer, so women need to be familiar with women's health issues and their breast health, so they know what to look out for.

Signs of breast cancer can vary, including swollen lymph nodes, nipple discharge, breast swelling, breast tenderness, a breast lump, nipple eczema, breast discharge, or possibly an inflamed area of the breast. Be aware! Early detection is the key.

October Is...

National Down Syndrome Awareness Month

Down syndrome is a genetic condition that causes delays in physical and intellectual development. It occurs in approximately one in every 800 live births. Individuals with Down syndrome have 47 chromosomes instead of the usual 46.

It is important to remember that while children and adults with Down syndrome experience developmental delays, they also have many talents and gifts and should be given the opportunity and encouragement to develop them.

Crossroads now offers more support to families with children who have developmental delays of all varieties. For more information check out the Crossroads MOPS website.

Domestic Awareness Month

- Nearly one in every four women are beaten or raped by a partner during adulthood.
- Three women are killed by a current or former intimate partner each day in America, on average.
- Approx. 2.3 million people each year in the US are raped and/or physically assaulted by a current or former spouse, boyfriend, or girlfriend. Women who were physically assaulted by an intimate partner averaged 6.9 physical assaults per year by the same partner.
- Approx. 37% of women seeking injury-related treatment in hospital emergency rooms were there because of injuries inflicted by a current or former spouse/partner.
- Approx. 15.5 million children are exposed to domestic violence every year.
- Men exposed to physical, sexual abuse, and domestic violence as children were almost 4 time more likely than other men to have perpetrated domestic violence as adults.
- Children that are exposed to violence are more likely to attempt suicide, abuse drugs and alcohol, run away from home, engage in teenage prostitution and commit sexual assault crimes.
- Girls and young women between the ages of 16 & 24 experience the highest rate of intimate partner violence.

Children are particularly vulnerable as both victims and witnesses to domestic violence. In order to break the cycle of violence, we must intervene and provide services.

If you or someone you know is in an abusive relationship, please seek help. Talk to your small group leader, a steering member or a member of Crossroads Crisis Care Response Team. If you have experienced past abuse, consider joining Crossroads *Truth and Grace Ministries: Journey from Pain to Passion*. The course covers 13 sessions which are led by Co-leaders who have been on the "journey" for some time.

National Infertility Awareness Month

Infertility is defined as the inability to conceive after one year of unprotected intercourse (six months if the woman is over age 35) or the inability to carry a pregnancy to live birth.

1. Infertility affects 6.1 million American women and their partners — about 10 percent of the reproductive age population.
2. Recent improvements in medication, microsurgery and in vitro fertilization (IVF) techniques make pregnancy possible for more than half of the couples pursuing treatment.
3. More than 70,000 babies have been born in the U.S. as a result of all assisted reproductive technologies, including 45,000 as a result of in vitro fertilization.

Pregnancy and Infant Loss Awareness Month

October 15th in particular is Pregnancy and Infant Loss Remembrance Day. On October 15, 2009 at 7:00pm on the NC State Capital, the first annual Oct 15th Raleigh community event will be held. <http://www.october15thraleigh.com/>

- 1 in every 3 pregnancies ends in loss.
- An estimated 500,000 miscarriages happen each year;
 - 1 in every 148 babies are stillborn; and
 - 3 in every 1000 babies die shortly after birth.

If you have experienced such a loss and you need someone to talk to, offer a listening ear or just a hug, please talk to your SGL or steering team leader. Let us pray with you and help you grieve through this

For more information. links and testimonies of MOPS members, <http://www.novapdf.com> MOPS website "Awareness" page.



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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October 2009

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