

Earth to Planet Mom

Crossroads MOPS
Volume 1, Issue 1
September 2009



A note from our coordinator...

Summer is almost over... can you believe it? Those words carry mixed feelings for many of us. Perhaps your hot and muggy summer days were long and draining and you are looking forward to the cool days of fall. Maybe you had a glorious time splashing around in the pool, enjoying slip 'n' slide afternoons and neighborhood barbecues, so you are sad to see the close of this season. Or you've done all the back to school shopping and you are dropping off your little one for the first time for his first day of school. Both nervousness and excitement combine for a day that moves slower than a toddler cleaning up a playroom. And then there's the anticipation of picking up your little pumpkin to hear all about his day... what a sweet reunion!

If you are like me, you are looking forward to having more of a routine and an opportunity to connect on a regular basis with women. This past summer, my family vacation took place within the first two weeks of summer, so the rest of the summer (8 weeks!) was filled with days with not much planned and gaps of time to be spontaneous. We occasionally stayed in our jammies until the afternoon! On one hand, it was relaxing to have a loose schedule to enjoy the pool or free morning movie, but on the other hand, I missed the structure of a schedule and a routine where I can connect more regularly with friends.

After about 6 weeks of summer, I realized I was over-stressed and friendship-deprived! I finally broke down and had a mommy moment that I would rather forget. I was trying to get the kids ready and out the door one morning for a weekend car trip together (kind of a stressful time!) In my last attempt to grab something off the mantel, I knocked over a favorite little figurine that went crashing to the floor into tiny little pieces. In an instant, I lost control. My nerves shattered just like that delicate little object. Fortunately, my kids were loaded in the car and did not witness my burst of emotions! It wasn't pretty. I then carefully swept up the mess and gathered myself back together to forge ahead with my weekend. Ugh...

I realized that day that I was feeling drained and alone. I had not been taking care of myself in the midst of trying to take care of everyone else. In the midst of being a mom, I really need connection with other women. I find myself walking throughout my day with a pep in my step if I've had a meaningful conversation or time spent with a girlfriend. Even when I am sleep deprived and pulled in a million directions, I can survive if I know that I am not alone. Friendship gives me lightened perspective!

This brings me to this year's theme, "*Together on Planet Mom*," which really resonates with me and where I am as a mom. The foundation of being "*Together on Planet Mom*" is that we are created for relationship with each other. We are created to "do life" together. The more we draw together in community, the better we are able to thrive as women and moms. This life together is underlined in our theme verse for the year, where Jesus promises: "For where two or three come together ... there am I with them." (Matthew 18:20) The promise from our God is that He is also here to draw near to us when we call on Him. His presence is magnified through our relationships when they are centered on Him.

So, I want to welcome you to a new MOPS year! I pray that you will find the support and friendships that you need to help you through this journey of motherhood. May your spirit be encouraged, too, as you hear God's truth and perspective about who you are as a mom and a woman.

By Susan Hewlett

Susan Hewlett is our Coordinator this year. She has been married to her husband, Scott, for 15 years. She has 3 children: Madelynn, 11; Mitchell, 6; and McGregor, 4. She has lived in Wake Forest for 3 years after moving here from Northern California. Susan has attended Crossroads for almost 3 years.

Upcoming Events

Sept 9 -First Meeting

Sept 15 - Group-wide
Small Group Playdates

Sept 22 - Organizing Paper
by Debbie Zechini

Oct 13 - Loving Others
With Your Words
by Dawn Sanders

Oct 26 - Finding Your
Style and Feeling
Comfortable With You!
By Michele Little

Links

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

Crossroads MOPS
<http://crossroadsmops.net>

MomSense
<http://momsense.com>

Crossroads Fellowship
<http://crossroads.org>

New Mentor Mom...

Please add Tina Spivey to
your Mentor Mom roster.
Her phone number is
(757) 641-4714.

New Arrivals

Congratulations to all the mommies who had little ones while we were off for the summer!

Ellen Bragdon
Evan Vance Bragdon
Born May 29, 2009, 8 lb., 5 oz.

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



September Recipe

Spinach Salad with Poppy Seed Dressing

Salad:

Fresh Spinach
Mandarin oranges, drained
Crumbed bacon
Sliced red onion
Slivered almonds, toasted in 1 Tb. butter &
1 Tb lemon juice

Poppy Seed Dressing:

1/2 cup oil
3 Tb. red wine vinegar
1 Tb. lemon juice
2 Tb. sugar
1/2 ts. salt
1/2 ts. dry ground mustard
1/2 ts. grated red onion
1/2-1 ts. poppy seeds

*This recipe is usually made directly in individual salad bowls so there are no specific portions.

Fun Songs to Sing

Music helps develops children's sense of patterning and memory skills, stimulates brain connections, and strengthens relations between parent and child. Plus, it's just lots of fun!

- 5 Little Monkey's Jumping on the Bed
- Baby Bumble Bee
- Where is Thumbkin
- This Old Man
- Apples and Bananas
- Pat-A-Cake
- If You're Happy & You Know It
- ABC Song
- Head, Shoulders, Knees & Toes
- Hush Little Baby
- John Browns Baby
- Rock-A-Bye Baby
- I'm a Little TeaPot
- Itsy Bitsy Spider
- A Tisket A Tasket
- Twinkle Twinkle Little Star
- This Little Piggy Went to Market
- He's Got the Whole World In His Hands
- Jesus Loves Me
- Jesus Loves the Little Children
- My God Is So Big
- Wheels on the Bus
- Going on a Bear Hunt
- Days of the Week (sung to Adams Family tune)
- Old McDonald
- Pop! Goes the Weasel! (fun to have your child get in a "box" and wind them up)
- Hokey-Pokey

Crossroads Fellowship YARD SALE

September 19
7:00am-1:00pm



Help support Crossroads short-term mission teams and get great bargains at the same

Coupons

Where: Women's Ministry Table
Located in the foyer

Share or take coupons as you

need. The more we use it, the
more we all save!

Expiration Date: May 2010

Steering

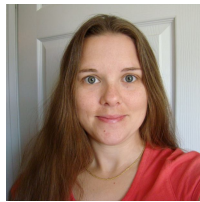
Susan Hewlett, Coordinator

Susan has 3 children - Madelynn, 11; Mitchell, 6; and McGregor, 4. She has attended MOPS off and on since 1999 and been on Steering for 5 years. Her goal for this year is to help moms feel connected. Susan's favorite dessert is Rocky Road ice cream.



Jennifer Sutton, Crafts Coordinator

Jennifer has 2 children - Hunter, 3 and Jacob, almost 2. She has attended MOPS for 1.5 years and has served on Steering for half a year. Her goal for this year is to share, teach, help and inspire herself and other MOPS moms! Jennifer's favorite dessert is Chocolate Chip Cookie Dough Ice Cream.



Hope Reed Coordinator

Hope has 3 children - Alison, 12; Thomas, 8; and Amanda, 2. She has attended MOPS for 3 years and serving on Steering for 1 year. She has also served as a small group leader. Her goal for this year is to encourage all of our moms to be all that the Lord created them to be. Hope's favorite dessert is oreos (double stuff of course!) and milk.



Jamie Ann Quilicis, MOPPETS Coordinator

Jamie has 4 children - Gianna, Elisa, Isabella and Gemma. Jamie has attended MOPS for 1 year. This is her first year on Steering, but she has served as a small group leader previously. Her goal for this year is to learn to say "No" sometimes.



Jamie's favorite dessert is Chocolate Superfudge Brownie Ice Cream (Ben & Jerry's)

Sarah Clark, Publicity Coordinator

Sarah has 5 children - Gwen, 9; Daisy, 7; Gabe, 5; Zoe, 3; and Shiloh, 1.5. She has attended MOPS for 7 years, served as Small Group Leader 1 year, and on Steering for 2 years. Her goal this year is to help moms connect with one another in many ways, as well as to our charter church, with the hopes that they will develop unknown friendships and a deeper relationship with God. Sarah's favorite dessert is Hidden Mint Cookies or anything with ice cream.



Melissa Elliot, Discussion Group Team Leader & Creative Programming Coordinator

Melissa has 2 children - Emma, 5 and Macey, 3. She has attended MOPS for 4 years and has served on Steering for 2 years. Her goal for this year is for mothers to find fellowship and support from one another. Melissa's favorite dessert is something ooey-goey or carrot cake and cheesecake.



Jennifer Zech, Finance Coordinator

Cheesecake Jennifer has 3 children - Gillian, 7; Bladen, 5; and Parker, 3. She has attended MOPS for 6 years and has served on Steering for 2 years. Her goal for this year is to connect with other moms and grow in her faith. Jen's favorite food is Chocolate Chip Scones.



Elizabeth Christner, Prayer & Care Ministry

Elizabeth has 2 children - Ben, 2 and Luke, 1 month. This is her 3rd year in MOPS and 2nd year on Steering. Her goal for this year is for women in the group to feel the power of prayer in their lives, even if for the very first time. Elizabeth's favorite dessert is Chocolate Bag, filled with white chocolate mousse, from McCormick and Schmidt.



Katy Moyer, Hospitality Coordinator

Chip Katy has 2 children - Mason, 4 and Robert, precious angel baby. She has attended MOPS for 3 years and this is her first year on Steering. Her goal for this year is for everything she says and does to reflect how much she loves Jesus - especially as a mom! Katy's favorite dessert is Key Lime Pie.



Recipes for some of our favorite desserts can be found on <http://crossroadsmops.net> Enjoy!!



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

Susan Hewlett, Coordinator.....Phone: 761-7241-Email: Susan.CrossroadsMOPS@yahoo.com
 Hope Reed, CoCoordinator.....Phone: 562-9033 - Email: Hope.CrossroadsMOPS@yahoo.com
 Melissa Elliott, Creative Programming/SGL's.....Phone: 761-9446 - Email: melissaelliott99@hotmail.com
 Jennifer Sutton, Creative Activities.....Phone: 971-1221 - Email: ducklab@earthlink.net
 Jennifer Zech, Finance.....Phone: 647-4298 - Email: Jennifer.zech@earthlink.net
 Katy Moyer, Hospitality.....Phone: 761-7144 - Email: katyjmoyer@yahoo.com
 Jamie Quilici, Moppets.....Phone: 453-1864 - Email: Jamie@thequilicis.com
 Elizabeth Christner, Prayer & Care.....Phone: 341-2765 - Email: Elizabeth@christners.net
 Sarah Clark, Publicity.....Phone: 803-2251 - Email: pwfaith@yahoo.com
 Pattie Allmond, Mentor Moms.....Phone: 847-4040 - Email: padallmond@nc.rr.com

September 2009

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8 MOPS	9	10	11	12
13	14	15 Playdate	16	17	18	19
20	21	22 MOPS	23	24	25	26
27	28	29	30			