

# Shoreline MOPS

November 2010

Hello fellow MOPS! I'm a new MOPS member here at Shoreline and I'm excited to be organizing the monthly newsletters...this is my first! The 2010-11 MOPS theme is Momology: The Art and Science of Mothering. I'm sure you all agree our jobs as moms requires many skills...preparing our precious ones with survival and self care like proper dental hygiene and nutrition...and like an artist we see and appreciate our children as God's little masterpieces! Just as scientists may have several trials before a successful result is achieved, we too find that parenting involves trials and errors. Mothering is part art, part science, and an ongoing work in progress! Join us the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at Shoreline as we gather together for rest and encouragement, insight and fun!

## Upcoming Meetings

Tuesday, November 9<sup>th</sup>  
Photographing Children

Tuesday November 23<sup>rd</sup>  
Craft: Countdown Blocks

Tuesday December 7<sup>th</sup>  
Dad Discussion Panel

*No meeting 12/14*

Monday, December 6<sup>th</sup>  
MOPS Craft Boutique

Tuesday December 14<sup>th</sup> MOPS  
Christmas Party, 6:30-8:30 pm

*Visit MOPS International online at*

<http://www.mops.org>

## Shoreline Events

Angel Tree Ministry- 12/1-11.

12/4 & 18 Convalescent Home  
Visit, 9:45am

12/5 & 19 Women's Shelter Visit,  
7pm. (831) 655-0100.

12/6 Women's Christmas Dinner  
and Craft Fair,  
5-9pm. (831) 206-1199 for  
tickets.

12/24 Christmas Eve Service,  
3:30, 5, & 11pm

Ongoing -Community Care  
Donate non-perishable items.  
This month's focus is infant  
formula, but any donations are  
appreciated!

## What Does MOPS Mean to You?

MOPS is a little mini-retreat from the hustle and bustle of my week. I recently read a wonderful book from Lorilee Craker, "Just Give me a Little Piece of Quiet," and thought one of her passages was a lovely explanation of the joy MOPS can bring to moms:

There is a vital need for moms to connect with each other, to have down time to relax a bit and "recreate" themselves. God is full of gifts for us moms. One of those gifts is time- when we take it- to revive the spiritual, gifted, beautiful woman inside that meat-cutting, fight-refereeing, sleep-deprived chick our kids refer to as "Hey Mom." With each mini-retreat, you will be able to step off the mommy treadmill for a little while, get outside your wipe-a-nose workday, and gain perspective, encouragement, and rejuvenation.

I hope Shoreline MOPS is this place for you, too! I would like this publication to be encouraging, informative, and entertaining...and if you have any ideas or suggestions for topics or information to include, please contact me at [hollerusc@yahoo.com](mailto:hollerusc@yahoo.com).

## A Season of Thanks

As we prepare to celebrate Thanksgiving and Christmas, we are presented with opportunities to give thanks for the many blessings we have. Children and adults can get overwhelmed with travel, food, shopping, and festivities. Refocus time and energy on things that truly matter. Look for community outreach events or projects that remind you of the reason for the season. Here are a few ideas:

- Make a jar or tree of thanks. Have your kids tell you one thing they are thankful for each evening until Thanksgiving and write it down on paper leaves or hearts. Then on Thanksgiving Day, read aloud all the praises.
- Help children in third world countries enjoy the love of Jesus through Operation Christmas Child. Let your children help you fill and wrap shoeboxes with gifts while you share how special this gift will be to children who live across the globe and have less than most can imagine.
- Volunteer as a family in a soup kitchen, make cookies for a convalescent home or hospital ward, or have children make Christmas cards to send to troops deployed overseas.
- Encourage and help your children make Christmas gifts this year. A decorated picture frame with your child's photo is perfect for any grandparent or babysitter.
- Take your children shopping and have them help pick out canned goods to donate to a local food locker. Shoreline's Food Pantry is always accepting donations for non perishable food. You can bring them to any MOPS meeting or Sunday service.

### December Birthdays

12/12 Christina Herschelman

12/23 Debbie Fosmark

12/31 Joni Starling  
Julie Cochran  
Sommer Cardinalli

### Special Deliveries

11/11 Congrats to Joy Bemis who welcomed her sweet little girl into the world.

## Mom's Devotion

Do you use "time outs" as a form of discipline with your children? When our children are arguing and upset with one another...or with friends...or with us...we use time outs to help everyone cool off and regain their self-control. Why do you think this method can be so effective? Quiet solace provides time to reflect and renew our perspective...and many times it allows time to realize that our behavior and our heart is not in alignment with God's plan. When you think of it, "time outs" were suggested to us long before child psychologists or therapists promoted them for raising children. On the seventh day, God rested. Jesus often left his disciples to pray and rest. And Hebrews 4:10 says, "Anyone who enters God's rest also rests from his own work, just as God did from his." We have busy schedules, but really, can you think of two busier individuals?!

Make time in your busy schedule to be still with the Lord. Pour out your concerns, lift up your prayers of thanks, and then quiet your mind and open your heart, mind, and soul to hear what the Lord has to say to you.

***"Be still and know that I am God"*** Psalm 46:10

**Do you need prayer? Just ask!**  
Prayer request boxes are on your table at every MOPs meeting.

## 2010-11 Shoreline Steer Team

<i>Coordinator</i>	Ashley Topping
<i>Hospitality</i>	Erin Keller, Laurel Clemmer, & Julie Cruz
<i>Creative Activities</i>	Joy Williams
<i>Fundraising</i>	Anne Cook
<i>Community Care</i>	Janet Webster
<i>Discussion Group Leaders</i>	Debbie Fosmark & Krissie Solomoun
<i>Mentor Moms</i>	Lisa York, Patty Whitmore, Kristen McKalson, Pam Bell, Kristy Fudenna
<i>Newsletter</i>	Christina Herschelman