

October
2011



MOPS.org

North Shore Church
511 47th Avenue
Menominee, MI 49858
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<http://nscmops.org>

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Spiritual Menu Planning By Laura Lambert

I have a love-hate relationship with menu planning. I love the fact that when I plan out our meals for the week, I don't have to think about what's for dinner every night. I love that I have all the ingredients I need since our grocery shopping is structured around the chosen menus. I love that we save money when I plan ahead since we only buy what is needed for that week's meals.

But, I hate the time it takes. Dragging out the cookbooks, thinking about what the kids will eat, thinking about what I want to eat, thinking about what my husband's preferences are, wondering how many nights of Mexican food we can tolerate in a single week, etc. Not to mention, after narrowing it down to seven recipes, there is a shopping list to be made. That involves checking what we already have in the pantry, refrigerator and freezer, noting what ingredients we still need and (I admit this is the good part) emailing the list to my husband who shops on his way home from work once a week. (I know, I'm really lucky about that one.) Frankly, it just seems like a lot of effort. However, when I think about the outcome of this effort, I immediately realize that it's all worthwhile. Planning ahead ensures that my children have home-cooked, nutritious meals. It makes me feel good to know that their little bodies are well-fed. Every mom wants her children to grow up strong and healthy. And good nutrition is an essential part of that growing process.

However, I realize that it is not just my children's bodies that require daily nourishment. Their spirits must also be fed and nurtured on a daily basis in order for them to grow into the strong, compassionate, caring, and sensitive men I hope they will someday become. While I may not actually write out a weekly menu for "spiritual meals," I am going to try to be more intentional about feeding their spirits each day.

Some ideas for a spiritual menu-plan include:

1. Finding time each day to help children see the wonder of God's creation. Whether it is the toad living in our garage, the autumn leaf streaked with a rainbow of colors or the shiny icicle hanging from the eaves, God's beauty is everywhere. Helping children see and discover it strengthens their connection to God.
2. Practicing the attitude of gratitude. A simple prayer at mealtime and/or bedtime thanking God for all the blessings he has given can strengthen the spiritual bond between children and God.
3. Slowing down and spending time together. Spirits are nourished when people connect with one another in positive ways. Though moms are never without household tasks and to-do lists, taking five or ten minutes to join children in their play, read a story or just talk can have a big spiritual impact.
4. Discovering the joy of giving to others. Focusing on the needs of those around you can be a wonderful way to create spiritual joy. Writing a postcard to a far-away relative, taking homemade cookies to a shut-in neighbor or picking up trash at the local park are all easy ways for children to experience the joy that comes from helping.

(article taken from www.mops.org)

WHAT'S YOUR SPIRITUAL MENU Plan?

Maybe we can swap recipes.

MOPS
Mothers of Preschoolers

FRIENDS DON'T LET FRIENDS MOTHER ALONE!
(No matter what age your kids are)

MOMS
next's

BETTER MOMS MAKE A BETTER WORLD

Oct. 25th -
Clue

Snack Schedule

Nov. 22nd -
Jenga

God doesn't want us to be shy with His gifts,
but Bold and Loving and Sensible.
2 Timothy 1:7



October is Breast Cancer
Awareness Month

Great Start Parent Coalition

Stephenson Meeting Oct. 13th from 5:30pm-6:30pm
Stephenson Methodist Church 5110 Railroad St.

All parents with children 0 - 12 years old are welcome!
Free Dinner & Childcare - children receive a free book

Get Involved! Have your voice heard!

Ensure the children in Menominee County are
ready to succeed in life and school!

For more info contact Starr Russell 863-8434 srussell@mc-isd.org
www.greatstartmenomineecounty.org

Gently Used Halloween Costume Sale

Recreation Dept. on October 15th & 16th

If you have a costume(s) that you would like to
sell, leave it at the Civic Center sometime between
now & Oct. 14th. Have costume(s) displayed on a
hanger with an envelope attached that includes your
name & asking price. Pick up your envelope or unsold
costume the following week. Costumes not picked up
by Oct. 21st will be donated to charity.

Downtown Trick-or-Treating

In Menominee on Thursday, Oct. 27th 3pm-5pm

Thank You! Lynn
for sharing your Meal Planning
suggestions with us today! Moms, take your
new "Meal Planning Boards" home
and be sure to let us know how they work for you!

Our next meeting, 'Survivor' on Oct. 25th,
you don't want to miss Amy's story
of survival through breast cancer.
She will inspire you, no doubt.

WE WILL NOT BE MEETING NOV. 8TH

After a longer break, be sure to join us
November 22nd
as we give Thanks for all
our Blessings!

Mom Moment

Kim Harris ~ Clue Table

Children ~ Jack Henry Harris (16 mths)

Occupation ~ Transcriptionist

Hobby ~ Scrapbooking & making cards

Fav. Food ~ anything Italian & Chinese food

Favorite Game ~ Scattegories

What MOPS means to you ~

"Getting out of the house to spend time
with other ladies who go through the
same things I do, and to get advice and
hear stories on what other people
have done with their children."

Hungry Hungry Hi ppos

Frosted Banana Bars

from the kitchen of Kim Harris

Bars: ½ c. butter, softened 2 c. sugar
3 eggs 1 ½ c. mashed ripe bananas
1 t. vanilla 2 c. flour
1 t. baking soda dash of salt

Frosting: 8oz pkg cream cheese, softened
½ c. butter, softened
4c. confectioners' sugar 2 t. vanilla

In a large bowl, cream butter & sugar until light
and fluffy. Beat in eggs, bananas & vanilla.

Combine flour, soda and salt;

Stir into creamed mixture until just blended.

Transfer to greased 15"x10" pan. Bake at 350* for
20-25 minutes or until toothpick comes out clean.

Cool in pan on wire rack.

For Frosting, in a small bowl, beat cream cheese
and butter until fluffy. Add confectioners' sugar
and vanilla; Beat until smooth. Frost bars

Yield: 3 dozen

If you enjoyed our meeting today,
bring a FRIEND with you next time!

Susan G. Komen for the Cure

recommends that you:

1. **Know your risk** - talk to your family about health history & talk to your doctor
2. **Get Screened** - perform at-home exams regularly NOW and have a mammogram yearly starting at age 40
3. **Know what is normal** for your breasts - see your doctor if you notice any changes
4. **Make healthy lifestyle choices**

Thanks to great advances in breast cancer treatment & early detection over the past 20 years, the number of breast cancer survivors continues to rise. Today, there are more than 2.5 million breast cancer survivors in the U.S. And, as we continue to make progress, we can look forward to more good news in statistics.

MOPS also encourages and supports moms through resources such as books, www.mops.org, and the MOPS International Membership.

**Membership is \$28 for a year
and includes:**



All Local meetings, 1 year subscription to MOMSense Magazine, weekly Mom e-mails, reusable shopping bag, iron-on appliques, Stickers featuring VeggieTales (scholarships are available)

MOPPeTs Corner

Remember to THANK the MOPPET
volunteers- without them,
we wouldn't be here!

Know someone who would be a great
MOPPET volunteer? Let us know!