
Coffee Break

Thank You God

By Lydia Boyd

Hannah is a precocious 2 year old and is learning the art of manipulation very quickly. One evening at the dinner, she wanted to drink her juice. Because she tends to drink it all and not eat her supper, I told her that she had to wait until she had eaten some of her dinner.

We proceeded to pray and after we were done, we heard little Hannah pray, "Dear God, Thank you for saying I can have my juice first! Amen."

Quiet Time

Let Your Face Sparkle

Be strong and take heart, all you who hope in the LORD. Psalm 31:24

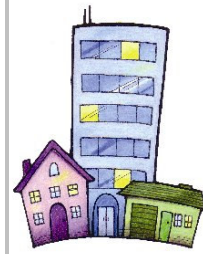
I am not an alien!" my son announced one morning over breakfast. "I'm so glad, darling. Now eat your eggs." "Do you want to know how I know I'm not an alien?" "Absolutely," I replied. "Well, when E.T. is happy, his heart glows through his skin." "What happens when you are happy?" I asked. "Watch," he said. Slowly a mischievous grin spread across his face till his eyes shone. "My face sparkles!" he announced gleefully.

I thought about that all day. I wondered what my face communicates to my son, to others around me. I see a variety of emotions wash across my boy's face every day, bringing shadows or sunlight.

We each have a choice: to be a blank sheet of paper, left to the mercy of the pen of the day's events, or to be settled in heart and mind that God is in control of every moment and to rest in that good news. The latter decision requires faith and resolve. Hope then becomes an action word. It moves from a crossing of the fingers and hoping for the best to a bold stance of reliance on God.

We don't know what this day will hold, but God does. We don't have the strength to face every unexpected heartache, but God does. So let your face sparkle!

Dear Father, today I rest in the fact that you are absolutely sovereign. I thank you that I can find all the hope I need today in you. Amen.



News from the Nest

March 2008

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We're Online!

MOPS of Scottsbluff now has their own website. This website serves both our MOPS at Night group as well as our Morning MOPS.

Currently, we have a calendar of MOPS events, Helpful Links and Past Newsletters available. We are working toward a membership login where you can find other MOPS members address and phone numbers. We will also be adding a group blog where you can post questions, suggestions and helpful hints for other moms.



You can check it out for your self at scottsbluffmops.com. Let Andrea Hale know if you have any other suggestions how this resource can help you. If you have any links suggestions, just let us know by sending an email from the contact page.

Kids Room

GARDENING AT EVERY AGE

by Cheryl Dorschner

My experience is that kids take to gardens in different ways depending on their ages, temperaments and, yes, even gender. Of course, children develop at different rates; this is no abbreviated horticultural version of the popular child-raising series "What to Expect...When You're Expecting... The First Year," etc. But a trowelful of guidance goes a long way to



matching the child with the gardening activity.

Preschoolers, Ages 3-4: As long as I don't expect us to accomplish something in the adult sense of the phrase, gardening is great fun. We move mulch. We catch toads. We pull a few weeds. We blow the fuzz off dandelions. If a child wants to plant last night's dessert — watermelon seeds, we do just that.

This age of unbridled exploration must be accompanied exploration. Preschoolers are never safe unattended. And while you're together, you have a chance to explain the life cycle of a seed or the history of evolution in an ancient fern. Let kids take the lead while you supply the background information. It's in the storytelling that kids learn about gardening and the world. Don't know all the answers? No one does. Library trips are part of the journey. Your local library will have several titles available to add to their exploration.

Looking Ahead

MOPS 2008-09 THEME ANNOUNCED

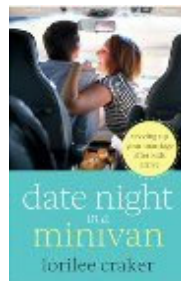
Adventures in Mothering is next year's them equipping moms to learn more about themselves as they go through the adventure of motherhood. We will celebrate and embrace the fun in the experiences, even in the midst of daily mom life that stretches us emotionally and spiritually.



The theme verse is Ephesians 3:18 "(you) may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ". The knowledge that God is with us on the mothering adventure gives hope. God's love is big enough for the magnitude of the adventure!

Join us next year!

In the Library



Date Night in a Minivan

Crammed front seat to back with humor, stories and road-tested tips, Lorilee Craker's brand new book zeroes in on the hot-button issues that crop up in a marriage when kids climb on board. Learn what to do about time together, discipline styles, chores, in-laws, money and more. Real-world traction for those days when marriage is overtaken by parenthood!

Delight in Your Child

Every child is special, but even good parents can become discouraged by frustrating



aspects in their child's makeup and personality. Add other complicating factors including the hurried pace of life and even the best of parents can become overwhelmed. This book will enrich the parent/child relationship by helping parents understand and appreciate the unique design, temperament and abilities of each of their children, and by providing practical suggestions on how parents can convey their affection and appreciation through meaningful attitudes and actions.

The Single Mom's Guide to Finding Joy in the Chaos

By Elsa Kok Colopy



As a single mom for twelve years, Elsa knows what a struggle it is to raise young children alone. But she also knows that it's full of tender moments, happy tears and downright crazy fun! In her book, she addresses a host of everyday issues from nutrition to discipline and more. With brief, practical chapters that each discuss a single topic, you can find the advice you need, the moment you need it.

Check out this resources at www.mopshop.org

Mom's Kitchen

We will post favorite recipies here. If you have one you would like to share, let Andrea Hale know.

Garlic Chicken

4 Chicken Breasts
2 (or more) tsp. garlic powder
approx. 1/3 C. olive oil
1 C. bread crumbs
1/4 C. Parmesan cheese



Directions:

Mix garlic powder with olive oil and mix bread crumbs with parmesan cheese. Dip chicken in oil mixture then in bread crumb mixture. Bake for 25-30 min. at 425 (or until chicken is no longer pink).