

# The Fun House

## Top 5 Beauty Tips not found in magazines:

1. You can be thin & wrinkly or you can have another piece of cake and fluff those things out
2. Never, ever look into a magnifying mirror
3. Bangs are cheaper than Botox
4. If you can't read the number on your scale, just imagine one you like
5. If a conditioner says "extra body", don't let it rinse down on your hips while showering



~ Anita Renfroe

## Joy Rides

### To Love as Jesus Loves

Our entire purpose in life is to learn to love as Jesus loves. And how does He love? Unselfishly, constantly, deeply, purely, generously. As long as we are in the human condition, this will not be easy. Count on it. There will be people who will get under our skin so badly we'll want to throttle them, but trust me on this, it is possible to love them. Sometimes the difficulty of loving comes in the tiniest ways, when people are petty or aggravating or they interrupt your day or they want more of you than you want to give. That kind of behavior is a pain in the neck. But we're commanded to love these people. The only way we can do it is to ask God for patience and kindness and then to believe He gives it to us in order to reach out to others with those two attributes under our belt.

~ by Luci Swindoll



Excerpted from **Glimmers of Grace: Sparkling Reminders to Encourage You**

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# Here's The Scoop August 2008

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### Next Month's Poll

If I were a carnival ride, I would be ...

- Ferris Wheel
- Bumper Cars
- The Zipper
- Merry-Go-Round
- Pony Ride at Wal-Mart

Vote online at:  
[scottsbluffmops.com](http://scottsbluffmops.com)

**Welcome to the 2008-09 year of MOPS.** We are glad you could join us! This year we are going to share stories of the great adventure of mothering. Your MOPS registration fee includes the theme book full of little stories like the one here.

### The Daily Adventure *By Elsa Fluss*

If motherhood is anything, it's an adventure — like a rafting trip, complete with waterfalls. Like the time I was 26 weeks pregnant, I had the flu, and my 18-month-old got into the container of flour in the kitchen. She looked like a ghost until I vacuumed her off. Then there was the time when my 6-month-old couldn't keep anything in her system for about 30 hours, including breast milk. Once we got checked in to the ER, though, she nursed and fell asleep like nothing was wrong. And, of course, there was the Christmas Day when my husband broke a few ribs while sledding. I thought our family's vacation plans were ruined, but we ended up having fun at home instead.

It has taken me years to realize that these adventures need not be the end of the world, and they definitely don't have to mean the end of my happiness. Don't get me wrong — I don't always enjoy these adventures while they're happening, but I have discovered a few secrets that help keep me afloat.

**Have an escape plan.** When I was young, my mom gave me permission to use her as an excuse if I didn't want to look bad in front of my friends. If I was invited to do something that I didn't want to do, all I had to say was, "my mom would kill me if I did that" and I was off the hook. When I became a mom, I was amazed at how many people had advice on how to raise my baby. I learned quickly that everyone had their own ideas, and I couldn't follow everyone's advice because it all conflicted. After listening to well-meaning advice, I would say, "That sounds like a good idea. This is what my pediatrician and I decided we'd try first, but I'll keep that in mind." I have also used my husband, my in-laws and my daughters as excuses. I find it's easier than arguing with someone who has already made up their mind.

**Have an "Emergency Contact List."** We've all been through it — whether you're dealing with an illness, a new baby or a death in the family, there are always well-meaning people who say, "If you need anything, just let me know." I find it's almost impossible to think of something I need when the person is standing there. Then later I'll decide that I really do need help, but I can't remember who offered it. So I've started keeping a list of people who have offered their help. It has everyone from our pastor to our neighbors who moved away. Now when I start to feel like I'm at the end of my rope, I can call on someone for help instead of waiting for them to offer it again.

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# Imagination Station

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## Whats a Puggles?

- A.) A baby platypus
- B.) A very, very funny word
- C.) A new Awana program for pre-Cubbies (2-3 yrs old)

*The answer: All of the above!*



Puggles is the Awana program for children who miss the Cubbies cutoff date. Leaders and parents work together to teach foundational truths about God!

Your children will be excited to attend church and enter Awana like their older siblings and friends.



**JOIN US IN AWANA!**

Zion AWANA Club Kick-Off is Sunday, September 7th at 3:30 PM. There will be a Taco Salad & Nacho Bar for supper and a prize drawing.

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# Tomorrow Land

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## Mark Your Calendars!

- Sunday, September 7th - ZION AWANA Club Kick-Off @ 3:30 PM
- Saturday, September 20th - Safe Kids Day from 9:00 am to 2:00 pm at the Gering High School parking lot.
- September, 23rd - Our first regular meeting, steering will be providing the snacks. Bring a friend!
- Friday, November 14th - MOPS Family Night @ 6:30 pm at Zion Ministry Center
- Tuesday, December 9th - MOPS Birthday Party for Jesus
- Friday, February 27th - MOPS Parent's Night Out @ 7:00 pm at Zion Ministry Center



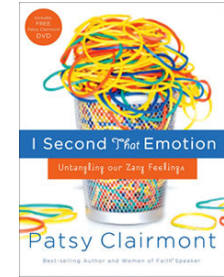
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# Our Favorite Thrills

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## I Second That Emotion - Untangling our Zany feelings ~ By Patsy Clairmont

How are you feeling? Up, down, or I'm not sure? Emotions are funny things – they can be our best friend or worst enemy, all in the same five minutes. With all this mood-shifting, a girl could get emotional whiplash! Fortunately, Patsy Clairmont is here to help.



Patsy is a self-described "mood-ologist" which means, she tells us, that she has "the skill-set to be difficult to live with." Over the years she's experienced a slew of emotions and learned what to do with them. Besides, who better to lead us through a heartfelt journey to understanding our emotions than a recovering agoraphobic with a pronounced funny bone?

Fortunately for those of us teetering on the edge of another mood swing, I Second That Emotion is warmly encouraging and reassuring. Using examples from her own life and stories from the Bible, Patsy helps us get a grip on our tangled feelings. "You are not alone," she tells us, and more than that, "Emotions aren't an indictment against our spirituality but rather proof of our humanity."

I Second That Emotion is more than a book – it's a study guide and DVD, as well. Using step-by-step exercises and video clips from Patsy's conference messages, you'll be able to get in touch with the ways you're affected by emotions and make a plan to let God work in areas that need improvement. Now, don't you feel better?

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# Whip It Good

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## Snicker® Fruit Salad

Great for a picnic or carry-in.  
Easy, and always a hit.

- 7 cups chopped fruit (apples, grapes, pears, etc.)
- 1 12oz bowl of Frozen Whipped Topping
- 2 Snickers® Bars, cooled
- 1/2 cup peanuts or walnuts (optional)



Coursely chop your choice of fruit and snickers bars. In a large bowl, add fruit, candy, nuts and thawed whipped topping. Fold together and refrigerate. Serve cool.