
The Fun House

The Images of A Mom

- 4 YEARS OF AGE : My Mommy can do anything!
- 8 YEARS OF AGE : My Mom knows a lot! A whole lot!
- 12 YEARS OF AGE : My Mother doesn't really know quite everything.
- 14 YEARS OF AGE : Naturally, Mother doesn't know that, either!
- 16 YEARS OF AGE : Mother? She's hopelessly old-fashioned.
- 18 YEARS OF AGE : That old woman? She's way out of date!
- 25 YEARS OF AGE : Well, she might know a little bit about it.
- 35 YEARS OF AGE : Before we decide, let's get Mom's opinion.
- 45 YEARS OF AGE : Wonder what Mom would have thought about it?
- 65 YEARS OF AGE : Wish I could talk it over with Mom. .

Joy Rides

Closer Than a Sister

A man of many companies may come to ruin, but there is a friend who sticks closer than a brother. -PROVERBS 18:24

How many friends do you have? How many people know your deepest hopes and dreams, your fears and failings?

I realized some time ago that I had many "friends," but no one really knew me at all. It was easier for me to maintain several superficial friendships than to have a few trusted companions who bore witness to the story of my soul. After all, it can feel threatening to be known. It appears easier to live in the shadows. But as this proverb says, it is a dangerous path.

When I ended up in a psychiatric hospital in 1992, all my friends were stunned. No one had any indication of the crumbling inside my head and heart. It was then that I realized how alone I really was. And it was then that I decided I didn't want to live that way anymore.

When we allow a few trusted people inside our walls, along with the inevitable trepidation of being rejected is the joyous safety of being loved and supported. We can have many companions, but if they have no idea of the temptations that pull at us we can indeed come to ruin. But true friends stick closer than flesh and blood. I have found that to be true with my dear sisters on the Women of Faith team. They know my strengths and weaknesses, and they love me just the way I am.

Dear Father, thank you for true friends. May I be one who sticks closer than a sister. Amen.

~ Sheila Walsh (find more devotionals at www.sheilawalsh.com)



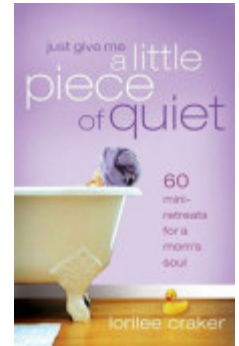
Here's The Scoop October 2008

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Check out our MOPS library for resources like this one:

Just Give Me a Little Piece of Quiet
Step off the mommy treadmill for a little while, get outside your wipe-a-nose workday, and let fellow mom Lorilee Craker help you out. Bookended by Scripture, her stories and tips for moms in the trenches are a great way to revitalize the spiritual person inside.



October is Breast Cancer Awareness Month. Here are a few statistics that we should all keep in mind.

- Breast cancer is the most frequently diagnosed cancer in women and the second leading cause of cancer death in women, after lung cancer.
- The estimated number of new cases of female invasive breast cancer has gone down by about 16 percent from last year's estimates and the number of male cases has gone up by 15 percent.
- Breast cancer is the leading cause of cancer death for women 40-55 years of age.
- Every woman is at risk for breast cancer, and that risk increases with age. About 77 percent of breast cancer diagnoses occur in women age 50 and older.
- Seventy percent of breast cancers occur in women who have no family history.
- The risk of being diagnosed with breast cancer increases for women whose mother, sister, daughter or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.
- Women who begin menstruating before age 12 are at increased risk of developing breast cancer. The more menstrual cycles a woman has over her lifetime, the more likely she is to get the disease.

This Month's Poll

If I were a circus performer, I'd be . . .

- Tight rope walker
- Ring master
- Lion Tamer
- Human Cannonball
- Funnel Cake Maker
-

Vote online at:
scottsbluffmops.com

Imagination Station

Cooking Skills by Age

Match your kids' skill levels with various tasks for safe kitchen fun. Here are some suggestions for age-specific tasks:



3 Year Olds

- Wash fruits and vegetables
- Stir ingredients in a bowl
- Tear lettuce
- Pour liquids

4 Year Olds

- Grease pans
- Open packages
- Peel oranges or hard-cooked eggs
- Snip fresh herbs with dull scissors
- Mash bananas with a fork

5 to 6 Year Olds

- Measure ingredients
- Cut soft foods with a blunt knife
- Set the table
- Garnish food

7 to 8 Year Olds

- Help plan the meal
- Roll and shape cookies
- Beat ingredients with a whisk
- Find ingredients in a cabinet or spice rack
- Make a salad

Tomorrow Land

Mark Your Calendars!

Don't forget to make room in your schedule for our special events!

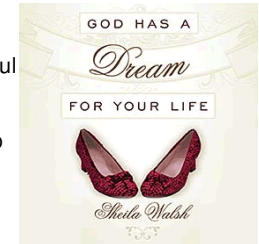
- Friday, November 14th - MOPS Mom's Night @ 6:30 pm at Zion Ministry Center
- Tuesday, November 25th - next MOPS meeting "Bumper Cars". 6 Flags Sisters will be the hosts.
- Tuesday, December 9th - MOPS Birthday Party for Jesus. Everyone will be bringing something to eat.
- Tuesday, January 27th - MOPS meeting "Tunnel of Love". Country Fair Cuties will be the hosts.
- Friday, February 27th - MOPS Parent's Night Out @ 7:00 pm at Zion Ministry Center
- Friday & Saturday, March 6th & 7th - Cabbage Burger Fundraiser



Our Favorite Thrills

God Has a Dream for Your Life ~ by Sheila Walsh

Do you spend your days like Dorothy from The Wonderful Wizard of Oz, dreaming about what life will be like someday "over the rainbow"? Or are you more of an Aunt Em — a tired, gray woman whose dreams dried up so long ago she can't even remember how to smile? Perhaps you're somewhere in the middle.



The Bible is full of dreamers and Sheila Walsh wants us to join them. In **God Has a Dream for Your Life** she encourages us to dream and dream big. After all, God designed a dream just for you – and you wouldn't expect Him to dream small, would you?

Follow the yellow brick road with Sheila as she takes us on a journey through Oz. Along the way you'll meet some familiar characters and look at them in unfamiliar ways. By the time you get to the Emerald City and back home again, you might just learn to dream again.

"The God of the universe," Sheila says, "the one who holds the stars and the moon in place, knows everything about you and loves you with unprecedented abandon. He knows the good, the bad, and the ugly. He knows the things you are proud of and the things you hide. He knows it all, and he invites you come just as you are and live the dream he has for you.

Somewhere over the rainbow doesn't hold a candle to this!"

Whip It Good

Mac & Cheese Lasagna

- 1 pkg. (7-1/4 oz.) Macaroni & Cheese Dinner, prepared as directed on package
- 1-1/2 cups spaghetti sauce
- 1/2 lb. lean ground beef, cooked, drained
- 1 cup Shredded Mozzarella Cheese
- 2 Tbsp. Grated Parmesan Cheese



PREHEAT oven to 350°F. Spoon half of the prepared mac & cheese into lightly greased 8-inch square baking dish.

TOP with half each of the spaghetti sauce, meat and shredded cheese. Repeat layers. Sprinkle with Parmesan cheese.

BAKE 20 min. or until heated through. Serves 4