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# Coffee Break

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If you have a funny story about your child, share it with us.

## God's Pizza

By Bridget Schick

My son, Micha, was on a lunch date with my husband at Godfathers Pizza. After they had eaten their fill, Micha asks "Dad, do you know why they call this Godfathers Pizza?" "No, why?". "Because even God likes pizza!" Micha responds.

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# Quiet Time

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## Hope for the Harried

by Gail Rodgers

She was feeling frustrated lately. Money was tight, the kids were sick too often, and she was weary and worn out most days. When her husband came in the door at night she had little time or patience for him. Nagging seemed to come easy. She was unhappy and didn't know what to do about it.

We talked over a pot of tea. Together we read these stark words from the Bible... "*The wise woman builds her house, but with her own hands the foolish one tears hers down*" (Proverbs 14:1). She had a good man. They loved one another, yet life just seemed to be fraying around the edges. Home was not tranquil or pleasant these days.

God's Word struck a chord in her heart. She saw her nagging, frustration and lack of patience in a new light. It was actually working to tear her home down. She wanted to be a wise woman whose efforts would build their home and make it a place her family would choose to be. She determined to pray. Her quiet time with God had gone by the wayside in this time of frustration. She knew she needed Him now.

She asked that God would come in a fresh way into her life, that He would help her make time with Him a priority in her day. She asked that God would help her make some changes in her life. She determined to talk to God first about every frustration. She needed Him to exchange...

- Her weakness for His strength.
- Her unhappy heart for His joy.
- Her annoyance with her family members for His love in her heart.
- Her anxiety over money for His peace and confidence in His provision.
- Her impatience for His patience.
- Her nagging for His gentleness.

You too can ask God to give you, what the Bible calls, the fruit of the Holy Spirit. (Galatians 5:22) It's "The Great Exchange." He will help you build your home. You can depend on God to be your source for all your needs.



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# News from the Nest

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## October 2007 Womens Health

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.
- One out of eight women in the United States will develop breast cancer if they live past the age of 85, a risk that in 1960 was one out of 14.
- 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.
- There are 2.3 million women living in the U.S. who have been diagnosed and treated for breast cancer.
- 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.
- More than 80 percent of breast lumps are benign (not cancerous).
- 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.

To learn more statistics, including those for different ethnic groups, visit the American Cancer Society. Make sure you are proactive in your breast health. Make sure you have an annual exam, mammogram and complete your monthly breast exam.

Information from Cancer Facts & Figures 2007, American Cancer Society.

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# Kids Room

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## Teaching Your Children to Budget

You should teach your children early good habits and attitudes towards money and budgeting. This will follow them throughout their lives. The recommended age to start teaching your children about money is 6 years old. Teach your children that money is limited, so everyone must budget. A good way to teach simple budgeting to your children is with an allowance.



Each parent must first decide if your child will be "given" an allowance or if they will "earn" an allowance. This is a personal choice, however I prefer the "earn" approach because when they grow up they will not be given a paycheck, they will earn it. If they must earn the allowance, make a clear list of what their responsibilities are in order to earn their allowance.

Dr. Dobson with Focus on the Family recommends giving a child 50 cents for each year of their age. For example, a 6 year old would earn \$3.00. He further recommends giving that \$3.00 on a regular set schedule according to what you can afford. If you can afford \$3.00 a month, then give your child the \$3.00 on the 1st of each month. Or if you can afford giving them \$3.00 every other week, then give them \$3.00 every other Friday.

Here comes the lesson in budgeting (and a bonus lesson in math). Teach them to budget that \$3.00 with 3 simple categories:

- SHARE - give to God (church, missionaries)
- SAVE - put in a savings account or bank to save up for something like a video game, bike, etc..
- SPEND - spend it now on candy, toy, etc...

Help them decide on a good split between these things...for example, \$1 in each category. Pick up one of those cute banks that Wendy showed us last month in her talk about organization!

Another way to teach your children to budget is with special outings to the zoo, amusement park, etc... These are things that you as the parent usually pay for anyway and then we have our children begging for things the whole time through out the outing. To save money and prevent the begging, give each child a set amount of money to budget. For example, when my son goes to the Oregon Trails Day carnival he is given \$25. I make it clear that asking for anymore money is not an option, BUT he gets to choose how to spend the \$25. The wrist band for the rides is \$18, which is always his first purchase. That gives him \$7 to divide between food, drinks and games. If he plays 7 games, then he will be hungry and thirsty (but he learns!). If he buys \$7 worth of cotton candy, then he will be VERY thirsty and will get to play no games (but he learns!).

All of these lessons will help your children develop good money habits, and get used to only spending what they have (thus avoid the evil debt trap). It will also get them in the habit of sharing with God what they have been blessed with.

Kim Riddick  
MOPS @ Night Finance Leader

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# In the Library

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Don't miss ... **Panhandle Women's Conference 2007**



## 'Spirit, Soul & Body'

featuring author and guest speaker Donna Partow.

**Hampton Inn Conference Center  
Scottsbluff, NE**

**November 2nd & 3rd, 2007**

Friday starts at 6:30 pm || Saturday is from 8am to 5pm

Donna Partow encourages women by combining solid biblical teaching and stories from her life. She gives women a practical, doable plan that provides insight and ideas to regroup and renew all aspects of life. Memorizing Scripture, spending time in prayer, eating healthy, and exercising are all part of the achievable plan laid out by Donna.

*"Donna Partow gives stressed and busy women a jumpstart on spiritual, emotional, and physical refreshment."* - **'Becoming The Woman I Want To Be'** by Donna Partow



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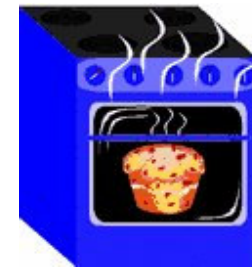
# Mom's Kitchen

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

## Hashbrown Omelet

- 4 slices of bacon
- 2 c. shredded, potatoes (thawed)
- 1/4 c. chopped onion
- 1/4 c. chopped green pepper
- 4 eggs
- 1/4 c. milk
- 1 c. shredded sharp cheese



In a 10 or 12 in skillet, cook bacon till crisp. Leave drippings in skillet; drain bacon and crumble. Mix next 3 ingredients; pat into skillet. Cook over low heat till underside is crisp and brown. Blend eggs, milk, 1/2 teaspoon salt and dash of pepper; pour over potatoes. Top with cheese and bacon. Cover; cook over low heat about 10 minutes. Loosen omelet. Serve in wedges. Can be served with salsa if desired.