
Coffee Break

If you have a funny story about your child, share it with us.
Just a sweet poem for Thanksgiving dinner :

Thanksgiving

- Ralph Waldo Emerson (1803-1882)

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything Thy goodness sends.

Quiet Time

Forever Grateful

Therefore, I tell you, her many sins have been forgotten – for she loved much. But he who has been forgiven little loves little. - Luke 7:47

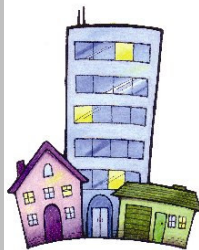
The lion is an animal associated with gratitude in both sacred and secular literature. Once a Roman slave named Androclus was condemned to confront a lion in the amphitheater. The lion was released into the circle, but when it reached Androclus, it knelt at his feet and began to lick them. The slave was brought before the Roman consul to see if he could offer any explanation for the lion's unprecedented behavior.

"I was compelled by cruel treatment to run away from your service while in Africa," Androclus explained, "and one day I took refuge in a cave from the heat of the sun. While I was in the cave a lion entered, limping, and evidently in great pain. Seeing me, he held up his paw, from which I extracted a large thorn. We lived together in the cave for some time, the lion catering for both of us."

A lifelong allegiance is born out of gratitude for deliverance. Mary spilled everything she had at Jesus' feet because she knew the depths of sin from which she had been delivered.

"Do you see this woman?" Jesus said to Simon the Pharisee. "I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet" (Luke 7:44-45).

Lord Jesus, you have delivered me from death to life.
I will be forever grateful. Amen.



News

from the Nest

In this issue ...

- Kids Room
- The Powder Room
- In the Library
- Mom's Kitchen
- Coffee Break
- Quite Time

November 2007

10 Ways to Avoid Debt During the Holiday Season

~ by Crown Financial Ministries

With "Black Friday" only days away, Consumer Credit Counseling Service (CCCS) of Greater Atlanta, Inc. is offering ways to help consumers with Top Ten ways to avoid debt during the holiday season:

#10: Make a Holiday Spending Plan - Decide how much you can comfortably spend on gifts this year. Create a budget by writing down how much you would like to spend on each person including wrapping and cards.

#9: Create sentimental gifts - Handmade gifts, such as calendars, photo albums, and framed children's artwork can provide a lifetime of smiles.

#8: Earn extra income - Many retailers need seasonal help to accommodate holiday shoppers. Taking a part-time job on the weekends will let you earn enough cash to avoid financing your purchases with credit cards.

#7: Keep the change - Save the leftover change from your everyday purchases. Over time, your piggy bank could grow enough to finance your holiday shopping.

#6: Do your research online - Shop online with sites such as fatwallet.com or slickdeals.net alert consumers to sales, rebates, and coupons that most people would not know about.

#5: Get to know your favorite retailer - Retailers may send monthly e-mails with sales or promotions to their shoppers that are not available to the general public.

#4: Leave your credit cards at home - People who use credit cards to buy gifts spend an average of 30 percent more than people who use cash including all the finance charges.

#3: Don't forget about "Cyber Monday" - The Monday after Thanksgiving is expected to be a busy shopping day for online retailers who may be offering special deals.

#2: Shop before the big sales - Avoid the Black Friday mall crowds by shopping a day or two earlier. Many stores will refund the price difference if the item goes on sale within days of purchase. This policy may not apply to all Black Friday specials.

#1: Check the Black Friday ads early - If you are planning to brave the crowds on Black Friday, make the most of it. Preview the sale ads and make a plan. And don't be tempted to overspend simply because things are on sale. Stick to your list.

Kids Room

There are a few websites with creative ideas to keep your kids busy during the Thanksgiving holiday.

thekidzpage.com

dltk-kids.com



kaboose.com



The Powder Room

During this holiday season, remember to take care of yourself. You know how it is during the holidays when you find rich foods everywhere. If you eat rich desserts and fattening appetizers several times a week, it can wreak havoc on the body. It is possible to enjoy the holidays, eat your favorite desserts & foods, and not harm your health. Here are some ideas.

1. Drink green tea with a dash of cinnamon. This helps keep your blood sugar under control and helps burn extra calories. 1/4 tsp. of cinnamon taken daily can help control your blood sugar considerably, making it excellent for diabetics and anyone else who is eating a lot of sweets. One cup of green tea can help you burn 80-90 extra calories per day. Not bad!

2. Stay active during this time. Choose an activity you enjoy and try to work up a sweat for 20-30 minutes each day. You can walk (do it in the mall so you can also shop!), dance, lift weights, or even do some housework. If you don't have 30 solid minutes, break up your workouts in 10-minute sessions.

3. Manage your portion sizes. You don't need to deprive yourself of anything if you use this method. Take a smaller piece of pie and fill the rest of your dessert plate with fruit. Munch on veggies during the appetizer. Never pass on the salad. This doesn't mean you can't have a cookie, or a piece of turkey with gravy. Just learn to take smaller portions of those things that are higher in fat and calories.

4. Bring something healthy to a party. Volunteer to bring a salad, veggies and healthy dip, whole wheat pita bread and hummus, or something else that is good for you. That way, if everything else on the table is high in fat, at least you know that the thing you brought is healthy.

5. Eat a small meal before you go to the party or get-together. If you show up at the party starving, you are likely to overeat. But if you have something small like a salad or a bowl of soup before you leave, you will consume less calories at the party.

In the Library

The Library will be featuring books based on our topic of the month.



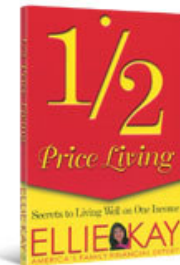
Financial Relief for Single Parents - Proven Plan for Achieving the Seemingly Impossible

The challenging spiral of financial hardship can overwhelm even the most buoyant soul. Few know this better than single parents who face the seemingly endless burden alone. Financial Relief for Single Parents will put readers on a healthier financial path.

1/2 Price Living - Secrets to Living Well on One Income

Ellie Kay, America's Family Financial Expert, will show you how to cut your stress in half – and that's just a side benefit! This easy-to-read guide gives practical steps, creative suggestions, and valuable resources to help you and your family:

- * Cut your food bill in half!
- * Cut your vacation expenses in half!
- * Cut your clothing costs in half!
- * Cut your debt in half!
- * Cut your housing expenses in half!
- * AND double your giving!

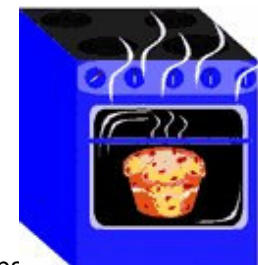


Mom's Kitchen

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

Pumpkin Spice Bars

- 1 box spice cake
- 2 tablespoons Milk
- 1 15 oz can Pumpkin
- 1 cup nuts or dried fruit optional



This is as easy as it gets!

Preheat to 350 degrees. Grease 9x13 cake pan. Mix together and well blended. Spread evenly into prepared pan and bake for 25-30 min or until knife inserted into center comes out clean. Let set and serve after cooled. Top with your favorite icing if desired. I like cream cheese frosting. Store in refrigerator. Even better after it sits a day.