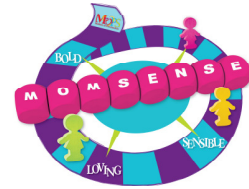




Get in the Game

MomSense: Bold·Loving·Sensible



Longview MOPS

February's Sense—JOY

"If you can't make it better, you can laugh at it." ~Erma Bombeck

This year's theme book states (and I'm sure we can agree) that "a sense of humor is an essential element in a Mom's MomSense. Knowing when to laugh and lighten a moment can have an amazing effect on any situation."



Some of the benefits of laughter that are mentioned in the book include: boosts immunity, decreases pain, decreases anxiety and fear, relieves stress, improves mood, strengthened relationships, and increases teamwork.

We're also reminded that growing a sense of humor is just the beginning of creating an atmosphere of joy.

Joy is more than a happy feeling and more than having fun. Joy is a deep sense of contentment, acceptance, and hope—an unwavering source to base your home life upon.

Elisa Morgan is quoted describing the difference between joy and happiness—"joy is a confidence in God no matter what happens.

Because we've watched God working in so many moments of life... [we know] clearly that just as God came through before, He will come through again."

Jesus Others You

On the Game Board for February...

MOPS is having a fundraiser breakfast at Applebee's on Saturday, February 18th from 7-10am. Tickets are \$5 in advance or \$6 at the door for all-you-can-eat pancakes, sausage, and beverage.

Wendy Stewart will be making balloon animals for the children!

Make sure you take plenty of tickets to sell—there will be a PRIZE for the top seller!



MOPS 2011-12, Issue 4

February 2012



MomSenses—

- Patience
- Respect
- Consistency
- Perspective
- Self-Control
- Calm
- Joy
- Love

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Courtney Guler, Mom of 2— Camden (almost 3), Kellen (1 year old)



Where are you from? Sunny San Diego, CA!

Who/what is your go-to when you need help as a parent? I pray for God's help in the difficult moments (sometimes all I pray for is grace) and I ask others: my husband, mom, and best friends' wisdom make me a better mom.

What have you done as a mother that you thought you'd never do? Allowing a cookie or ice-cream to be lunch.

What has been your best Mom Moment so far? I was feeling discouraged as a mom and had tears coming down my cheeks when my 11 month old walked over to me, took my head in his hands, looked in my face, and then gave me a long hug; it amazed me.

What's the best advice you've ever received (parenting or otherwise)? Live one day at a time, keep your marriage a

priority, cherish each moment, don't be too hard on yourself, and, above all, love.

What is the weirdest thing you have ever eaten? A sundried rat (no joke) in Africa; it would have been disrespectful to refuse it, so I took a big bite:)

What is the worst chore on the household chore list? The floors.

Name two things you consider yourself to be very good at. (1) Figure skating (2) Functioning on 3 years of sleep deprivation (I am still standing))

Which is the best vacation you've ever had? Going to Hawaii with my grandparents and brother when I was sixteen; it was a special time.



Sonja Narvesen, Mom of [soon-to-be] 3— Nate (3 1/2), Eva (1 1/2), JUNE BABY

Where are you from? Minnesota

Who/what is your go-to when you need help as a parent? Parenting books, other moms, prayer

What have you done as a mother that you thought you'd never do? Really scream at my kids (not a fun moment)

What has been your best Mom Moment so far? Nothing that I've done, but seeing Jesus working in and through my kids.

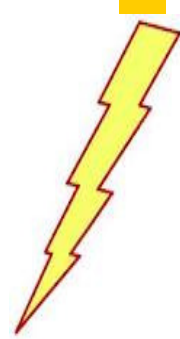
What was your favorite/most memorable childhood injury? I didn't get injured, but my mom gave me an adult dosage of motion sickness medication on our way to Germany when I was in the 4th grade. It was pretty scary for my family, but I had no idea I was delirious!

"Get in the Game" With Other Moms



Top 10... Weather Facts and Extremes

WETTEST CITIES	DRIEST CITIES	CLOUDIEST CITIES	SUNNIEST CITIES	LIGHTNING SAFE STATES
1. Hilo, HI	1. Yuma, AZ	1. Astoria, OR	1. Yuma, AZ	1. Washington
2. Quillayute, WA	2. Las Vega, NV	2. Quillayute, WA	2. Las Vegas, NV	2. Oregon
3. Astoria, OR	3. Bishop, CA	3. Olympia, WA	3. Phoenix, AZ	3. California
4. Blue Canyon, CA	4. Bakersfield, CA	4. Seattle, WA	4. Tuscon, AZ	4. Idaho
5. Mobile, AL	5. Phoenix, AZ	5. Portland, OR	5. El Paso, TX	5. Maine
6. Tallahassee, FL	6. Alamosa, CO	6. Kalispell, MT	6. Flagstaff, AZ	6. Nevada
7. Pensacola, FL	7. Reno, NV	7. Binghamton, NY	7. Fresno, CA	7. Montana
8. New Orleans, LA	8. Winslow, AZ	8. Beckley, WV	8. Reno, NV	8. New Hampshire
9. W Palm Beach, FL	9. El Paso, TX	9. Elkins, WV	9. Sacramento, CA	9. Massachusetts
10. Miami, FL	10. Winnemucca, NV	10. Eugene, OR	10. Albuquerque, NM	10. Wyoming



Just a Spoonful of... Vinegar? Hints for the Kitchen

Coffeemakers—run 1 brewing cycle of cold water and 1/4 cup vinegar. Follow with a cycle of clean water. If you can still smell vinegar, run another cycle using fresh water.

Dishwashers—add 1/2 cup vinegar to an empty dishwasher and run the rinse cycle. This will open up any clogs in the dishwasher drain lines and deodorize the machine.

Microwaves—to remove greasy buildup, place a glass measuring cup filled with 1 cup water and 1/4 cup vinegar inside the microwave and boil for 3 minutes. Wipe with a damp sponge.



Pots and Pans—

-to prevent egg poaches or double boilers from becoming discolored, add 1 teaspoon vinegar to the boiling water.

-take care of a really greasy frying pan by simmering 1/4 inch water and 1/2 cup vinegar in it for 10 minutes. The lingering oily smell or residue should disappear. Wash as usual.

-remove stains on aluminum pans by boiling pans in a large kettle, using 2 tablespoons vinegar and enough water to cover.

Vinegar in the Laundry?

Blankets—when washing cotton or washable wool blankets, add 2 cups vinegar to the last rinse cycle. This will help remove soap and make blankets soft and fluffy.

Clothes softener—add 1/2 cup vinegar to the last rinse cycle of your wash to soften clothes. This also help control static cling.

Lint—reduce lint buildup and keep pet hair from clinging to clothing by adding vinegar to the last rinse cycle.

Tough Stain Remover Spray—combine 1/2 cup vinegar, 1/2 cup ammonia, 1/2 cup baking soda, 2 squirts liquid soap, and 2 quarts water. Keep solution in a clearly labeled spray bottle.



Magic Beans

For a little fun with vinegar, try this.

Fill a Clear Vase with water, and add a little food coloring. Then add 1/4 cup vinegar and 3 teaspoons baking soda.

Drop in dried beans, buttons, pasta, or rice, and see what they do in the mixture. The small objects should rise to the top, then drop, then rise.

Hair Conditioning Treatment

Mix together:

3 eggs

2 Tbsp olive oil

1 tsp vinegar

Apply to hair.

Cover with a plastic cap, and leave on for a half hour. Shampoo as usual.

Make a Motorboat

This easy science project will be boatloads of fun for both you and your children...

Baking soda
Several squares of toilet paper
1 clean 16-ounce plastic soda bottle with cap
1/4 cup vinegar
Bathtub or wading pool full of water

Pour 3 tablespoons baking soda onto a toilet paper square, and fold square into a packet to hold baking soda.



Stuff folded toilet paper into soda bottle.

You can add 1 or 2 more squares to bottle, but don't overstuff. Hold bottle cap in 1 hand as you pour 1/4 cup vinegar into bottle. Quickly put cap on, and twist once. Put bottle into bathtub or pool.

The reaction between the baking soda and vinegar should cause the bottle to "sail" across the water.

****All recipes on this page use distilled white vinegar****

RAINY DAY? Make some sidewalk chalk... then it's ready for the next sunny day! :)

WHAT YOU NEED:

1/3 cup quick-setting plaster of Paris
 1 Tbsp powdered tempura paint
 3 Tbsp water
 Plastic cookie cutter, candy mold, or toilet paper tube

WHAT TO DO:

Mix plaster, powdered tempura paint, and water together in a small bowl until blended.

Quickly spoon the mixture into a cookie cutter, candy mold, or toilet paper tube sealed at one end with duct tape.

Let chalk dry 30-45 minutes.

Rain, Rain,
 go away.
 Come again
 another day.

Carefully pop the chalk out of the cookie cutter or candy mold. If you are using a toilet paper tube, peel the tube away from the stick of chalk.



Power of Prayer Rain Sticks

As you hear the sound that the Prayer Rain Stick makes, remember that the strength of prayer is more powerful than most people could ever imagine.

WHAT YOU NEED:

Heavy cardboard mailing tube
 2 plastic caps or duct tape to seal the tube
 Nails & Hammer
 Seeds, rice, or dried beans
 Adhesive-backed shelf paper, wrapping paper, fabric, paint, or ribbon

Again he prayed,
 and the heavens
 gave rain, and the
 earth produced its
 crops. (James 5:18)



WHAT TO DO:

Have an adult hammer nails into the mailing tube 1/8-inch apart using the spiral seam of the cardboard tube as a guide.

Seal one end of the tube with a cap or tape.

Add several handfuls of seeds, rice, or dried beans to the tube. Seal open end.

Decorate your Power or Prayer Rain Stick with shelf paper, wrapping paper, fabric, paint, or ribbon.

Recycle Broken Crayons

WHAT YOU NEED:

Broken crayons
 Heavy paper cups
 Assorted candy molds
 Oven mitt

WHAT TO DO:

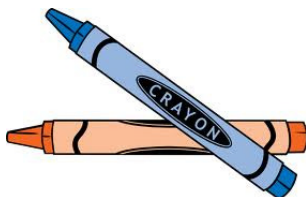
Remove all paper from crayons and sort by color in heavy paper cups.

Place one cup of crayons into a microwave oven. Cook on high for 4-6 minutes or until the crayons are completely melted.

Using an oven mitt, have an adult carefully pour the melted crayon wax into candy molds. Throw the used paper cup away.

Place the candy molds in the freezer for 20 minutes until the wax is hard.

Pop the crayons out of the candy molds and color!





Feb. 18—Applebee's fundraiser breakfast starting at 7am. Tickets are \$5 in advance or \$6 at the door for all-you-can-eat pancakes, sausage, and beverage.



Schedule of Events


- **Monday**—9am, Wee Play at Calvary Community Church
- **Tuesday**—6pm, Children's Story Time, Kelso Public Library*
- **Tuesday**—6:30pm, Family Craft Night, Longview Public Library*
- **Wednesday**—10:30am, Mother Goose Time, Longview Library*
- **Wednesday**—3:30pm, Cupola Kids, Longview Public Library*
- **Thursday**—10am, Children's Story Time, Kelso Public Library*
- **Thursday**—10:30am, Preschool Story Time, Longview Library*
- **Friday**—10:30am, Toddler Time, Longview Public Library*

*Contact Directly for Weather Cancellations:

Kelso Public Library 423-8110

Longview Public Library 442-5300

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 MOPS	8	9	10	11
12	13	14 	15	16	17	18 Applebee's
19	20	21 MOPS	22	23	24	25
26	27	28	29			



WISDOM FROM THE WORD

Even a child is known by his actions, by whether his conduct is pure and right.

~Proverbs 20:11



Train up a child in the way he should go, even when he is old he will not depart from it.

~Proverbs 22:6

It is better to live in a corner of a roof than in a house shared with a contentious woman.

~Proverbs 21:9

Weeping may last for the night, But a shout of joy comes in the morning.

~Psalm 30:5



Longview Community Church invites you:

Feb. 10-12—Couple's Retreat at Cannon Beach

Feb. 22—Ash Wednesday Service

Feb. 26—Taize Service in the chapel at 7pm

Sunday Morning Services:

8:45AM—Contemporary Service

11:00AM—Traditional Service

Senior Pastor—John Williams

Church Phone—423-6380

Longview MOPS

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2323 Washington Way
Longview, WA
www.longviewcommunitychurch.org
Phone: 360-423-6380
Email: lske@longviewcommunitychurch.org



Better Moms Make A Better World

MOPS 2011-12 THEME VERSE



*God doesn't want us to be
shy with His gifts, but bold
and loving and sensible.*

~2 Timothy 1:7

Praying for JOY

Lord Jesus,
Keep me abiding in You so that
Your joy may be in me and that my
joy may be full (John 15:11).

Turn my sorrow into joy (John
16:20).

Cause my heart to rejoice, and my joy let no one
take from me (John 16:22).

Teach me to ask and receive, that my joy may be
full (John 16:24).

In Jesus' Name,
Amen



YOUR STEERING TEAM

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