

**Even there Your hand will guide me,
Your right hand will hold me fast.
- Psalm 139:10**



Holy Spirit MOPS

Study of the Heart



Thank You For The Windows by Katherine Craddock

February 2011

Issue 6

A cheerful heart is good medicine, but a broken spirit saps a person's strength.
(Proverbs 17:22, NLT)

Gloomily hunched over my bowl of cheerios, I fully intended to start my day with a full-scale pity party. "Thank you God for this food," I sighed half-heartedly. Boo hoo. My life was soo bad.
"And thank you for the windows!" my 2 ½ year-old daughter Katie shouted. The windows? Hmm. I guess we did just get new windows.
"Yes, God. Thank you for the windows." I echoed.
"And thank you for the doors!" she continued. I thought of the small, doorless shacks I had witnessed during a Jamaican thunderstorm. Entire families huddled in living quarters smaller than my backyard shed, while I vacationed in luxury. Doors are good. We need those.
"Thank you for the doors." My response was a little louder this time. A slow smile spread across my face.
Katie was on a roll. "And thank you for the walls!" She's right. Walls are important. Where would we be without walls?
Within seconds, we were laughing and shouting thanksgiving to the Lord at the top of our lungs. Arms raised to heaven, we thanked God for our beautiful house, our pets, and even our shiny new dishwasher.
My toddler's enthusiasm had turned pity into praise. Truly, I had much to be thankful for. Yes, God. Thank you for the windows.

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Having a blue day? Gratitude to the Lord is the best medicine for a broken heart.

Katherine Craddock is a professional writer and pastor's wife who is the oldest of nine children and mother to one Kindergartner and two preschoolers of her own. She lives in Northern Virginia and is part of The King's Chapel MOPS.

www.mops.org

Tips to make your life easier...

According to Shop It To Me, when shopping online there are certain days items are cheaper...

- Monday: dress pants & sunglasses
- Tuesday: menswear
- Wednesday: shoes
- Thursday: handbags
- Friday: accessories (belts, scarves, jewelry)
- Saturday: lingerie & outerwear
- Sunday: swimsuits

From ShopSmart Mag (March 2011)

*Do you have a tip for moms you would like to share? Email...
Karian.hayes@gmail.com*

History of Valentine's Day

There are a lot of versions to the story of how Valentine's Day started...here's one of those versions...just a fun story incase you were wondering... 😊

February 14 is Valentine's Day. Although it is celebrated as a lovers' holiday today, with the giving of candy, Valentine flowers, or other gifts between couples in love, it originated in 5th Century Rome as a tribute to St. Valentine, a Catholic bishop.

For eight hundred years prior to the establishment of Valentine's Day, the Romans had practiced a pagan celebration in mid-February commemorating young men's rite of passage to the god Lupercus. The celebration featured a lottery in which young men

(Cont. p.2)

History of Valentine's Day (Cont.)

would draw the names of teenage girls from a box. The girl assigned to each young man in that manner would be his sexual companion during the remaining year.

In an effort to do away with the pagan festival, Pope Gelasius ordered a slight change in the lottery. Instead of the names of young women, the box would contain the names of saints. Both men and women were allowed to draw from the box, and the game was to emulate the ways of the saint they drew during the rest of the year. Needless to say, many of the young Roman men were not too pleased with the rule changes.

Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take his place. They found an appropriate choice in Valentine, who, in AD 270 had been beheaded by Emperor Claudius.

Claudius had determined that married men made poor soldiers. So he banned marriage from his empire. But Valentine would secretly marry young men that came to him. When Claudius found out about Valentine, he first tried to convert him to paganism. But Valentine reversed the strategy, trying instead to convert Claudius. When he failed, he was stoned and beheaded.

During the days that Valentine was imprisoned, he fell in love with the blind daughter of his jailer. His love for her, and his great faith, managed to miraculously heal her from her blindness before his death. Before he was taken to his death, he signed a farewell message to her, "From your Valentine." The phrase has been used on his day ever since.

Although the lottery for women had been banned by the church, the mid-February holiday in commemoration of St. Valentine was still used by Roman men to seek the affection of women. It became a tradition for the men to give the ones they admired handwritten messages of affection, containing Valentine's name.

The first Valentine card grew out of this practice. The first true Valentine card was sent in 1415 by Charles, duke of Orleans, to his wife. He was imprisoned in the Tower of London at the time.

Cupid, another symbol of the holiday, became associated with it because he was the son of Venus, the Roman god of love and beauty. Cupid often appears on Valentine cards.

<http://wilstar.com/holidays/valentn.htm>

Valentine Pizza

Ingredients:

- 3 cups bread flour
- 1 (.25 ounce) envelope active dry yeast
- 1 1/4 cups warm water
- 3 tablespoons extra virgin olive oil, divided
- 3 tablespoons chopped fresh rosemary
- 1 (14 ounce) can pizza sauce
- 3 cups shredded mozzarella cheese
- 2 ripe tomatoes, sliced
- 1 zucchini, sliced
- 15 slices vegetarian pepperoni
- 1 (2.25 ounce) can sliced black olives

Directions:

1. Place bread flour, yeast, water, and 2 tablespoons olive oil into the bread machine pan in the order recommended by the manufacturer. Select the Dough setting. Press Start. When the dough is finished, knead rosemary into the dough.
2. Preheat oven to 400 degrees F (200 degrees C).
3. Divide the dough into three portions. Shape each piece into a heart shape about 1/2 inch thick. Brush with remaining olive oil, and spread a thin layer of pizza sauce on each pizza. Sprinkle cheese over pizza sauce, and arrange tomatoes, zucchini, pepperoni, and sliced olives on top.
4. Bake for about 15 to 20 minutes, or until cheese has melted and crust is browned

www.allrecipes.com



Get to Know...

Karen Gregory

- **Most disliked household chore?** dusting
- **Do you have any phobias?** Spiders
- **As a child, what did you want to be when you grew up?** Ice Skater, Ballerina, or a nurse. 1 out of 3 isn't too bad. . .
- **Favorite food?** Chips and salsa
- **If you could vacation anywhere in the world, where would you go?** The Cayman Islands, specifically Little Cayman
- **What do you like doing after the kids are asleep?** Sew or watch tv with my husband.
- **Favorite TV show?** Fringe or Modern Family
- **What kind of music do you listen to (besides kid's music!)?** Hard Rock and alternative
- **Do you prefer Coffee or hot tea?** Hot tea
- **What is your favorite holiday?** Easter
- **What is the best trip you have taken?** Both of our last 2 dive trips to Little Cayman. Heaven. On. Earth. (well, underwater!)
- **Where were you born?/Where did you grow up?** Independence, MO for both
- **Favorite movie?** The Game with Michael Douglas and Sean Penn. Oohh, also Memento.
- **Do you have any pets? Did you have pets growing up?** No and no. Not a pet person.
- **What is your favorite season?** Spring—everything is new and alive finally after the dead of winter, with the promise of summer.
- **What's your favorite thing to do with your family?** Just spend time together having fun—enjoying our daughter's antics with my husband.
- **What is your favorite dessert, sweet, or candy?** Birthday cake—buttercream icing!
- **What else would you like people to know about you?** I have a quirky sense of humor sometimes that people don't always get.

Ashley Rapley

- **Most disliked household chore?** Ironing. I always tell myself that I'm going to start dropping off my husband's clothes at the cleaner's the next time, and I never do!
- **Do you have any phobias?** It's not really a phobia, but I don't like the ends of things: heel of bread, last few sips of water/coke/juice, last bite of a sandwich.
- **If you could vacation anywhere in the world, where would you go?** I have dreamed of going to Bora Bora one day to stay in those little secluded huts that sit out on the water. A vacation of total relaxation.
- **Are you a morning or night person?** I'm a morning person. I wake up pretty easily (which also means I sleep lightly) without the help of caffeine. Drives my husband insane.
- **Do you have any pets?** We have a black lab mix named Camry. She is 6 years old and hands down the best dog ever. She is named Camry (after the Toyota) because on the day we got her from the shelter, we didn't have plans to take a puppy home. We were unprepared. As we headed to the pet store to pick up everything we could ever need for a dog, we sat her down on the floor of our car, trying to choose a name. It was spelled out right next to her on the floorboard on the mat "Camry". Done deal.
- **What's your favorite thing to do with your family?** I love having dance parties with my family in the kitchen. We crank the music and everyone gets silly.
- **What is your favorite dessert, sweet, or candy?** You could hit me with almost anything sweet, especially right now during pregnancy, and I will devour it!
- **What else would you like people to know about you?** I've been married for 6.5 years. We've done quite a bit of moving around due to Jay's job. He completed an orthopedic residency in Galveston, TX., a sports medicine fellowship in Plano, TX., and another foot and ankle fellowship in Columbia, MO. Finally, we've settled in Lee's Summit. I am incredibly blessed to serve such a wonderful Savior. His perfect timing over my life led to the perfect man for me, an immediate family that delights in the Lord and in us, a circle of friends across the nation, two healthy beautiful girls that I adore (and one due in April), and a new community that we are proud to be a part of.



Prayer Requests

Please say a prayer for...

- Janine Cole's son is leaving for Afghansitan in a few weeks. (Janine is one of our Moppet workers)
- Everyone's safety (and sanity!) during these cold and snowy days!

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Becky Podjenski

Podjenski@sbcglobal.net #816-510-0603

Weds @ 10am – Church of the Resurrection (Blue Springs)
Thurs & Fri @ 10am – St. Paul's Episcopal (Lee's Summit)



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sponsors this year!!!
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you saw their ad in our newsletter!**

Website(s) of the Month:

*There are a lot of websites out there I have heard of lately similar to
Groupon that have daily deals...check them out!*

www.groupon.com

www.dealbug.com

www.livingsocial.com

www.mamapedia.com

www.groopdealz.com

www.homerun.com

www.muncharoo.com

**My advice though is to only buy deals you will use, check the fine
print and make sure to use them before they expire!**

Cooking with Kids...Fruit-filled Cupcakes

Ingredients

- 1 package (18-1/4 ounces) strawberry cake mix
- 2 cups (16 ounces) sour cream
- 2 eggs
- 1/3 cup strawberry preserves
- 1 can (16 ounces) vanilla frosting, *divided*
- Red food coloring
- Red nonpareils and pink jimmies



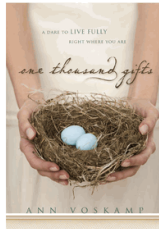
Directions

In a large bowl, combine the cake mix, sour cream and eggs. Beat on low speed for 30 seconds; beat on medium for 2 minutes.

Place 27 paper or foil liners in heart-shaped or standard muffin tins. (If using standard tins, tuck a 1/2-in. foil ball or marble between the liner and cup to form a heart shape.) Fill cups half full with batter. Using the end of a wooden spoon handle, make an indentation in the center of each; fill with 1/2 teaspoon preserves. Top with remaining batter.

Bake at 350° for 22-27 minutes or until a toothpick inserted in the cake portion comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Place a third of the frosting in a bowl; tint pink with red food coloring. Frost cupcakes with white frosting; pipe edges with pink frosting. Decorate with nonpareils and jimmies. Yield: about 2 dozen. www.tasteofhome.com



Book of the Month

One Thousand Gifts: A Dare to Live Fully Right Where You Are

By: Ann Voskamp

One Thousand Gifts beckons you to leave the parched ground of pride, fear, and white-knuckle control and abandon yourself to the God who overflows your cup. It invites you to wake up to God's everyday blessings, and discover, as Ann did, that in giving thanks for the life you already have, you find the life you've always wanted.

Check out Bloom Book Club and join me for an online book club. A friend introduced me to this and I am excited to try it! The book club starts Feb. 6th and "meets" every Sunday and Wednesday at www.incourage.me/2011/01/come-take-the-dare-to-live-fully.html

You can also find out more on their Facebook page "The Bloom Book Club"

Kid's Science

Here are some simple science experiments that children can have fun with inside on these cold days...

Raisin Rising

Pour clear carbonated soda water into a clear glass. Drop four or five raisins into the glass. Show children how the air bubbles make the raisins rise and fall.

Mini Ocean

Fill a clear plastic liter bottle 3/4 full with water. Add blue food coloring then add cooking oil. Leave about 1 inch at the top of the bottle. Show preschool children how the oil and water do not mix. Tilting the bottle back and forth causes a wave effect.

Run Away Pepper

A great science demonstration. Sprinkle pepper over the top of a cup of water. Put a dab of soap on your finger and touch the center of the pepper. Show children how the soap repels the pepper to the side of the glass. .

Popcorn Dance

Fill small a glass jar 3/4 full of water. Mix in 2 tablespoons of baking soda and mix well. Add a drop or two of food coloring and 10 to 15 popcorn kernels. Then add a few drops of vinegar. The kernels will start to move in one or two minutes.

Ice Magic

Fill a glass with water and add one ice cube. Let a child lay a piece of string across the ice and try to pick up the ice with the string. Sprinkle a little salt over the ice cube, count to 10 and have child try again. Show child how the salt melted the ice just enough to bond around the string.

Volcano!

Place an empty baby food jar on a tray. Surround the jar with playdough. Form the dough to look like a mountain. Put a drop of red food coloring and a tablespoon of baking soda in the jar. Then add some vinegar to it to make it erupt.

Invisible Ink

Using a cotton swap or paint brush, let children write messages or paint designs on white typing paper with lemon juice. Let dry. The adult is to hold the paper close to a light bulb until the writing becomes visible by turning brown.

www.childcarelounge.com



Momology

February is the month of love...a month of flowers, chocolate, cards, and love notes to and from those we love. Romance is in the air...how fun! Why limit this abundance of love to once a year though? Wouldn't it be fun to surprise your loved ones with little random notes or random acts of kindness year round? I challenge you to do something special for those you love once a month; whether it is a note in your kid's lunch, picking up an extra soda at QT or Sonic for your husband, or surprising your friend with a random phone call just to say hi! A small gesture goes a long way...not only does it brighten their day, it makes you feel good too! So enjoy this month of love

and try to continue the kindness every month until next February! A little love goes a long way!!! Happy Valentine's Day!!!



"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him."
- 1 John 4:16

"I trust in God's unfailing love for ever and ever."
- Psalm 52:8b

Birthdays this Month...

- 4—Lisa Chism
- 7—Jill Ramos
- 21—Melissa Wuennenberg

FEBRUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 9:15am MOPS Meeting at Holy Spirit Catholic Church	4	5 Bake Sale at Holy Spirit Catholic Church
6 Bake Sale at Holy Spirit Catholic Church	7 10am Toddler Town @ Roger T. Sermon Center Independence, MO	8 7pm MNO at Olive Garden Lee's Summit, MO	9 10am Independence Center Play Date in Independence, MO	10 9-10:30am Open Gym at Holy Spirit Catholic Church	11	12
13	14	15 9:30am Lil Monkey Bizness Play Date Shawnee Mission, KS	16 Toddler Town at Roger T. Sermon Center Independence, MO	17 9:15am MOPS Meeting at Holy Spirit Catholic Church	18	19
20	21	22 9:30am Irene B. French Play Date	23 9:30am Sylvester Powell Play Date Mission, KS	24 7pm MNO at On the Border Lee's Summit, MO	25	26
27	28 9:30am Paradise Park Play Date Lee's Summit, MO					