

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



# Holy Spirit MOPS

**April Showers**

**By: Kasey Johnson**

**May 2011**

*\*I found this on Kasey's blog – the gal that talked to us last month...sorry if you have already read it, but thought it was a good post!\*\**

**Issue 9**

If April showers bring May flowers, what can April showers bring us? Before I had children I never truly considered how precious and renewing a shower could be. I use to take showers because I wanted to be clean and have friends – but they were more of a necessity than a luxury. Within my first week as a mother I realized what a shower *really* was... It was time to be quiet, to let water wash away the tears, sweat and exhaustion of the day; it was a GIFT! Water is a fantastic tool isn't it? When we get dirty, water makes us clean. When the earth is dry the rain revives the land. If something is spilled or a stain is adhered – we first reach for water – in hopes of keeping the negative effects away. Water is the foundation of our life – without it we would die and I want to challenge us as mothers to find the “water” or “shower” that will bring us the renewal that we deserve and need. As mothers it's easy to feel the “grime” that the activities and demands in our lives create. The reality of our life is that we are going to be dirty, busy and yes, sometimes we won't shower until 11:00 at night. our reality isn't going to change overnight but it WILL get easier. So if you are in the season of mothering that brings more sleepless nights than showers – hang in there! You will not only make it but things are only going to get smoother from here. The Spring is a time for rain, for showers of renewal, and in the Christian calendar a time of celebration! Easter is coming and I've been reading this verse from Philippians 3:10-11 and really enjoying its message: *I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.* This scripture challenges me to remember that my Savior partners with me in my sufferings. He knows what it feels like to be exhausted, overwhelmed, frustrated, alone – even tempted. But the beautiful part about our relationship with Christ is that he not only shares in our suffering - he wants us to share in the resurrection power that can only come through a vibrant, faith-based relationship with HIM! Physical renewal, being able to wash away the dirt and grime of the day, a moment to be alone – those are wonderful things – but they are fleeting. The renewing power of Christ comes when, through the Holy Spirit, Christ showers us with patience, strength, wisdom and love for our families. No matter what kind of grit, grime and grossness is trying to stick to you today – I pray that you will find a “shower” of sorts through the scriptures you read, the people you interact with and the moments in your day when you can sit quietly and truly count your blessings. I'm blessed to share with you and have you in my life. Thank you for caring enough about your family and yourself to connect with moms (and with me) who truly know where you are, what you need and want to help. Soon we will celebrate Christ rising from the dead and I can't wait to hear about how the RISEN Lord has showered you with his resurrection power to help you enjoy the life and purpose that he has for you!

Inside this issue:	
Get to Know extra!	2
Get to Know...	3
Sponsors	4
Kid's Activities	5
Book of the Month	5
Calendar	6

**Tips to make your life easier...**

- Expanding Frosting: when you buy a container of frosting, whip it with a mixer for a few minutes to double it in size and be able to frost more cake with less frosting.
- Foggy windshield: buy a chalkboard eraser and keep it in the glove box of your car for when the windows fog up...works better than a cloth!
- Broken glass: pick up with a wet cotton ball or Q-tip to get the small shards

[www.heartofwisdom.com](http://www.heartofwisdom.com)

Do you have a tip for moms you would like to share? Email... [Karian.hayes@gmail.com](mailto:Karian.hayes@gmail.com)

You are wonderful!

Kasey

<http://smartermoms.wordpress.com/2011/04/07/april-showers/>

## Get to Know...

### Virginia Bieszad

**-What do you like to do after the kids are asleep?** My favorite things to do after the kids are in bed are either to sit with my feet up and read a good book or else work on one of my knitting or cross stitch projects. All are things that aren't easily done or enjoyed with children that are awake!

**-Where were you born? Where did you grow up?** I was born in Albany, NY and grew up in a suburb of Albany called East Greenbush, NY. It was the epitome of your small town neighborhoods, let your children run till it's dark outside and the biggest sport was girls softball.

**-Do you have any pets?** I have a Chihuahua named Daisy, and two BIG male cats named Odell and Jack. When I grew up we just had a big old orange cat named Rusty.

**-What is your favorite season?** My favorite season is fall. I have ALWAYS loved the leaves changing color in New England where I'm from and I always love the start of a new school year. I enjoy Halloween and Thanksgiving and that anticipation of when the first snow will come.

**-What is your favorite dessert or sweet?** My favorite sweet treat is probably ice cream. I could eat it by the half gallon if allowed. I love soft serve twist cones or fudge ripple.

**-Something else I'd like people to know about me:** I've suffered from depression and anxiety nearly my entire life, including post partum depression. Despite all the hurdles I've overcome, I still keep a spark going inside and I've recently had a big goal to run a half marathon distance, hopefully before the year is out! Also, I have played viola for almost 20 years.



### Marla Stout

**-Most disliked household chore?** All of them with the exception of cooking on occasion and baking. Everything else I'd love to have taken care of by staff if I could afford it.

**-Do you have any phobias?** I hate snakes, closed in spaces and clowns

**-As a child, what did you want to be when you grew up?** A veterinarian till I found out they had to look at blood.

**-Favorite food?** Bacon

**-What do you like doing after the kids are asleep?** Watching guilty pleasures like RH of Atlanta, Damages, and Criminal Minds

**-Favorite TV show?** Until it ended Friday Night Lights, now I'm hooked on Damages.

**-What is your favorite holiday?** Halloween

**-What is your favorite sport? Do you watch or play?** Golf, yes when I can find time which is rare.

**-What is the best trip you have taken?** The ones we took when I was a child driving across country.

**-Where were you born?/Where did you grow up?** I was born in Glendale, CA. I spent my early childhood in SCA before moving to MO as a teen. Moved to Chicago and then back to MO again.

**-Favorite movie?** I'm a sports movie junkie and anything with Audrey Hepburn

**-Do you have any pets? Did you have pets growing up?** Yes, two dogs and a fish named, Kitten. I had dogs, cats, hamsters, horses and one very feisty pony when I was growing up.

**-What is your favorite season?** Autumn

**-What's your favorite thing to do with your family?** Reading before the girls go to bed at night.

**-What is your favorite dessert, sweet, or candy?** Pecan Pie

**-What else would you like people to know about you?** When I lived in Chicago I became a docent for the Field Museum. When they hosted the Jackie Kennedy exhibit, I became a subject matter expert on her years in the White House and her wardrobe. Guessing this what may have sparked my obsession with fabric. I've got bins of fabric and I don't sew or craft with it in any way.



## More...Get to Know...

### MaryJane Seay

**-Where were you born? Where did you grow up?**  
I was born in Ft. Belvoir, VA. I grew up on many different army bases around the world. To date, I have lived in over 20 places. I do call KC home because it's the longest place I've ever lived.

**-Do you have any phobias?**  
I am very claustrophobic. You will never get me to go up in the St. Louis arch!

**-Do you prefer coffee or hot tea?**  
Coffee is the most disgusting drink ever. I'm pretty sure I despise it because my mom used to wake us up for school with coffee/cigarette breath. The trauma still remains. I love tea!

**- What is your favorite holiday?**  
Thanksgiving. It's the only 4 day weekend when my husband doesn't work and Grant and I get him all to ourselves. For 4 FOUR whole days! That's unheard of in my world.

**-Are you a morning or night person?**  
Definitely a morning person. The rule in our house is that there is no talking about important things after 7pm. (retirement funds, bills, college funds, investments, taxes, vacations) because I will not remember the question or my answers because my brain has been fried from Backyardigans, Elmo, etc. However, these discussions are just fine at 5am.



### Karian Hayes

**-Most disliked household chore?**  
Hard to narrow this down to just one, but I think it's a tie between cleaning bathrooms and trying to keep the dark wood in our house dust-free and clean looking

**-As a child, what did you want to be when you grew up?**

An astronaut until I realized how much school and training it required. By the time an astronaut is qualified they are usually well into their 40s, and some astronauts never make it to space!

**-Do you prefer coffee or tea?**  
Coffee! I love my coffee...did not start drinking it until I lived in Germany, but now I can't live without it! ☺

**-Where were you born? Where did you grow up?**

I was born and grew up in Denver, Colorado. I did not move away until I joined the Air Force. I loved growing up in Colorado - it is beautiful and so much to do there, but it is growing too fast!

**-What is your favorite season?**  
Spring! I love when the days start to get longer, weather starts to warm and we get to look forward to summer BBQs and playing outside!

**-What else would you like people to know about you?**

Before kids I flew the C-130 in the Air Force. I love flying and do miss it sometimes but love being a mom and spending time with my kids. I cannot imagine life any other way now!



#### Website of the Month:

[www.mnn.com/food/recipes/blogs/7-recipes-for-leftover-easter-eggs](http://www.mnn.com/food/recipes/blogs/7-recipes-for-leftover-easter-eggs)

Ideas on how to use up those leftover hard-boiled eggs!

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**Becky Podjenski**

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



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***Thank you to our wonderful sponsors this year!!!  
Please support them and let them know you saw their ad in our  
newsletter!***

***Please continue to support our sponsors throughout the  
summer! And if you know of anyone interested in being  
a sponsor next year please let us know!***

## Fun with the Kids...Playing in the Mud!

The classic mud pie needs no improving, but there may be days when your kids want to get more creative with their dirty work. That's when old kitchen supplies come in handy, for these decorative cupcakes and bricks.

### For the Girls...Mud Cupcakes

#### Materials

Cupcake liners

Cupcake pan

Mud

Nature objects (we used berries, flowers, and pebbles)

Total Time Needed: 30 Minutes or less

#### Instructions

Simply place liners in a cupcake pan and fill them with mud batter, then decorate the cakes with natural objects, such as berries, flowers, and pebbles.



### For the Boys...Mud Bricks

#### Materials

Ice cube tray

Mud

Spoon

Total Time Needed: 1 Hour

#### Instructions

For a load of toy-size bricks, fill an ice cube tray with mud and compress each block with the back of a spoon. Depending upon the consistency of the mud, removing the bricks from the tray may be easier if they're first allowed to bake in the sun for an hour or so.



[www.familyfun.go.com](http://www.familyfun.go.com)

## BOOK OF THE MONTH

### Tuesday's Grace

By: Sara Howard



Josh and Sara were stunned when their plans for adoption suddenly turned into possible plans for a funeral. When the baby girl they were going to adopt was diagnosed with a life-threatening birth defect, the adoption process changed from hope to despair. In Tuesday's Grace: A Modern Day Miracle, readers will walk along with Josh and Sara as they journey through infertility, adoption, hospitalization, trials, blessings, and hope.

This true story captures life's roller coaster of emotions—from sadness and fear to peace and triumph. It's a story of friends, family, faith, and prayer that will give readers hope and encouragement, and the assurance that God is still performing miracles today.

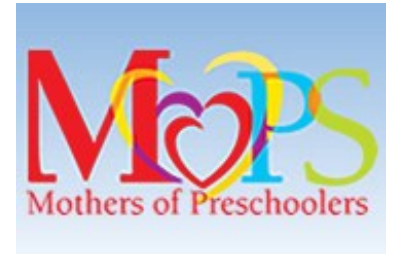
*\*\*Grace and her mom Sara are in our music class—a loving family with an amazing story to share, plus all proceeds go to a good cause... God gave us this story and our Miracle. With thanks, we are giving this back to God. Some orphans are blessed to have found their forever families; others have not. 100% of author profits from this book are being donated to Fidler's Farm for the future boys group home. For more information go to: [www.FidlersFarm.com](http://www.FidlersFarm.com)*

[www.encouragehope.com](http://www.encouragehope.com)

## PRAYER REQUESTS

- Angela Stoecklein is thankful for all the prayers for healing...she has her surgery scheduled! Please pray for her surgery in June.
- A friend of Angela's was recently diagnosed with ALS.
- Pray for all those affected by the horrible storms throughout the states this past week.
- Pray for everyone to have a fun and safe summer!

# Momology



*The year is coming to an end with only two meeting left! I cannot believe how quickly the year always goes by! It has been a fun and exciting year in our group—we have seen our group grow with new moms and new babies! I hope each and every one of you have enjoyed the year and found new friendships and a place you enjoy coming to share laughter and tears. Moms understand other moms and I love this group because you know that if you mention something to another mom about something going on in your life chances are they have been there or completely understand because they have*

*had a similar situation. Our group is such a loving and caring group of women who are there for each other through the good and the bad. Thank you all for being who you are!*

*I hope you all take advantage of the play dates over the summer and we will see you often. And before you know it another fun and exciting year of meetings will begin!*

**There will not be any newsletters over the summer but please keep updated through our Facebook page: Holy Spirit MOPS (Lee's Summit, MO) and our website:**

**[www.holyspiritmops.wordpress.com](http://www.holyspiritmops.wordpress.com)**

## MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 10am Harris Park Play Date	4	5 9:15am MOPS Meeting at Holy Spirit Catholic Church	6	7
8	9 10am Legacy Park Play Date	10	11	12 10am Lowenstein Park Play Date	13	14
15	16	17 9:30am De Anna Rose Farmstead Play Date	18 7pm MNO at Jose Pepper's in Lee's Summit	19 9:15am MOPS Meeting	20	21
22	23 10am Osage Park Play Date	24	25	26 10am Summit Park Play Date	27	28
29	30	31 7pm MNO at 54 <sup>th</sup> Street Bar and Grill in Lee's Summit				