

2011

February 2012, Issue 6



2012

Holy Spirit MOPS

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Ooh la la.... After getting back the work-out groove, we are all ready for a steamy Valentine's Day evening with our husbands, right? Or maybe we'll have a not-so-romantic Valentine's Day with the kids because sitters can be expensive and everybody's on a tight budget these days. Don't forget about the pre-school Valentine party that you've already started prepping for and heart-felt sentiments for the whole family. Is Valentine's Day lost or are we just growing wiser and broadening our definition of Cupid's holiday? Everyone has a different idea of what it means to love. Many books are dedicated to letting us know that our spouse really does love us, just in his own way. We love our kids even when we make them go to bed or do their homework and we muster up the courage to use "tough love" when necessary. We love through support, encouragement and education. This month, try to celebrate that love by throwing a candy heart in there too; because they're yummy, because your husband thinks it's corny but secretly likes the attention and because your kids will remember... and pass it on. -Angela Stoecklein

Spa Day "Thank You" -Christine O'Grady

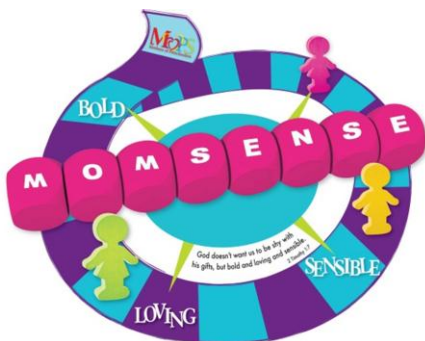
I want to recognize and sincerely thank the two businesses and three women who provided us with relaxation services during our Spa Day.

Sage Norbury, LAc, is with Summit Acupuncture Services LLC and her office is located inside of Summit of Health at 200 NE Chipman Road. She and Kim Shirk provided us with the fabulous acupuncture services. While many of us were skeptical and (let's be honest) nervous, the ear acupuncture we received was awesome and left us renewed and relaxed for the rest of the day. Acupuncture is beneficial for so many things besides relaxation and can be tailored to help you quit smoking or cope with chronic health issues among other things. You can learn more about Sage's services at www.summitacupuncture.com or by calling her at 816-554-4771. Kim works for Cornerstone Counseling in Lee's Summit as a Clinical Therapist. She may be contacted at her office by calling 816-525-5333.

Beth Kearns is the owner/operator of A Perfect Ten (or Twenty). Beth provided us with the fantastic chair massages! She first conceived the idea of a mobile salon and spa in 2005. Being the mother of a young child she realized the importance of convenience and flexibility. They will come to you or you can go to them in Overland Park. She and her employees provide all kinds of massage, manicure, pedicure, artificial nail, and airbrush tanning services. Beth's website is www.aperfect10or20.com and her phone number is 913-485-6264. Her website has a complete list of costs and services available. The best part is that they will do parties and have packages available, including a package featuring manicures and pedicures for little girls!

Song of Solomon 8:7

Many waters cannot quench love; rivers cannot wash it away. If one were to give all the wealth of his house for love, it would be utterly scorned.

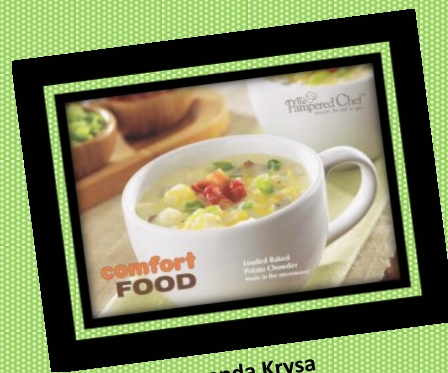




Sandy Kilkenny
816-786-2275
www.givemechocolatenow.com



Deena Steckly
816-645-2447
www.deenasteckly.mycelebratinghome.com



Amanda Krysa
816-812-5454
www.pamperedchef.biz/amandacooksforyou



“Thank You” to the Sponsors of Holy Spirit MOPS!!!



A Recipe for Game Day – Super Bowl Sunday, February 5th

3-3-3 Chili From Woman's Day

Sibling rivalry inspired reader Linda Arceo to make this full-flavored chili a winner. She and her older sister, Esther, have their own annual chili contest, and though the judges (their parents) always declare a draw, Linda is constantly refining her recipe. Last year she hit on this 3-3-3 combination—three meats, three beans, three peppers—and by George, we think she's got it!

-By Woman's Day Kitchen

Serves: 8 Total Time: 1 hr 45 min Prep Time: 45 min



Ingredients

- 5 slice(s) bacon, cut into ½-in. pieces
- 1 pound(s) beef chuck, trimmed and cut into ½-in. pieces
- 8 ounce(s) hot Italian sausage (about 2 links), casings removed
- 2 tablespoon(s) olive oil
- 1 medium onion, chopped
- Kosher salt and pepper
- 1 green bell pepper, cut into ¼-in. pieces
- 1 jalapeño (seeded, if desired), finely chopped
- 1 clove(s) garlic, finely chopped
- 1 28-oz can(s) crushed tomatoes
- 1 tablespoon(s) Tabasco sauce
- 1 tablespoon(s) chili powder
- 1/2 teaspoon(s) ground cumin
- 1 teaspoon(s) pickled jalapeño juice (optional)
- 1 chile de arbol pepper, crushed, or ¼ tsp cayenne pepper
- 1 15 ounce(s) can pinto beans, rinsed
- 1 15 ounce(s) can black beans, rinsed
- *Shredded cheeses (such as Muenster, Monterey Jack and/or Cheddar), sliced avocado and radishes, and tortillas, for serving

Directions

- Cook the bacon in a large saucepan over medium heat until crisp, 5 to 6 minutes. Transfer to a paper towel-lined plate.
- Add the beef to the pan and cook until browned, 6 to 8 minutes. Transfer to a second plate and set aside. Pour off any liquid and return the pan to medium heat. Add the sausage and cook, breaking it up with a spoon, until no longer pink, 4 to 5 minutes. Transfer the sausage to the plate with the beef.
- Wipe out the pan and heat the oil over medium heat. Add the onion and ½ tsp salt and cook, stirring occasionally, for 5 minutes. Add the bell pepper and jalapeño and cook, stirring occasionally, until the vegetables are just tender, 5 to 6 minutes. Stir in the garlic and cook for 1 minute.
- Add the crushed tomatoes, Tabasco, chili powder, cumin, jalapeño juice (if using), ½ tsp each salt and pepper, and 3 cups water and bring to a boil. Return the beef and sausage to the pan add the chile de arbol and simmer, covered, for 30 minutes.
- Add the beans and reserved bacon and simmer, uncovered, until thickened, 45 to 55 minutes more. Serve with the cheese, avocado, radishes and tortillas, if desired.

"How Sweet It is"
-James Taylor

"Come Rain or Come Shine"
-Billy Holiday
"Carrying Your Love With Me"
-George Strait
"I Will Always Love You"
-Whitney Houston

Love
Songs

"Time After
Time"

"Songbird"
-Fleetwood Mac
"But for the Grace of God"
-Keith Urban
"Say Once More"
-Amy Grant

HAPPY BIRTHDAY!!!

Stacy Snyder -Feb. 2nd Jill Ramos -Feb. 7th
Micah Clifton -Feb. 12th Virginia Bieszad -Feb. 18th
Melissa Wuennenberg -Feb. 21st

Showing Love to Children by Lisa Polovin Pinkus, BellaOnline's Moms Editor
www.bellaonline.com

Our children's sense of self and identity is majorly influenced by their feelings of being loved. Many families say the words "I love you" on a frequent basis, but – even more important than words – are our actions that express love.

"Love notes" are a wonderful way to help our children know that they are loved. The note can be as simple as a smiley face on a post-it note in their lunchbox or a note with a heart on it stating "I checked on you while you were sleeping" under their pillow. Leaving notes in random spots or writing a letter to your child telling him or her how highly you think of him or her will bring an extra smile to their day.

Your undivided attention sends a clear message of love to your children. Too often, we ask them to "wait one minute while I finish this", but a minute turns into an hour and our children stop waiting for us. When our children want to share something with us, it is important to them – even if it seems like rambling dribble to us. Let your children know you are listening by stopping what you are doing, looking them in the eye, and asking questions about what they are telling you.

Showing our children we love them even when we are angry with them may be difficult, but is a very important manifestation of love. Those moments allow us to model the proper expression of emotions. Statements like "I love you very much but am angry that..." will help your child learn that love is unconditional.

Research shows that we utter far more "negative statements" (don't do that; no; stop) than positive statements in a day. The same research tells us that positive communication reinforces good behavior, builds confidence in our children, and strengthens family ties. When your children are fighting over a toy, for example, try making a statement such as "You are both very kind and generous. You are also very smart. I think you might be able to solve this problem without the toy being taken away." Instead of yelling when my children are misbehaving in the car – I pull over and start reading the book I always carry with me (a trick I learned from my mom). Sometimes, no statement at all says more than yelling might say.

Having other loving relationships – with your spouse, your extended family, your friends – is key for showing your children other ways of expressing loving and caring feelings. When there is love around them, children feel loved.

Love provides our children with a solid foundation that contributes to and positively impacts their identity, their sense of self, and their self-esteem. Find unique and creative ways to show your children how much they are loved.

Yummy.....

*Our version of Rachael Ray's
5 Minute Fudge!*

-adapted from

www.foodnetwork.com

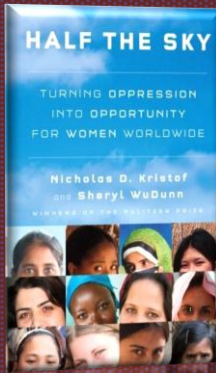
Ingredients

- 1 (12-ounce) bag Hershey's milk chocolate morsels*
- 9 ounces (1/2 of a 12-ounce bag) butterscotch morsels*
- 1 (14-ounce) can sweetened condensed milk*
- 1 teaspoon vanilla extract*
- 8-inch cake pan, lightly greased with softened butter*

Directions

- Place a heavy pot on the stove and preheat it over low heat.*
- Add chocolate/butterscotch morsels and milk then stir until morsels are melted and milk combined.*
- Stir in vanilla and remove fudge from heat.*
- Spoon fudge into pan. The fudge will set up almost immediately.*
- Chill covered in the refrigerator and slice fudge very thin when ready to serve, a little goes a long way.*





Half the Sky: Turning Oppression into Opportunity for Women Worldwide

-by Nicholas D. Kristof, Sheryl WuDunn
www.goodreads.com

From two of our most fiercely moral voices, a passionate call to arms against our era's most pervasive human rights violation: the oppression of women and girls in the developing world.

With Pulitzer Prize winners Nicholas D. Kristof and Sheryl WuDunn as our guides, we undertake an odyssey through

Africa and Asia to meet the extraordinary women struggling there, among them a Cambodian teenager sold into sex slavery and an Ethiopian woman who suffered devastating injuries in childbirth. Drawing on the breadth of their combined reporting experience, Kristof and WuDunn depict our world with anger, sadness, clarity, and, ultimately, hope.

They show how a little help can transform the lives of women and girls abroad. That Cambodian girl eventually escaped from her brothel and, with assistance from an aid group, built a thriving retail business that supports her family. The Ethiopian woman had her injuries repaired and in time became a surgeon. A Zimbabwean mother of five, counseled to return to school, earned her doctorate and became an expert on AIDS.

Through these stories, Kristof and WuDunn help us see that the key to economic progress lies in unleashing women's potential. They make clear how so many people have helped to do just that, and how we can each do our part. Throughout much of the world, the greatest unexploited economic resource is the female half of the population. Countries such as China have prospered precisely because they emancipated women and brought them into the formal economy. Unleashing that process globally is not only the right thing to do; it's also the best strategy for fighting poverty.

Deeply felt, pragmatic, and inspirational, Half the Sky is essential reading for every global citizen.

Prayer Requests



For the family of David Haberman (Virginia's father). May God help them through the grief of his passing and bless them with healing and comfort.

-Virginia Bieszad

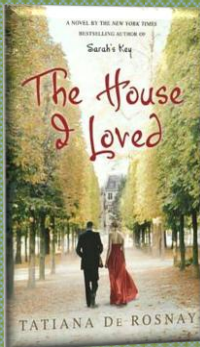
For my dad, who was diagnosed with a brain tumor right after Christmas. It is small, (pea sized), and they are 99% sure it is benign. It is slow growing, but it is resting on his auditory nerve. As a result he is losing his hearing. The options aren't good. He can have major brain surgery to remove it, or risk totally losing his hearing. Please keep him in prayers during this difficult decision making time.

-Lisa Chism

For our friends who lost their baby. They were about 34 weeks when the heartbeat could not be found and had to deliver the next day. Pray that God will help get them through this very difficult time.

-Angela Stoecklein

If you'd like our group to see your request here and pray for you or someone you know, email your prayer requests to Angela at jastek@hotmail.com.



The House I Loved By: Tatiana de Rosnay www.amazon.com

From the New York Times bestselling author of Sarah's Key and A Secret Kept comes an absorbing new novel about one woman's resistance during an époque that shook Paris to its very core.

Paris, France: 1860's. Hundreds of houses are being razed, whole neighborhoods reduced to ashes. By order of Emperor Napoleon III, Baron Haussman has set into motion a series of large-scale renovations that will permanently alter the face of old Paris, moulding it into a "modern city." The reforms will erase generations of history—but in the midst of the tumult, one woman will take a stand.

Rose Bazelet is determined to fight against the destruction of her family home until the very end; as others flee, she stakes her claim in the basement of the old house on rue Childebert, ignoring the sounds of change that come closer and closer each day. Attempting to overcome the loneliness of her daily life, she begins to write letters to Armand, her beloved late husband. And as she delves into the ritual of remembering, Rose is forced to come to terms with a secret that has been buried deep in her heart for thirty years. The House I Loved is both a poignant story of one woman's indelible strength, and an ode to Paris, where houses harbor the joys and sorrows of their inhabitants, and secrets endure in the very walls...



Never Too Little to Love author: Jeanne Willis illustrator: Jan Fearnley www.candlewick.com

Tiny Too-Little loves someone who's very, very tall, and Tiny wants a kiss. What if he stands on his tiptoes on top of a thimble? What if he stands on his tiptoes on top of a matchbox on top of a thimble? Clever cut-away pages show Tiny's precarious pile growing higher and higher, while the object of his affection stays just out of reach. When the teetering stack finally falls with a crash, will his hopes be dashed? How can a tiny mouse get the kiss he needs?

Educational Resources...

dese.mo.gov

- website dedicated to information about Missouri's schools, teacher requirements, accreditation, etc.

Helping Your Child Succeed in Public School: From Kindergarten to High School By: Cheri Fuller
-a "Focus on the Family" book with practical information to help your child succeed

Public

<http://missouri.educationbug.org/private-schools>
-here you can find listings of schools by name or county

<http://www.nais.org/about/index.cfm?ItemNumber=145880>
-resource for financing a private school education

Private

<http://thehomeschoolmom.com> -reviews on curriculum, organizational tips, newsletters, local resources, etc.

<http://www.homeschoolinfo.org>
-an easy to follow site that any parent will find useful for assessing your child's skills (minimum ads a plus)

Home

"No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."
(1 John 4:12)

Love through Teaching...

As loving parents, we teach our children as much as we can from the time they are infants. Sometimes we teach them without thinking about it and other times we try so hard we wonder how long it is going to take for them to learn. I remember contemplating homeschooling for our son's future and thought it might be better for him, though for us it's probably as financially unrealistic as private school. These days, I am so relieved to have my son in preschool I don't know how I ever thought I could have pulled off homeschooling... but still admire those who do. If you are one of those uniquely talented moms who is seriously considering educating her children at home, try dipping your toes in the water... there are more and more websites dedicated to the subject every day and blogs like ourpreschoolhomeschool.blogspot.com that will actually help you start with preschool at home -for free.
-Angela Stoecklein

MOPS mom, Jody Bergner, earned her Masters in Curriculum & Instruction at the University of Central Missouri and currently homeschools her children. Many families think about homeschooling but have questions or concerns, so I asked Jody to provide us with some helpful information.

If you are concerned about socialization...

-Studies of social adjustment and self-esteem indicate that home-educated students are likely to be socially and psychologically healthy (Montgomery, 1989; Shyers, 1992; Taylor, 1986). Homeschooled students tend to have a broader age-range of friends than their schooled peers, which may encourage maturity and leadership skills (Montgomery, 1989).

If you are concerned about academics...

-Test scores indicate that homeschooled children test well above average across the country regardless of income, race or the level of education of the parent.

If you are concerned about your child "missing out"...

-The majority of homeschooling parents have their children enrolled in various activities such as extra-curricular sports, music, art, etc.

-Many people believe that home schooling their child will make the student miss out on important rites of passage, such as prom or graduation. However, just about every homeschool support group in the country offers these same events for their members. There are group field trips, science fairs, spelling bees, yearbooks, graduations, proms and so much more.

There are also MOPS moms who have experience with some of the private schools here in Lee's Summit. A couple of private schools also have preschools that help you get a feel for the program and community.

If you have questions or concerns about Lee's Summit's public schools, try visiting the website (www.leesummit.k12.mo.us) or if your child is prenatal to pre-k, you can also get more information on the Parents as Teachers program by searching PAT on the website above or by emailingTeresa.Vick@leesummit.k12.mo.us.



GYMBOREE PLAY & MUSIC

316 SW Blue Pkwy, Lee's Summit MO 64063

816-525-PLAY (7529)

Gymboreeclases.com

When did you join MOPS and how did you find out about us? *February 2011. Someone in my christian circle told me to look you up on the internet.* If you could live in any sitcom, what would it be? *Not sure... but I do feel like I can relate to Reba.* How many children do you have (their ages, names, etc.) and do you hope to have more? *4 - Ashlee 15, Jeremia 12, Blaise 4, Landon 2. No more for me.* When did you last write a hand-written letter? *In December I wrote a letter to Rocky's grandma when I mailed her some letters. She has no computer or I would have emailed her.* What is your favorite type of play date? *The one where kids get along!!* If someone rented a billboard for you, what would you put on it? *Live every day to the fullest with God in your heart.* What was the biggest joy & biggest struggle with your first child? *Seeing her smile and hearing her laugh, I was so young and didn't know what I was doing so just about everything was a struggle.* Tell us something about YOU that has nothing to do with kids! *I danced for 13 years of my early life.* What is your earliest childhood memory? *Wow, not sure.....I would really have to say it would be of dancing. I remember trying to learn all the dance steps and I practiced all the time at home too.* If you could be a missionary, where would you go? *I would rather stay here and try to help out our own country.* If you had one hour of free time a day, how would you use it? *I would scrapbook!!!*



-Dawn Kuhlman



When did you join MOPS and how did you find out about us? *I joined in 2007 after I moved here from Texas. I learned of the group from the website. I love belonging to the group and feel so blessed by all of the dear friends I have made.* If you could live in any sitcom, what would it be? *I sadly don't get to watch much tv these days, so I don't know the current sitcoms.* The first show that came to mind was *Mad About You* because the husband and wife had such a great relationship and I would love to live in NYC for a while. How many children do you have (their ages, names, etc.) and do you hope to have more? *5 children: Blaise 7 years, Grant 5 years, Luke 4 years, Eve 2 years, Lorelei 10 months. I hope I am finished having kids but would joyfully accept more if that is God's plan. I was told I would never have kids, so I am extra thankful to be a mother.* What is your favorite type of play date? *Casual play dates that allow for the moms to meaningfully visit while the kids play.* Tell us something about YOU that has nothing to do with kids! *I speak German and have lived in Germany for 10 years. I was an Army Officer for 5 years and did such fun things as parachuting and rappelling. I have an MBA. My most embarrassing fact: I was a professional cheerleader.* If you could be a missionary, where would you go? *Bhutan. It has both a beautiful culture and country.*

When did you join MOPS and how did you find out about us?

On-a-Roll Scroll
by Catherine Newman
-Family Fun Magazine

Materials:
Colorful wrapping paper, Stickers, Tape,
Roll of candy

Instructions:

- To put a fun spin on your V-day wishes, cut a rectangle of colorful wrapping paper sized to wrap a few times around a roll of candy.
- Print your message on the paper's blank side (adding stickers if you like), then tape one end to the candy packaging.
- Roll the paper around the treat and secure it with a sticker.

Variations: "See you around!" "Let's rock and roll!"
"You're a lifesaver" (with Life Savers candy)



Crayon Hearts -from familyfun.go.com Both the Maurer family of Houston, Texas, and the Wianeki family of Barnegat, New Jersey, wrote in to tell us they wax romantic come Valentine's Day. The families gather crayon nubs and recycle them into swirly, useable valentines. We can't think of a better way to say, "I melt for you."

Materials: Crayon pieces, Heart-shaped metal cookie or muffin tin (our hearts are about 1 1/2 inches across), Scrap paper, Double-sided foam mounting tape, Scissors, Colored card stock, Marker

Instructions: -Heat the oven to 250°

- Fill each mold with crayon pieces and bake until the crayons melt, about 10 to 15 minutes.
- Tip: Place a sheet pan under the crayons to catch any drips.
- Once they're cool, remove the hearts from the molds and smooth any rough edges by rubbing them on a piece of scrap paper.
- Use small pieces of foam tape to stick each heart to a 3-inch circle cut from card stock, then add your message.

Suggested messages: "Have a happy Valentine's Day, for 'crayon' out loud!"
"Valentine, you make my heart melt"
"You color my world"



-Ann Rastorfer

More Get to Know...

When did you join MOPS and how did you find out about us? *I joined MOPS last year and was introduced to the group by Kim. It has been such a blessing to be a part of something like this where we are all in this together. How many children do you have (their ages, names, etc.) and do you hope to have more? I have two beautiful boys. Ethan is 4 1/2 and Eli is 2 1/2 and we are done having children. What is your favorite type of play date? I love park play dates where the kids can run off some of their energy and we can pack a lunch. My boys love to be outside. What was the biggest joy & biggest struggle with your first child? The biggest joy was holding him for the first time and now watching this little miracle grow up. The biggest struggle for me is that he is the first I have to let go. I have a hard time letting go so when the first day of preschool came I was a mess. Next year he'll be in kindergarten and that will really be difficult for me. Tell us something about YOU that has nothing to do with kids! I love putting on some headphones and playing my music really loud. What is your earliest childhood memory? I remember running around playing in our little house when I was about 5. If you had one hour of free time a day, how would you use it? I would love to read or workout more.*

-Jennifer Copelin

When did you join MOPS and how did you find out about us? *Fall of 2008—I found out through Church (I attend Holy Spirit). If you could live in any sitcom, what would it be? Modern Family, hands down. The show is hilarious and there's already 1 guy in it from the KC area—Erik Stonestreet. They are actually a very close family with all of the quiriness! How many children do you have and do you hope to have more? 1 girl—Elizabeth, age 4. Yes, we hope to have more. What was the biggest joy & biggest struggle with your first child? Biggest Joy—her precious sweetness and her silliness Biggest struggle—her troubles with sleeping since birth and all that comes with it.*

Tell us something about YOU that has nothing to do with kids! *If I had met my husband earlier in life we would have figured out a way to live and work in the Cayman Islands (they're always needing nurses!). What is your earliest childhood memory? Sitting in my crib while my mom pulled out a surprise new outfit for me—a little pink sunsuit with a bunny on it that I called my bunny suit. I have no idea how or why I remember this but I think it is my earliest memory! Even back then I loved clothes! If you could be a missionary, where would you go? Somewhere tropical. (Do you see a theme here?) If you had one hour of free time a day, how would you use it? Sewing for my little girl!*



⇒ Karen's creations.

-Karen Gregory



“Thank You” to the sponsors of Holy Spirit MOPS!!!



Amy Marnett
816-682-0057

<http://amymarnett.willowhouse.com>



Once you discover Just Between Friends, it will be an event you will never miss again! Join us as a consignor, volunteer or simply come shop!
jbsale.com



Great activities & events for kids & their families in the SE Kansas City area!
Sign-up for free e-newsletter!
<http://sekansascity.macaronikid.com>

Holy Spirit MOPS Upcoming Events

Meetings and Service Projects

February 2nd, 2012 9:30am-11:30am
-Speaker

February 16th, 2012 9:30am-11:30am
-Craft/Discussion

March 1st, 2012 9:30am-11:30am
-Mom 'n' Tot Fitness

MOPS Bake Sale! February 11th & 12th

After Masses at Holy Spirit Parish

Saturday (arrive at) 5:45

Sunday (arrive at) 9:15, 11:15

Mom's Night Out!

February 6th, 2012 7pm Chili's

February 24th, 2012 7pm Scrapbook evening
at Angela Stoecklein's
home

Play Dates February, 2012

3rd 2:30pm Jody Bergner's Home

7th 10am Spirit Zone

8th 10am Toddler Town

9th 10am Open Gym @Holy Spirit Parish

13th 9:30am Paradise Park

17th 10am Xtreme Gymnastics

21st 10am Spirit Zone

22nd 10am Space Bound (Belton)

23rd 10am Open Gym @Holy Spirit Parish

27th 10am Toddler Town

28th 10am Space Bound (Belton)

We are trying some new play dates and MNO events this month. Hope to see you there!

Don't forget to "like" us on Facebook:
Holy Spirit MOPS (Lee's Summit, MO)

<http://www.foodnetwork.com/recipes/rachael-ray>
<http://christianity.about.com/b/2009/01/23/bible-verses-for-valentines-day.htm>
<http://voices.yahoo.com/15-bible-verses-valentines-day-2488625.html?cat=41>
<http://familyfun.go.com/crafts/on-a-roll-scroll-973688/>
www.goodreads.com/book/show/6260997-half-the-sky
<http://www.amazon.com/House-I-Loved-Tatiana-Rosnay/dp/0312593309>
<http://www.candlewick.com/cat.asp?mode=book&isbn=0763622672&browse=Title>
<http://www.bellaonline.com/articles/art22315.asp>

Bake Sale!

Our MOPS Bake Sale will be held at Holy Spirit Parish after all Masses on the weekend of February 11th/12th. If you did not receive a sign-up request to bring items for the sale via email (we used SignUpGenius.com), please contact a member of the Steering Team. Let's make this fundraiser goooooood ;)

Better Moms Make A Better World

If you have any tips, a story to tell, an interesting website or an article for Mothers, please share!

Send newsletter material to Angela via email: jastek@hotmail.com.

Our meetings are held at Holy Spirit Catholic Church in Lee's Summit, MO. If you need more information on our group, please visit the church website at holyspiritcatholicchurch.net or call the parish office at 816-537-6990.