

2011

January 2012, Issue 5



2012

Holy Spirit MOPS

Ice skating, snowmen, hot cocoa, a fresh start, new goals, the afterglow of holiday gifts (aka, the kids have new things to play with/entertain them)... if I list all the good cheery things I can think of, maybe I'll trick myself into loving January. It's not so bad really, once I get past dreading it; kind of like Thank You cards. The sentiment is lovely, but it can be an overwhelming task after sending out Christmas Cards and all the other Holiday madness.



One year we skipped Thank You notes for anyone we'd said, "Thank You" to in person (Can we skip January too?). It made sense to us, but probably not to those who'd come to expect them. My husband and I both get so worried about what to say that we actually end up going a little over the top! Hopefully, by the time our son is our age, he'll be an old pro. If you're like me & save them for after the New Year, Tinygreenmom.com has some great tips to help get the kids involved. -Angela Stoecklein

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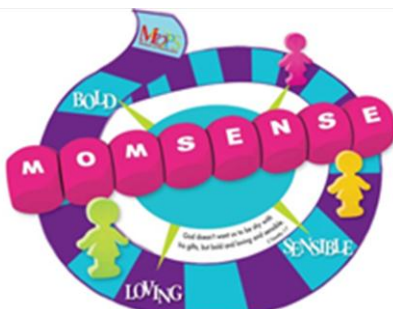
Karen Gregory *kgdive@kc.rr.com*

12 Ways to Help you Help your Child Write Thank-You Notes

-from tinygreenmom.com

1. Start a holiday tradition. Children do better when they know what is expected of them. An annual gift of stationery will set the stage. Focus your holiday on promoting your family's generosity and gratitude.
2. Schedule. Set aside a specific chunk of time, the sooner the better. The quiet day after Christmas day is often available.
3. Clerical support. Make sure the child has all the materials she needs and a place to work. That includes stationery, pens, return address stickers, stamps, and addresses.
4. Sugar coating. Add little extras to make it more fun, such as stickers, glitter, pretty envelopes, and interesting stamps.
5. Training wheels. Help them over the hard parts by supplying phrasing, steno service, models for capital letters. Some people like to help a very small child by taking dictation, or an older one by suggesting phrases. I recommend the 3-sentence structure; name the gift, mention the occasion, and express gratitude for the thought. Whatever gets ink on the page and into the mail.
6. Aspiration. Letter writing has the sophistication of grown-up behavior. Set a good example by portraying thank-you notes as something you like to do-you can't expect the child to be eager to write notes if you bad-mouth them as a chore.
7. Companionship. Sit down and write while the child writes.
8. Reward. Some parents like to set up a reward for completing the job such as earning television time, adjusted bedtime, or other treat.
9. Deadline/downside. Include some negative reinforcement. For instance, you can declare that she cannot play with a toy till it's thanked for. Other privileges can be

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Colossians 3:15

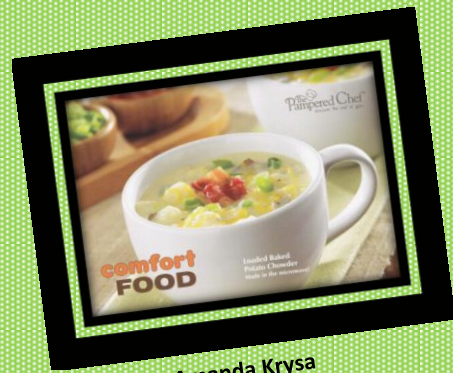
And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.



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



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



Amanda Krysa
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www.pamperedchef.biz/amandacooksforyou

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

Chicken Pot Pie Bundles -from mealmakeovermoms.com

Makes 6 Servings

Ingredients

- 1½ tablespoons canola oil, divided
- 1 large carrot, peeled and cut into 1/4-inch dice (about 1 cup)
- 1/2 small onion, cut into 1/4-inch dice (about 1/2 cup)
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast halves, cut into 1/2-inch dice
- 2 teaspoons chopped fresh tarragon or 1/2 teaspoon dried tarragon
- Pinch of black pepper
- 4 teaspoons cornstarch
- 3/4 cup frozen corn kernels, thawed
- 12 egg roll wraps (NOT the smaller wonton wrappers)



- 1/2 teaspoon kosher salt
- 1 cup all-natural chicken broth
- 3/4 cup frozen petite peas, thawed
- 2 tablespoons grated Parmesan cheese

Directions

Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently, until softened, about 5 minutes. Add the garlic, and cook 1 minute more. Stir in the chicken, tarragon, salt, and pepper. Cook until the chicken is no longer pink, about 5 minutes. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes. To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides. Place a generous 1/4 cup of the chicken mixture into each wrap, and sprinkle the Parmesan cheese on top. Fold the corners up and over the top of the filling and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle. Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.

Nutrition Information per Serving (2 bundles): 360 calories, 7g fat (1g saturated, 0.4 omega-3), 680mg sodium, 48g carbohydrate, 3g fiber, 24g protein, 70% vitamin A, 15% iron

Psalm 139:13

You made all the delicate, inner parts of my body and knit me together in my mother's womb.

Resolutions...

I'm going to do the same resolution that I do every year - Do something - anything, small or big - for someone else every day.
-Stacey Bertrand

My resolutions are: to incur more debt, drink more and gain weight (I like to stay realistic with my resolutions).
-Brandi Haas

HAPPY BIRTHDAY!!!

Karen Gregory -18th

Becky Craddock - 25th

Danielle Gose -27th

15 Tips to Restart the Exercise Habit (and How to Keep It)

-by Scott H Young

www.lifehack.org

It's okay, you can finally admit it. It's been two months since you've seen the inside of the gym. Getting sick, family crisis, overtime at work and school papers that needed to get finished all kept you from exercising. Now, the question is: how do you start again? Once you have an exercise habit, it becomes automatic. You just go to the gym, there is no force involved. But after a month, two months or possibly a year off, it can be hard to get started again. Here are some tips to climb back on that treadmill after you've fallen off.

- 1. Don't Break the Habit** – The easiest way to keep things going is simply not to stop. Avoid long breaks in exercising or rebuilding the habit will take some effort. This may be advice a little too late for some people. But if you have an exercise habit going, don't drop it at the first sign of trouble.
- 2. Reward Showing Up** – Woody Allen once said that, "Half of life is showing up." I'd argue that 90% of making a habit is just making the effort to get there. You can worry about your weight, amount of laps you run or the amount you can bench press later.
- 3. Commit for Thirty Days** – Make a commitment to go every day (even just for 20 minutes) for one month. This will solidify the exercise habit. By making a commitment you also take pressure off yourself in the first weeks back of deciding whether to go.
- 4. Make it Fun** – If you don't enjoy yourself at the gym, it is going to be hard to keep it a habit. There are thousands of ways you can move your body and exercise, so don't give up if you've decided lifting weights or doing crunches isn't for you. Many large fitness centers will offer a range of programs that can suit your tastes.
- 5. Schedule During Quiet Hours** – Don't put exercise time in a place where it will easily be pushed aside by something more important. Right after work or first thing in the morning are often good places to put it. Lunch-hour workouts might be too easy to skip if work demands start mounting.
- 6. Get a Buddy** – Grab a friend to join you. Having a social aspect to exercising can boost your commitment to the exercise habit.
- 7. X Your Calendar** – One person I know has the habit of drawing a red "X" through any day on the calendar he goes to the gym. The benefit of this is it quickly shows how long it has been since you've gone to the gym. Keeping a steady amount of X's on your calendar is an easy way to motivate yourself.
- 8. Enjoyment Before Effort** - After you finish any work out, ask yourself what parts you enjoyed and what parts you did not. As a rule, the enjoyable aspects of your workout will get done and the rest will be avoided. By focusing on how you can make workouts more enjoyable, you can make sure you want to keep going to the gym.
- 9. Create a Ritual** - Your workout routine should become so ingrained that it becomes a ritual. This means that the time of day, place or cue automatically starts you towards grabbing your bag and heading out. If your workout times are completely random, it will be harder to benefit from the momentum of a ritual.
- 10. Stress Relief** - What do you do when you're stressed? Chances are it isn't running. But exercise can be a great way to relieve stress, releasing endorphin which will improve your mood. The next time you feel stressed or tired, try doing an exercise you enjoy. When stress relief is linked to exercise, it is easy to regain the habit even after a leave of absence.

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JUMP into fitness with JumpSport Fitness Trampoline

by **WORKOUTMOMMY** on **NOVEMBER 14, 2011**

(Disclosure: I received a JumpSport Fitness Trampoline and DVDs at no cost for review purposes. I was not paid for this post, this is my opinion. It really is a tough workout that is FUN, FUN, FUN!!)

Fitness should be FUN, right? Well you cannot get much funner than the JumpSport The Fitness Trampoline!

I was very eager to try it out but my kids literally took it over for a few hours. At first I worried about whether or not it was safe for them, but after checking out the features (and seeing them bounce to their heart's content!), I realized it is very safe.

The exercise handle bar was perfect for my little ones to hold onto and the bottom has 6 arched legs which prevent it from tipping over. (and trust me, my 6 year old can bounce pretty high....it didn't wobble or tip once!)

I also have to admit that I didn't think it would be that challenging of a workout because it just looks like too much fun, right? Wow, was I wrong!

After doing the BOUNCE Camp DVD, my quads were screaming! I also didn't realize how much I was sweating because I was laughing too hard. (mainly because it was fun but also because my kids thought it was hilarious that I was bouncing on this trampoline!) They were cheering for me too, which was cute.

Here are my thoughts on the JumpSport, The Fitness Trampoline:

Pros:

FUN!

easy to do

minimal impact on your knees, hips, and other joints

can be done in front of the TV

reasonable cost

it will wear you AND your kids out! (a double bonus in my book!)

Cons:

It takes up space. It's hard for me to move room to room, so it's a permanent fixture in our family room. For me, that's not an issue but if you have a normal house, you might want to put it somewhere else.



Prayer Requests



For Dawn Kuhlman's father who passed away after his recent cancer diagnosis. Please keep Dawn, her father and their family in your prayers.

For our second semester of MOPS. Pray that we continue to find joy and support through the shared experience of mothering.

For all our members who are pregnant or are trying to conceive. Also, for any friends or family who are expecting.

Bless us, O Lord, and bless the time and seasons yet to come.

Teach us to number our days aright, that we may gain wisdom of heart.

And fill this new year with your kindness, that we may be glad and rejoice all the days of our life.

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11. Measure Fitness - Weight isn't always the best number to track. Increase in muscle can offset decreases in fat so the scale doesn't change even if your body is. But fitness improvements are a great way to stay motivated. Recording simple numbers such as the number of push-ups, sit-ups or speed you can run can help you see that the exercise is making you stronger and faster.

12. Habits First, Equipment Later - Fancy equipment doesn't create a habit for exercise. Despite this, some people still believe that buying a thousand dollar machine will make up for their inactivity. It won't. Start building the exercise habit first, only afterwards should you worry about having a personal gym.

13. Isolate Your Weakness - If falling off the exercise wagon is a common occurrence for you, find out why. Do you not enjoy exercising? Is it a lack of time? Is it feeling self-conscious at the gym? Is it a lack of fitness know-how? As soon as you can isolate your weakness, you can make steps to improve the situation.

14. Start Small - Trying to run fifteen miles your first workout isn't a good way to build a habit. Work below your capacity for the first few weeks to build the habit. Otherwise you might scare yourself off after a brutal workout.

15. Go for Yourself, Not to Impress - Going to the gym with the only goal of looking great is like starting a business with only the goal to make money. The effort can't justify the results. But if you go to the gym to push yourself, gain energy and have a good time, then you can keep going even when results are slow.

Make your own calendar!



<http://familycrafts.about.com/od/calendars/a/2012calendars.htm>

Free downloadable/printable 2012
Calendar



<http://www.flickr.com/photos/queenvannacreatations/2716367533/in/pool-52241179605@N01/>

Fun Paper Box Calendar with rotating
numbers



<http://lifehacker.com/5838900/craft-the-perfect-calendar-and-to-do-list-this-weekend>

Tips and links for creating effective
calendars and to-do lists

2 Corinthians 5:17

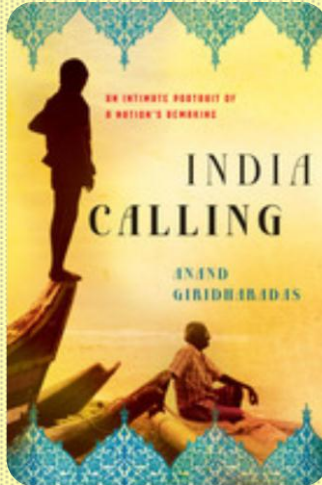
Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

India Calling: An Intimate Portrait of a Nation's Remaking

-by Anand Giridharadas

Review from www.csmonitor.com

To foreigners, "old" India was a poverty frozen, caste-driven country, equal parts tradition and corruption. "New" India means outsourced American jobs, fuzzy transpacific IT phone calls, and glitzy Bollywood films. When visiting relatives as a child, Anand Giridharadas, though the son of two Indian immigrants, didn't view the country much differently. It "seemed to function on low expectations and almost otherworldly powers of acceptance," he writes in India Calling.



On a college vacation, however, he feels a personal connection to his heritage for the first time. And so, just a few decades after his parents left India in search of a better life, the author returns for the same reason. He accepts a consulting job in Bombay, later becomes the first New York Times correspondent in the city, and eventually comes to understand the many intricacies of modern day India.

More important than its slowly growing economy, writes Giridharadas, is the way the country's citizens have changed their conceptions. No longer do they view their lives as stagnant. Indians are reinventing themselves – studying vocations outside familial expectation, marrying for love – and at the same time embracing the customs they once shunned. Giridharadas successfully uses his first-hand account of self-discovery to illustrate a larger picture of empowering change.



What a great idea!
January is the perfect time to start planning your year. Why not include tax preparation day and special family days too?

DIY Desk Calendar

-by LESLEY OMAN

This project can be found at:

<http://hungryheffycrafts.com/2009/08/make-your-own-desk-calendar-free-craft-class/>



GYMBOREE Play & Music

316 SW Blue Pkwy, Lee's Summit MO 64063
816-525-PLAY (7529)
Gymboreeclasses.com

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

I joined MOPS September 2011, my neighbor Stacey joined and spoke highly of the group. How many children do you have (their ages, names, etc.) and do you hope to have more? My husband Scott and I have one child, Liam. He will be 2 in March. We plan on having two or three children total. When did you last write a hand-written letter? My last hand written letter was to my Nana, maybe a year ago. She enjoys making homemade cards and we always try to respond with something hand written. What is your favorite type of play date? Anything outdoors and active, it's nice to have activities to slow Liam down for nap time! If someone rented a billboard for you, what would you put on it? I would probably give it to some local business or church that could use it.

What was the biggest joy & biggest struggle with your first child? *Child birth in itself was one of my biggest joys and struggles. It was such an accomplishment to protect and nourish the child growing in you for 9 months, it is such a selfless act and was at some points, personally a struggle. Seeing Liam grow daily, and being a major part of his learning is such an awesome experience. Being a mother is simply amazing, including the off days. Experiencing the overwhelming joy of this little life relying on me and loving me is such a blessing. Tell us something about YOU that has nothing to do with kids! I have a psychology degree and have spent most of my work outside the home, helping/working with people who have severe mental and physical handicaps. What is your earliest childhood memory? Going to the beach with my family. I am from the east coast, and have many fond memories of picnics on the beach. If you could be a missionary, where would you go? Anywhere, what an experience, no matter where you go. If you had one hour of free time a day, how would you use it? I would spend it online shopping, playing video games or hanging out with my husband.*

-Bethany McCarter



If you don't have a resolution, support someone who does! MOPS mom, Virginia Bieszad, is participating in a triple ½ marathon series and would like to invite anyone who wants to get back into shape this year to join her. Virginia is not going for a time goal, just to finish all races injury free and to receive the corresponding medals. She told us, "It is just a challenge for myself because I loved the Kansas City Half Marathon this past October. Running has just been phenomenal for my mental, spiritual and physical wellbeing." If you'd like to join Virginia or offer moral support, the race information is listed on Pg. 8.

String up a

few of these crystals, made of pipe cleaners and beads, and get ready for a flurry of compliments. For a cool twist, use silver pipe cleaners and pom-poms too.

Instructions:

1. Cut 6 pipe cleaners in half to create 12 pieces. Hold 11 pieces together and tightly wrap the last piece around the middle of the bundle, twisting its ends to secure it.

Materials:

- 12-inch white iridescent pipe cleaners
- Clear tri or sunburst beads
- Needle and Fishing line
- White iridescent pom-poms



2. Spread the pipe cleaner pieces into a starburst shape and thread about 5 beads onto each pipe cleaner half.

Using the needle, thread the pom-poms on the fishing line, then tie the snowflake to one end of the line.

-<http://familyfun.go.com>

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ried to saying thank-you, but should not trivialize the wonderful glow that comes simply from having expressed gratitude.

10. Imaging. Help the child remember the person with pictures, and remind her why the gift gave her pleasure by keeping it in sight. What if she did not like it? Help her imagine the letter on its way to the recipient. And make sure that person reinforces the child's good behavior.

11. Reciprocity. Help the child understand why a handwritten note is worth the trouble by sending her one yourself. Most children today do not receive letters in the mail, making this an unfamiliar experience. You can't expect a child to picture someone else's pleasure on receiving a handwritten note if she's never gotten one herself.

12. Work behind the scenes. Reassure the grandparent or other gift-giver that the gift arrived, the child liked it, and the thank-you note will get written. Try to keep the giver from putting the child on the defensive while the child masters the task.

These strategies also work for adults, helping the bride or groom, birthday celebrator, and recent graduate to do the right thing. A handwritten note is still the gold standard for saying "thank you."

***These tips are adapted from *The Art of the Handwritten Note*, by Margaret Shepherd, from Broadway Books/Random House.

Get to Know...

If you could live in any sitcom, what would it be? *The only sitcom that comes to mind is Friends, I haven't really had any time to catch up on the more recent ones.* How many children do you have (their ages, names, etc.) and do you hope to have more? *Chase is 2 1/2 years old and Daxton (aka Dax) is 10 months. We do have plans for the third, but not thinking about trying until end of next year.* When did you last write a hand-written letter? *The boys have 'colored' pictures that we have sent through the mail and I always type out my Christmas letter, so I would say an actual handwritten letter would have to be sometime around 6th grade.* What is your favorite type of play date? *I love the playdates where we just go over to a friend's house, it gives us women a chance to relax and chat while the kids entertain themselves.* If someone rented a billboard for you, what would you put on it? *I would probably put my photography business information on it. Free advertising! I'll take it!* What was the biggest joy & biggest struggle with your first child? *I would say the biggest joy was just becoming a mommy for the first time and being able to love someone you just met instantly.*



When did you last write a hand-written letter? *When I was 17. When my Husband and I were dating we used to write each other letters while he was in Texas for basic and Tech training. I may have written a few after that.* How many children do you have (their ages, names, etc.) and do you hope to have more? *I have one child, my daughter.*

Her name is Kaitlyn and she is 4 years old. I would like to have 2 more. If you could be a missionary, where would you go? *I would like to stay in the states and do something like fix up and old church or building with a group.*

What is your favorite type of play date?

Winter time I like the playdates held at the community centers, and during the summer I like the ones that are held at places with water. Tell us something about YOU that has nothing to do with kids! *When I was in High school a T.V. show called Roswell was filmed about 10mins from my house, in the town I grew up in. My friends and I would go down to the filming spot and watch them film. We even got to meet the cast, which was awesome!* If you had one hour of free time a day, how would you use it? *I'd go somewhere alone and have a cup of fancy coffee from Starbucks and listen to the sounds of nothing.*



If someone rented a billboard for you, what would you put on it? *Free cat to good home! ASAP! Because we really have a cat that we need to find a home for and have not been very successful. If there are any takers you know where to find me =)*

-Shannon Groesz

The struggle would be the lack of sleep by far! Tell us something about YOU that has nothing to do with kids! *I am huge in athletics. I played college volleyball and track and I am currently playing on a competitive adult women's club team here in KC as well as some other leagues.* What is your earliest childhood memory? *There are many childhood memories, but I think the one that stands out the most right now is my older brother and I playing baseball in the garage with the blue racket ball my dad hung from the ceiling to keep my mom from pulling too far forward. Anyways, we busted it off the rope a few times and sometimes we did it on purpose just to see how mad dad would get!*

-Becky Craddock

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Amy Marnett
816-682-0057

<http://amymarnett.willowhouse.com>



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jbf.com



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Holy Spirit MOPS Upcoming Events

Meetings and Service Projects

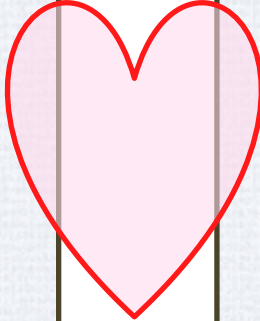
- January 5th, 2012 9:30am-11:30am
-Craft/Discussion (Bring t-shirts)
- January 19th, 2012 9:30am-11:30am
-Spa Day (Bring container with screw-top lid)
- February 2nd, 2012 9:30am-11:30am
-MOPS Meeting

Mom's Night Out!

- January 10th, 2012 7pm *Waldo's Pizza*
- January 20th, 2012 7pm *Jody Bergner's Home*

Play Dates January, 2012

- 4th 10am *Toddler Town*
- 9th 9:30am *Paradise Park*
- 10th 10am *Kid Zone*
- 12th 10am *Open Gym at Holy Spirit*
- 13th 12pm *CoCo Key Play Date*
- 17th 9:30am *Sylvester Powell Jr. Comm. Center*
- 18th 10am *Kid Zone*
- 20th 10am *Music with Mar*
- 23rd 10am *Jumping Jax*
- 26th 10am *Open Gym at Holy Spirit*
- 30th 9:30am *Little Monkey Business*
- 31st 9:30am *Paradise Park*



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

Heartland 39.3 Series
www.heartland393.com

<http://workoutmommy.com/2011/11/14/jump-into-fitness-with-jumpsport-fitness-trampoline>

<http://www.csmonitor.com/Books/2011/0120/3-good-books-for-January-reading>

<http://christianity.about.com/od/mothersday/qt/motherbiblevers.htm>

<http://www.openbible.info>

<http://familyfun.go.com/winter/winter-crafts/snowflake-crafts/sparkling-ice-crystals>

<http://www.cptryon.org/prayer/adx/xnyr.html>

Burns & McDonnell Rock the Parkway Kansas
City

1/2 Marathon and 5K

April 14th, 2012

www.rocktheparkway.com

HyVee Kansas Half Marathon

also a 10K and 5 K

April 22nd, 2012

www.kansashalfmarathon.com

Running With the Cows

kids run, 5k and 1/2 marathon

May 12th, 2012

www.runningwiththecows.com

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.