



January Birthdays

Sarah Roberts: January 6

Shiloah Dumler: January 19

Happy Birthday!

Our Upcoming Schedule

(Updated Monthly)

- **January 7, 2010:** Speaker: 30 Meals in a month, Emily Rhoden
- **January 21, 2010:** Craft
- **January 28, 2010:** Activity: Indoor Playground 10:00 am – 12:00 pm
– North Kirkland Community Center
- **February 4, 2010:** Speaker: Marriage, Martha Weiss
- **February 12, 2010:** Activity: Jounals
- **February 18, 2010:** Craft: Keepsake Boxes
- **March 4, 2010:** Craft: Clothespin Signs
- **March 18, 2010:** Speaker: Self-care, Brynne Burkhalter
- **March 25, 2010:** Activity: Bothell Fire Department Tour 10:00 – 11:00am
- **April 1, 2010:** Speaker: Aerobics, Wendy Tacey
- **April 15, 2010:** TBA
- **April 24, 2010:** Activity: Games & Dessert 7:00 – 9:00 pm - Evergreen Community Church
- **May 6, 2010:** Speaker: Home organization, Rebecca Stuhlmiller
- **May 20, 2010:** Activity: End of the year tea



Picture by: MOPS International

Sick Child Policy: When your child is sick, please use your best judgment & stay home from MOPS if your child has had a severe runny nose, severe cough, fever >100° F, diarrhea, or vomiting in the last 24 hours.

Your Steering Team

Mentor Mom

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Discussion Group Team

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MOPPETS Coordinator Team

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Cheryl deBoer - cheryl.deboer@comcast.net - 425-939-0828



Picture by: Amy Hanson

this issue

Proverbs 31: 10 - 31

The Message , Paraphrase of the Bible

by Eugene H. Peterson

Hymn to a Good Wife

A good woman is hard to find,
and worth far more than diamonds.
Her husband trusts her without reserve,
and never has reason to regret it.
Never spiteful, she treats him
generously all her life long.
She shops around for the
best yarns and cottons, and
enjoys knitting and sewing.
She's like a trading ship that sails
to faraway places and
brings back exotic surprises.

She's up before dawn,

preparing breakfast for her family
and organizing her day.

She looks over a field and buys it,
then, with money she's put aside,
plants a garden.

First thing in the morning,
she dresses for work,
rolls up her sleeves,
eager to get started.

She senses the worth of her work,
is in no hurry to call it quits for the day.

She's skilled in the crafts of home and
hearth, diligent in homemaking.

She's quick to assist anyone in need,
reaches out to help the poor.

She doesn't worry about her family when
it snows; their winter clothes are all
mended and ready to wear.
She makes her own clothing, and
dresses in colorful linens and silks.
Her husband is greatly respected
when he deliberates with the city fathers.
She designs gowns and sells them,
brings the sweaters she knits
to the dress shops.
Her clothes are well-made and elegant, and
she always faces tomorrow with a smile.

When she speaks she has something
worthwhile to say, and
she always says it kindly.

She keeps an eye on everyone
in her household, and
keeps them all busy and productive.

Her children respect and bless her;
her husband joins in with words of praise:
"Many women have done wonderful things,
but you've outclassed them all!"

Charm can mislead and beauty soon fades.
The woman to be admired and praised
is the woman who lives in
the Fear-of-God.

Give her everything she deserves!
Festoon her life with praises!

*As we set goals for ourselves, let's also celebrate
the unique ways we serve our families well.*

Check out:
www.proverbs31.org



Picture by: Microsoft Office Word

Evergreen Community Church - 3429 240th Street SE, Bothell, WA 98021 425-402-1773

Recipes for Rave Reviews

Cooking secrets to make you famous in your social circles around the family dinner table

Kalbi Marinade



Picture by: Amy Hanson

Ingredients:

2/3 cup soy sauce
3 Tbs water
3 Tbs honey
3 Tbs sugar
1 Tbs toasted sesame seeds
2 Tbs sesame seed oil
2 cloves garlic, crushed
1 tsp cornstarch
1 tsp red pepper flakes
1 tsp orange peel zest
2 Tbs green onions, sliced diagonally
4 lbs beef short ribs (or other meat)

Directions:

Combine all the sauce ingredients in a large bowl.

Dip each piece of meat into the sauce to cover it completely and lay it in a 9" x 13" pan.

Pour the remaining marinade over the meat, cover with plastic wrap, and refrigerate for 4 hours for best flavor.

Bake, broil or barbeque the meat until done. Enjoy!

Recipe care of Amy Hanson

Calling all cooks!

Got a recipe you want to share?

Email it with a photo to
amy@stamppad.org



Picture by: Microsoft Office Word

Celebrate Today!

Letting our kids share in our enthusiasm for life

January 3rd Drinking Straw Patented

Make unique bubble prints. Fill a shallow bowl with ¼ cup water, ¼ cup liquid dishwashing detergent, and 2 Tbs liquid tempera paint. Use a straw to blow bubbles in the liquid solution. As soon as the bubbles come over the top of the container, gently put a piece of white paper on the bubbles. Remove the paper to reveal your round bubble prints.



Picture by: Microsoft Office Word

January 8th Joy Germ Day

This is a day designed for you to share joy with others. Every time you hear the word *joy*, think: J = Jesus, O = Others, and Y = You. If we put Jesus first in our lives, then think of others, and then think of ourselves, we'll have a joyful life. Be contagious – spread positive germs to as many people as possible!

January 11th National Thank You Day

Many people help us out in life: family members, friends, neighbors, and others. Take time today to let these people know how much you appreciate them.

January 18th Winnie the Pooh Day

Celebrate Pooh and his loveable friends Piglet and Eeyore. Today is the birthday of A.A. Milne, author of *Winnie the Pooh* and *The House at Pooh Corner*.

January 31st Inspire Your Heart with Art Day

Use this day to experiment with various forms of art. Mix a batch of vanilla pudding, and divide it between bowls. Add 2 or 3 drops of food coloring to each bowl, giving you edible finger paint. Use a paper plate for your "canvas."

This excerpt is from [Everyday a Holiday: Celebrations for the Whole Year!](#) by Silvana Clark.

Did You Catch That?

The Jan/Feb issue of *MomSense Magazine* included two articles that should not be missed. So why not take a moment during naptime, nurse-time, time-out, or lights-out to relax and read.

Parenting Your Opposite by Dr. Henry Cloud & Dr. John Townsend, page 13

"... How do you parent a child whose personality traits are opposite of yours?"

Why I Bought the Pink Sparkly Princess Shoes by Jennifer Gregory, page 29

"... Then it hit me. Next year she might not think that the princess shoes were the coolest thing in the world."

Chore Charts for Non-Readers

Materials:

- Sturdy cardstock in your child's favorite color
- Double-stick tape
- Magazines, Retail Ads, & (Pottery Barn Kids) Catalogs
- Large magnets printed by businesses, like those on the Yellow Pages

Directions:

Together with your child, cut out pictures of clothes, toys & stuffed animals to represent items that need to be picked up daily. Cut out pictures of beds that have been made, simple table settings, and children brushing their teeth. Using the double-stick tape, stick little groups of pictures onto the cardstock. (Four chores on a page may be plenty to start with.) Talk with your child about the chore each section of pictures represents. Using more double-stick tape, attach the magnets to the back of the chart and press firmly. This chart can be hung on the refrigerator as a colorful, wordless reminder of the tasks your big kid is capable of. Remember to give praise, & incentives/rewards for a job well done.

List Lady

Tidbits to becoming a slightly better woman

5 Resolutions You Just Might Keep

Instead of: I'm going to loose 20 pounds.

TRY: Whenever I can, I'm going to choose to eat healthful food instead of junk.

Instead of: I'll go to the gym for two hours every single day.

TRY: For half an hour five days a week, I'll do something, even if it's just dance around my living room.

Instead of: This year, I will finally write that novel/paint that masterpiece/move to France.

TRY: This month, I will sign up for a class in writing/painting/French.

Instead of: I'm going to stop spending money on clothes and restaurants.

TRY: I'll make a budget for clothes and restaurant spending and I'll stay within that.

Instead of: I will hereafter never ever loose my temper with my family.

TRY: Before I loose my temper, I will take a deep breath, count to 100, and leave the room for at least three minutes. And then if I'm still mad, I'm going to let it rip!