



MomSense– What’s Your Game Plan?

Welcome to the 2011-2012 MOPS year! We are so excited to have each of you here and can't wait to get the year underway. This year, we will explore our MomSense – pairing mom intuition with common sense. Our theme verse is from 2Tim 1:7 “God doesn't want us to be shy with our gifts but bold, loving and sensible.” God has equipped us to be moms and we will explore ways to develop bold, loving

and sensible mothering strategies. We have a great line up of speakers that covers a range of topics to help us become better moms and grow our MomSense.

We are both starting our 4th year of MOPS. As we look back over the years, we realize that MOPS has been a place to find friendship, community, resources and support as a women and mothers. The support of new friends and older friends is how we survive and cherish our days as moms of pre-schoolers. We desire to make MOPS a place where moms can feel safe, connect and supported.

All of us are in various stages of our mothering journey.

Some are at the very beginning learning about their newborn, some are chasing toddlers, while others have pre-school, school aged or grown children. The collective wisdom within our group is amazing; we have so much that we can share with each other! Every Friday when we meet, we will come together to share our stories, laugh, cry, learn something new and most importantly support and encourage each other.

We feel so blessed to have each of you here with us in MOPS and we look forward to a great year on this mothering journey!

~Kristin & Paige



The start of the school year has been a welcomed, yet challenging change at our house. Preschool begins this year at 8:30am for my five-year-old and for the first time since 2006, I've had to set an alarm to give myself a jump-start on the day. Within a half hour of getting up, I have three little boys who need breakfast, clean clothes and a lot of encouragement to get out the door in a timely fashion. Spills, temper tantrums, and blow-outs only add to the chaos of the morning. I'm sure as mothers of young children, you can all relate!

I enjoyed the article in the July/August issue of Health, Relax Your A.M. Routine. According to Christine Louise Hohlbaum, author of The Power of Slow, “The way you

start your morning informs the way you spend the rest of your day.” In other words, if we begin our days at breakneck speed, we are more likely to feel frazzled and zapped by mid-afternoon. Here are some recommendations to help make the am less hectic:

Get a head-start: “Every little task you can get done the night before can save you a world of stress the next morning,” Hohlbaum says. That means laying out what you are going to wear (down to undies and bangles), making school lunches and setting the coffee maker on “auto brew.”

Wake up serenely: Being jarred out of bed by an alarm clock “raises your pulse from a resting

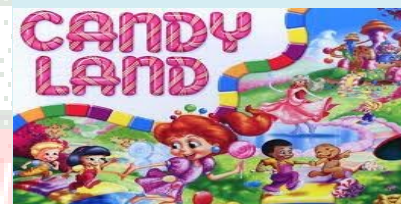
to an alarmed state,” Hohlbaum explains. Instead, awaken peacefully with an alarm clock that simulates nature.” (I'm sure this is laughable to those of you with newborns, but sooner or later it will be applicable. Hang in there!).

Strike a pose: Before you jump out of the shower, work in a good stretch. “Clasp your hands above your head, inhale deeply and then, on the exhale, stretch,” Hohlbaum advises. It will give you a chance to pause and approach the day with a sense of calm.

Wishing you all a happy and RELAXING 2011-2012 school year!

Contributed by Leigh Havelick

Beaverton MOPS September 2011



MOPPETS Corner

Date: October 14, 2011

Topic: Frightening Fears

Description: Preschool children will recognize they don't have to be afraid because God protects them.

Scheduled in MOPPETS: Lindsey Pierson, Melanie Nygaard, Tracy Welch, Adeana Johnsen

Date: October 28, 2011

Topic: God Keeps Me Safe

Description: Preschool children will learn about safety and ways God helps keep them safe.

Scheduled in MOPPETS: Jennifer Fossatti, Leah Johanson, Barbara Bliss, Eileen Atienza

New MOPPETS!

Jedidiah, born to Susan & Lowell List on June 17.

Ava Sofia, born to Kathleen & Aaron Hicks on August 26.

Meet The MOPPETS Staff



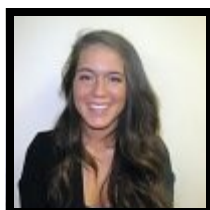
Emily Leder,
Middle Nursery

Where have you worked with children? "I have volunteered and worked

for 12 years at Sunnyside Foursquare Church and Sunset Presbyterian. I enjoy watching the kids grow and change."

What are some of your hobbies? Emily is very creative! She enjoys singing, acting, reading and writing.

What is your favorite food? Emily must count down the days to St. Patrick's Day; her favorite food is corned beef and cabbage.



Kirsti Johnson,
3 y.o. classroom Asst.

If you had a day to yourself how would you spend it?

"Outside!" Kirsti would fill her day with hiking, swimming, kayaking and camping. Kirsti is quite adventurous!

What are your favorite foods? "I love fruits and veggies! My favorite drink is Starbucks iced chai tea." Yum!

What do you enjoy most about child-care? "Being able to expand the children's knowledge and growth through play."



DeAnna Leder

Do you have any children? "Angie is 23, married and

expecting her first child; our first grandchild. Emily is 21 and living at home while she attends college at PCC-Sylvania." (We are blessed to have this mother-daughter team on our MOPPETS Staff).

How did you spend your summer? "My kids planned a surprise birthday party (for me this summer) and had my sister manipulate me out of the house for a Starbucks. It was the day before a week-long church camping trip that I was packing for. (When we got back from Starbucks) I walked into 30 people in my 2-bedroom house and all my organized camping food and gear were set in a pile on the carport. I was up until 2 a.m. resorting but I felt very loved."

If you had a day all to yourself how would you spend it? "Laying in the sun by a pool!"



Gillian Canada,
2 1/2 y.o. classroom

Where did you grow up? "Near Chicago, IL- cartching lightening bugs on summer evenings."

If you had a day all to yourself how



would you spend it? "I would sleep in, work out, catch up on reading and my DVR, do yardwork and then I would make a delicious dinner and have friends over."

Do you have any children? "Not yet, but we have a 'dog-daughter'."



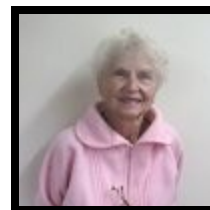
Sandy Perkin

Where did you grow up? "Here, in Raleigh Hills. I grew up next to Alpenrose Dairy."

Sandy also has fond memories of their cabin at Mt. Hood. She enjoys hiking in the mountains.

How did you spend your summer? "My 3-year-old granddaughter, Meila Marie, and her dad, my 27-year-old son, moved in with us 3 months ago." Sandy also spent her summer gardening and garage sale shopping.

Where have you worked with children? "I started at Sunset 25 years ago when my son was 2."



Dorothy Benson

Where have you worked with children? Dorothy has worked at Sunset Presbyterian and

Upcoming Speakers

October 14th

Topic: Parenting/Discipline

Speaker: Dr. Adrienne Ochs

Dr. Adrienne Ochs returns to MOPS once again to speak to all moms on the importance of consistent discipline with our children.

October 28th

Topic: Personal Safety

Speaker: Julie McCloud

Julie McCloud, a Crime Prevention Specialist from the Washington County Sheriff's Office, will speak to the group about keeping ourselves and our children safe while out and about with all our "mom gear."

November 11th

Topic: Creating Traditions

Speaker: Leslie Hanscom, Owner of Gymboree Music and Play

Leslie will discuss ways to create family rituals and traditions throughout the year by sharing her own experiences as well as those gleaned from others.

MOPPETS Staff continued...

Beaverton Church.

What are some of your hobbies? Dorothy enjoys gardening and in her free time. When she's not playing in the garden, Dorothy enjoys reading.



Kayla Lange,

Satellite Nursery w/ 1 & 2's

What are some of your hobbies? "Some of my hobbies are listening to music and acting. My favorite type of music is hip hop."

How did you spend your summer? "I spent my summer working at my job at Dairy Queen. My grandparents came over for my graduation. Recently, I went to the Selena Gomez concert."

What do you enjoy most about childcare? "What I enjoy most is watching them learn. I have 3 siblings that are younger than me so I have been around them my whole life." Kayla says that her siblings have definitely changed over the years as they grow up!



Amanda Lilley,

Front Nursery Babies

What do you enjoy most about childcare? "I enjoy the fun personalities of children and doing activi-

ties with them."

What are some of your hobbies? Amanda enjoys cooking. Her perfect day would include watching cooking shows on tv, then going to cook something she learned. Her favorite food is pasta.

What do you do in your free time? "I like to run." It's a great way to burn off calories from that delicious pasta.



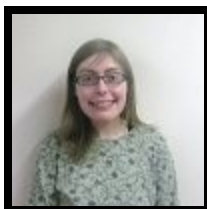
Cara O'Donnell,

Back Nursery Toddlers

What do you do in your free time? Cara enjoys art, sculpting, reading and fencing (the sport). This

summer Cara moved back to Oregon from Montana, where she lived for 5 years.

Any fond childhood memories? "Most of my fond childhood memories are caving or running around in the forest." Even as an adult, Cara love to spend the day caving with friends.



Kelsey Farrell,

4-6 y.o. classroom Asst.

What do you enjoy most about child-

care? "My favorite thing about working with children is getting to observe and participate in their growth as individuals. I also love the kids' enthusiasm, creativity and infectious optimism." Kelsey has volunteered with our MOPPETS program for the past two years and is very excited to be back!

What are some of your hobbies? Kelsey is musically inclined. "I really enjoy playing the piano and listening to music." Her favorite music is country, classic rock and classical music.



Gretchen Dumestre,

Back Nursery Toddlers

Do you have any children? Gretchen is the mother of two 8th graders: a boy and a

girl. "Being a mother keeps getting better and better so far. I love watching them grow, develop and I live vicariously through some of their activities."

How did you spend your summer? Gretchen made sure she was busy this summer with many trips including Colorado, Holden Village, Wallows, the San Juan Islands and Girl Scout camp! Whenever she had free time she was sure to fit in running and hot yoga.

More MOPPETS Staff in our next issue..

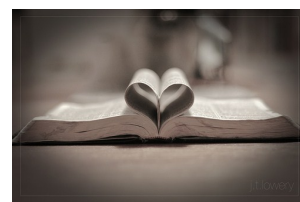
MOPS Fundraising with Fall Movies!



We will be selling tickets again for the annual Fall Family Matinee Program presented by Valley Cinema. Children will be admitted to all 10 movies for only \$9.00, just 90 cents per movie! Parents accompanied with children holding season tickets are FREE, and MOPS receives \$3 for every ticket sold!

Matinees start on 10/15 and will be shown each Saturday and Sunday at 9:30am, 12:00 noon and 2:30pm, with an additional showing on Sunday at 5:30pm. Showings on Monday and Tuesday are at 4:00pm and 6:30pm.

Featured movies: Mr. Poppers Penguins, Kung Fu Panda, Rio, Cars 2, Winnie the Pooh, The Smurfs, Diary of a Wimpy Kid 2, Zookeeper, Rango and Hop. See **Mara Adams at the PINK table to buy tickets and support our MOPS program!**



MOPS Moms' Bible Study

Starting October 12
6:15-7:15 p.m.

St. Matthew Lutheran Church
Childcare available. Children must be registered with the nursery or WOW activities.



MOPS
Bulletin Board

September Birthdays

Alisha Senger: Sept. 6
 Nicole Norby: Sept. 14
 Sarah Holmes: Sept. 16
 Eileen Atienza: Sept. 22
 Cheri Dyk: Sept. 22
 Riley Grun: Sept. 30



October Birthdays

Doneta Bradford: Oct. 5
 Colbie Lusted: Oct. 28





Outside Activities

Date Night! Thurs, Oct 6, 2011, 6:30–8:30 p.m.

Our first MOPS & POPS date night will soon be upon us! The evening begins at 6:30 with dessert followed by Royce Sullivan joining us from 7:00-8:15 to speak on the topic of "Love and Logic." Royce taught in an inner-city school for 8.5 years and then became a counselor in 1978. She received her Love and Logic training at the L&L Institute in 1992 and has been teaching it ever since. In 40 years of education, she has never practiced a program for parenting or teaching that is so effective and is actually fun to learn and implement. Royce loves raising responsible kids!!!

So come join us for a night out with your POP, good conversation, dessert and a little bit of parenting advice from Royce! Cost is \$10/couple and childcare will be available for \$8/child or \$15/family. Please pay **Mara Adams** at the **pink table** at our first MOPS meeting or drop it in the MOPS box at church for childcare and the event **by Sept. 30**. Looking forward to seeing you there!

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	 Date Night 6:30–8:30 p.m.	7	8
9	10	11	12	Bible Study 6:15-7:15 p.m.	13	14
16	17	18	19	Steering Meeting 6:15 p.m.	20	21
23		24	25	26	27	28
30	31		Bible Study 6:15-7:15 p.m.		MOPS Meeting 9:00-11:30 a.m.	29