

In the Loop



"...how wide and long and high and deep is the love of Christ." Eph. 3:18

"Tea and Testimony"

With Capshaw MOPS mom Tara Cagle

MOPS
at
Capshaw Baptist Church
Harvest, Alabama

April 16, 2009

Mothering Preschoolers
Offering support and encouragement
Pursuing God's love through relationships
Striving to meet needs of moms



WELCOME, new moms

Shawna Roberts and Braxton, 15 months.
Beth Pearson and James, 3 months.

Congratulations . . .

. . . to MOPPETS worker Lynda Thornsberry, winner of last meeting's door prize.

Thank You . . .

. . . to the Dunk Tank Divas, Game Booth Girls, and Mega Coaster Mamas for the delicious Italian meal at the April 2 meeting.
. . . Sascha for heading up the Cadence Card Project for military children. With her help, 30 card kits will be sent to MOPS International for distribution at Fort Hood, Texas.



Craft helpers needed

We are so excited that MOPS and MOPPETS are growing, but we need your help to keep things operating smoothly. A couple of helpers are needed in MOPPETS to help set up and carry out the craft. If you can help, please let Renetta know.



WHAT'S AHEAD

Saturday, April 18 -- Spring Shopping Bazaar from 10 a.m. to 5 p.m. at Walden Clubhouse on Walden Glen Road (off Browns Ferry Road, between Balch Road and County Line Road). A variety of vendors (including Tupperware, Thirty-One bags, Mary Kay, and some of our MOPS moms showcasing their creations) will be available to help make your Mother's Day shopping easier, or bring a friend and enjoy some shopping for yourself.

Saturday, April 25 -- Our MOPS group will have the opportunity to host the 2009 MOPS Summit, "You True" from 8 a.m. until 4 p.m. This simulcast will be broadcast live from MOPS International in Denver, Colorado. Other MOPS leaders and moms from North Alabama will be attending. If you have never had the chance to attend the MOPS Convention or don't you think you will be able to in the future, then you don't want to miss this chance. This is probably the next best thing! **Same-day registration is available, so it's not too late to change your plans.**

Thursday, April 30 -- **Bumper Car Beauties, Ferris Wheel Friends, and Popcorn Princesses** will host the newcomer lunch for new MOPS moms at 10:30 a.m. in the Fellowship Hall. Anna Rink will contact all new moms and host groups with details.

Thursday, April 30 -- Moms' Craft Night will be led by Sascha, starting at 6 p.m. in the Fellowship Hall. We will make magnetic memo boards. A supply fee of \$7 is required in advance. Go to <http://mopsatcapshaw.wordpress.com> to register. Child care is not available.



Saturday, May 2 -- Celebrate Mama! event will take place at Bridge Street inside the Westin Hotel from 11 a.m. until 4 p.m. This will be a unique day to celebrate motherhood with numerous vendors featuring products and services for moms. North Alabama MOPS will have a booth to represent all MOPS groups in the area. We will pass out brochures and tell other moms about MOPS. If you can spare an hour or two to help in this outreach opportunity, it would be greatly appreciated. The Great Moms Walk will be from 9 to 11 a.m. Decorate strollers or wagons with streamers and balloons and walk around the track at Bridge Street. Pledges/donations can be made to support Sav-A-Life Crisis Pregnancy Center of Limestone County. All moms and their families are welcome to come and walk. See Beth Trees for more information.

Monday, May 4 -- MOPS day at Huntsville Botanical Gardens. Join us at 10 a.m. for a morning of exploring the Big Bugs display. MOPS will receive a discounted entry fee of \$5 for moms and \$3 for children over 3 years of age. Feel free to pack a picnic lunch.

Thursday, May 7 -- MOPS meeting begins at 9:30 a.m. Heather Vader, family services coordinator at United Cerebral Palsy will be discussing developmental milestones in children and available help for concerned moms, We will play, "Are you Smarter Than a Preschooler?" The **Bumper Car Beauties, Carousel Cuties, and Game Booth Girls** will provide the meal. Our outreach project, the children's book drive, will continue.

COORDINATOR'S Corner

With Capshaw MOPS Co-Coordinator Emily McKay



An Answered Prayer

As I was preparing for Easter this past week, I was overcome by how truly awesome God is. Each time I read or hear the Easter story, I am reminded that God always has a plan, and that each plan unfolds in God's perfect timing. I love to think back over my life so far, and remember how God has provided just what I needed, at just the time I needed it. I can't do that without thinking about MOPS.

At the time my son was born, I had been working full-time since I graduated from college. All of my friends were from work, all of my neighbors worked, and I didn't know anyone who stayed at home with children. Suddenly, I found myself at home full-time with a newborn. I was thrilled at first, but it didn't take long before I began to feel overwhelmed and alone. I prayed that God would help me, because I knew that I wanted to be home with my son, but it just wasn't always the magical experience that I had envisioned.

As I was dropping off my gas bill one day, the lady at the window casually mentioned a new group for moms that someone was starting at her church--Capshaw Baptist. I went straight home and immediately called the church office, getting all the information about this group called MOPS (Mothers of Preschoolers). I felt as if God was speaking to me, saying, "This is what you need. This will help you." As the day of the first meeting came, I was both nervous and excited. I began to realize that God *had* answered my prayer. I met other women who were like me; I connected with people who were sharing a common experience. Kind, Christian women took care of my child for a couple of hours, while I got to talk and laugh with other adults. I even got to make a craft. I felt like myself again.

A little over a year later, we moved to another state, and God once again led me to a MOPS group, and then to yet another that was even closer to my new home, helping me to make friends and adjust to our life in a new place. Through the years, MOPS has helped me grow as a mom, allowed me opportunities to lead, and provided me with the chance to reach out and help other moms. There will always be a special place in my heart for MOPS, and it will always serve as a reminder to me that God is ever faithful, and that He *will* answer prayers.



MOP-portunities

- ✓ **Our April outreach focus** is a book drive for local waiting rooms. If you'd like to participate, bring gently used or new children's books to the next MOPS meeting on May 7. These books will be tagged with a MOPS label and delivered to various locations to keep children entertained while in waiting areas. Let Renetta know if you can suggest a place to drop off books.
- ✓ **Keep saving your sticky tabs** from Papa John's and turn them in at the next MOPS meeting.
- ✓ **Remember to collect** light bulbs and empty glass jars for MOPPETS crafts. Just bring them to the next meeting and drop them in the MOPS box in the Education Building.



From the Kitchen

Italian Sub Soup and Garlic Toast Floaters

Made by Stacy Smith for the April 2 meeting

Ingredients:

2 tablespoons extra-virgin olive oil (two turns of the pan, plus 1/4 cup for croutons)
3/4 pound (about 3 links) hot or sweet Italian sausage, split, with meat removed from casing
1/4 pound piece stick pepperoni, diced
1 ham steak, diced (about 1/2 to 3/4 pound)
1 green bell pepper, seeded, quartered, and sliced
1 medium yellow onion, peeled, quartered, and sliced
1 (15-ounce) can diced tomatoes
Kosher salt and freshly ground black pepper
6 cups chicken stock
1/2 pound gemelli pasta or other short-cut pasta
5 cups cubed crusty bread
3 large cloves garlic, cracked from skin
1/2 cup grated Parmigiano-Reggiano
1 teaspoon crushed red pepper flakes
1/2 teaspoon dried oregano
2 bunches arugula, trimmed and coarsely chopped (about 4 cups)

Instructions:

Place a soup pot or deep-sided skillet on the stove top and preheat to medium-high heat. Add olive oil (two turns of the pan) and the sausage.

Brown and crumble the sausage, drain off excess fat if necessary, then add the ham and pepperoni. Cook meats together 2 minutes, then add peppers and onions and cook 2 or 3 minutes more. Add diced tomatoes and season with salt and

pepper. Add chicken stock and bring soup to a boil. Stir in pasta and cook for 8 minutes. Make croutons while pasta cooks.

In a large skillet, heat about 1/4 cup of olive oil (4 turns of the pan) over medium heat. Add garlic and cook 1 minute. Add bread to garlic oil, toss, and toast the cubes 5 or 6 minutes. Season the toasty cubes with red pepper flakes, oregano, and lots of grated cheese.

Stir arugula into soup just before you serve it up. Ladle up the soup and float several toasty garlic bread cubes in each bowl.

If you would like to share an announcement, recipe, or information about an upcoming event for *In the Loop*, please contact Amy Blakely at ablakely@knology.net.

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