

# In the Loop



**“The Hall of Mirrors”**  
With Mentor Mom Barb Porter

**MOPS**  
Capshaw Baptist Church  
Harvest, Alabama

**May 21, 2009**

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



**WELCOME, new moms**

Renaë Watson and Derron, 3.

**Thank You . . .**

. . . to the Ferris Wheel Friends, Snack Shack Sisters, and Popcorn Princesses for the delicious lunch at the April 16 meeting.  
. . . to Anna Rink and the Bumper Car Beauties, Ferris Wheel Friends, and Popcorn Princesses for hosting the newcomers luncheon on April 30.  
. . . to Sascha for organizing and leading the craft night April 30.  
. . . to everyone who donated books for our book drive. The books will be delivered in June. If you would like to help or suggest recipients, please contact Renetta.

## How Are We Doing?



If you have a chance today, please fill out a Spring Evaluation Form. Your comments and suggestions will help us as we make plans for the Fall 2009 semester. If you run out of time today, you can mail the form, following the directions on the back. We love to hear from you!



## THE SCOOP

MOPS International has officially launched a new MOPS ministry, *MOMfluence*, for mothers of school-age children. Visit [www.MOPS.org](http://www.MOPS.org) for information.

MOPS International is once again organizing a photo contest for moms. This year's categories are mom and child, child only, family fun, and mom-friends photos. Enter a picture that shows your child's unique and adorable qualities, or send one that reflects the bond between you and your child. Send a funny, unusual, touching, or goofy family photo. You could even send a picture that depicts the special friendship you share with other moms. MOPS encourages photos from all seasons and holidays. **This contest is open through June 30.** Go to [www.mops.org](http://www.mops.org) for details.



## What's Ahead

**Tonight** -- Dish Towel Tupperware party at the home of Renetta Howell at 6:30 p.m. Bring your worst-looking dish towel and learn how to make a great family dinner in 30 minutes.

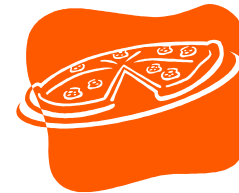
**Thursday, June 4** -- Play date at Kids Dugout park on Highway 31 North in Athens from 10 a.m. to noon. Pack a picnic lunch.

**Monday-Friday, June 22-26** -- VBS at Capshaw Baptist for all children entering kindergarten all the way up to those who have completed 6th grade. VBS will run from 9 a.m. until noon. To register, go to [www.capshaw.org](http://www.capshaw.org) and click on the yellow box.

**June/July** -- watch for more summer play dates, which will be announced in the MOPS Weekly email.

**Saturday, July 11** -- North Alabama/North Mississippi MOPS Council Meeting for all MOPS leaders from 10 a.m. to 3:30 p.m. at Riverchase Community Church in Birmingham. There is no registration fee, and lunch will be provided. No childcare is available. All Steering Team leaders, Mentors, and Discussion Group Leaders are encouraged to attend. Please RSVP to Beth Trees at [North\\_Alabama\\_MOPS@bellsouth.net](mailto:North_Alabama_MOPS@bellsouth.net).

**Thursday-Saturday, Sept. 24-26** -- MOPS International Convention at the Gaylord Opryland Resort in Nashville. The annual convention features general sessions with nationally renowned Christian speakers and artists, 50 workshops for equipping moms and leaders, special activities just for moms, and thousands of resources for women, moms, and leaders at the Resource Fair. All Steering Team members and MOPS moms are invited to this life-changing event. If you're interested, talk to Renetta today, as we will register everyone together.



## MOP-portunities

- ✓ **Keep saving your sticky tabs** from Papa John's over the summer and turn them in at a play date or at the next MOPS meeting in the fall.
- ✓ **Remember to collect light bulbs and empty glass jars** for MOPPETS crafts.

## COORDINATOR'S Corner

With Capshaw MOPS Coordinator Renetta Howell



### Here I Am!

You ignore it. You try to avoid it. You convince yourself that you are not qualified to do it. You think He has the wrong person.

We all use these or similar excuses to respond to the call of God. However, throughout the Bible, God used ordinary people to serve Him and make a difference. You say that you are not up to the task. If God lays a task on your heart, trust that He will lead you in accomplishing His purpose. So, you may not have been eager at first. Again, the Bible gives examples of people who were hesitant to follow God's call.

There is Moses and the burning bush in Exodus 3. "And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold the bush was burning, yet it was not consumed. And Moses said, 'I will turn aside to see this great sight, why the bush is not burned.' When the Lord saw that he turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.'"

Shortly after, Moses doubted that he was the man for this job that God has asked of him. "But Moses said to God, 'Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?' He said, 'But I will be with you.'"

Just like Moses, we may wonder why God chooses us for a certain task. He chooses me and you because He created us with a plan in mind before we were even born, and only He knows when the time is right for this plan to be fulfilled. Be open to God's plan at the time that He calls. For most of the time, God doesn't shout but

whispers. It may be a small task that seems unimportant. However, God can use you in a small task to do the extraordinary for His glory. He will be with you along the way.

Allow God to use you by responding, "Here I am!"



### From the Kitchen

#### Light and Fluffy Spinach Quiche

Made by Emily McKay for the April 16 meeting

##### Ingredients:

- 1/2 cup light mayonnaise
- 1/2 cup milk
- 4 eggs, lightly beaten
- 8 ounces shredded reduced-fat cheddar cheese
- 1 (10-ounce) package frozen, chopped spinach, thawed and squeezed dry
- 1/4 cup chopped onion
- 1 (9-inch) unbaked pie shell

##### Instructions:

1. Preheat oven to 400 degrees. Line a cookie sheet with foil.
2. In a large bowl, whisk together mayonnaise and milk until smooth. Whisk in eggs. Layer spinach, cheese, and onion in pie shell, making several layers of each. Pour in egg mixture. Place quiche on prepared cookie sheet. Cover quiche with foil.
3. Bake for 45 minutes. Remove cover, and bake 10 to 15 minutes, or until top is golden brown and filling is set.

## No-Bake Chocolate Chip Cookie Pie

Made by Laura Baggett for the April 16 meeting

### Ingredients:

- 1 (15- or 18-ounce) package of chocolate chip cookies
- 1 cup milk
- 1 (8-ounce) container whipped cream, thawed
- 1 (9-ounce) graham cracker crust (extra serving size)

### Instructions:

Dip eight cookies in milk, and place in a single layer in graham cracker crust. Top with 1/3 of the whipped cream. Dip eight more cookies in milk, and place on top of the cream. Top with 1/3 of whipped cream. Repeat with third layer of cookies and remainder of whipped cream. Crumble two cookies, and sprinkle over the top. Cover and chill eight hours before serving.

## Coffee Cake Muffins

Made by Stephanie Good for the April 16 meeting

### Ingredients:

- 1/2 cup firmly packed brown sugar
- 1/2 cup sliced almonds
- 2 teaspoons ground cinnamon
- 1 2/3 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 cup butter, softened
- 1 1/4 cup sugar
- 3 large eggs
- 1 cup sour cream
- 1 teaspoon vanilla



### Instructions:

1. Preheat oven to 325 degrees. Spray two (12-cup) muffin pans with nonstick cooking spray.
2. In a small bowl, combine brown sugar, almonds, and cinnamon. In a medium bowl, combine flour, baking powder, and baking soda. In a large bowl, beat butter and sugar at medium-high speed with an electric mixer until fluffy. Add eggs, one at a time, beating well after each addition. Gradually add flour mixture, alternately with sour cream, beginning and ending with flour mixture, beating just until combined after each addition. Stir in vanilla.
3. Spoon half the batter evenly into prepared muffin cups. Sprinkle half the brown sugar mixture evenly over batter. Spoon remaining batter evenly over brown sugar mixture. Sprinkle remaining brown sugar mixture over batter.
4. Bake for 20 to 24 minutes, or until toothpick inserted in center comes out clean. Let cool in pans for 10 minutes. Remove from pans, and serve warm.

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If you would like to share an announcement, recipe, or information about an upcoming event, please contact Amy Blakely at [ablakely@knology.net](mailto:ablakely@knology.net).

### Capshaw Baptist Church

Pastor: Zach Terry  
14944 Dupree-Worthy Road  
Harvest, AL 35749  
(256) 232-7763  
[www.capshaw.org](http://www.capshaw.org)

MOPS Blog: <http://mopsatcapshaw.wordpress.com/>