

# The Planet Pages

MOPS at Bloomington Living  
Hope Lutheran Church



Living Hope MOPS  
November 2009

## Looking for Balance

We move ahead in life by setting goals and we live a balanced life by setting goals for all our roles, or at least that's what we are aiming for. Let's start by looking at our major roles in life and find steps we can take to get better balance. First there is FAMILY, which provides us with the chance to express love, assume and share responsibility, and contribute to society. Next there is SPIRITUALITY, this gives us an opportunity to tap into a power greater than ourselves

and a source of inspiration. Then we have FRIENDS, they give us an opportunity to practice sharing and caring, as well as baring our soul. We tend to forget about SOLITUDE, but this is necessary to gain a quiet time to recharge our batteries, meditate, and make plans. Also, a time to work on improving our emotional and intellectual development. This can include time set aside to work on self-improvement. Now look at these areas of

your life, are they out of balance – I'm sure they are. So take some time to sit down and find a way to balance these areas of your life so you can become the best person you can be! We all know what we really need to do, maybe it means one night a week with family or finding a sitter or friend to watch the kids for an hour for some solitude... Whatever it may be don't forget that we are better people, woman and moms when our lives are in balance.  
- Kari Mensen

### Membership Benefits

When you chose to join MOPS, you become part of a worldwide group of Christian moms.

With a MOPS International membership you receive the following benefits:

- o The 2009-2010 theme book *Life on Planet Mom: A Down to Earth Guide to Your Changing Relationships* by Lisa T. Bergren
- o A subscription to *MOMSense Magazine*
- o Weekly Mom-E-mail from MOPS International

A membership to MOPS is \$23.95. All of this money is for your MOPS International membership.

We ask that you contribute \$5 each meeting to help defray the cost of our speakers, activities and childcare.

Scholarships are available; please talk with Carrie Orvik for more information.

### Our MOPS Team!

Kellie Moeller – Coordinator  
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Julia Barrott – Childcare

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## Devotional

The *Sleeping Beauty Waltz*, the *1812 Overture*, and *The Nutcracker Suite* were all part of the music of my childhood.

Sometimes a narrator told stories or—as in the case of *Tubby the Tuba* and *Peter and the Wolf*—introduced my sisters and me to the sounds of different instruments. In their desire to pass on their love for music, my parents used this method as a teaching tool. It worked! Weaving the classic tales with classical tunes made a powerful impact on us.

When an adult wants to impart important information to a child, it's often best related in a story because it is more easily understood and enjoyed. Telling children the stories in God's Word is especially crucial because the Bible's enduring truth can shape character and show consequences of actions (1 Cor. 10:11). Tiny seeds of faith can be cultivated in fertile soil and help children to see how God has worked in the lives of His followers throughout history. Bible stories also show how God is intimately involved in our lives.

What we have seen God do for us and what He has done for His people throughout history must be passed on to the next generation (Deut. 11:1-21). Their future depends on it. Teach your children well. — [Cindy Hess Kasper](#)

**The character of your children tomorrow depends on what you put into their hearts today.**

## Cinnamon Scented Pinecones

Spread pinecones on a foil covered cookie sheet and bake at 250 degrees F for one hour. This will kill any unwanted "critters" that may be hiding in the pinecones.

When cool place in a heavy plastic bag and sprinkle well with the Cinnamon Oil Scent which you can buy at Wal-Mart or a craft shop. Seal tightly and let set for about four weeks.



## Birthdays ....

Please let us know if you have a birthday in November and we will make sure that everyone knows and Happy Birthday!

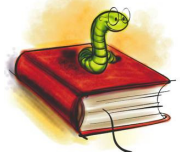


## Story Times:

Prior Lake Library –  
2<sup>nd</sup> & 4<sup>th</sup> Monday's at  
6:30 pm

Savage Library –  
3<sup>rd</sup> Thursday's at  
6:30 pm

Shakopee Library –  
3<sup>rd</sup> Thursday  
6:30 pm



Chaska Library –  
Mondays at 6:30 pm

## Kids Krafts...

### Fall Leaf Turkey

This simple craft is made with natural materials (leaves and a pinecone.)

#### Materials Needed:

Fall leaves  
pinecone  
eyes (wiggly or paper)  
paper  
glue  
scissors



#### Instructions:

Go outside and collect autumn leaves and a pinecone (this is LOADS of fun, especially if it requires a trip to a park!)

OPTIONAL: You can press the leaves for a few days before making the craft. This will help keep them from getting crunchy. We didn't do this for ours (we've had it about 2 weeks now and it still looks fine)

Glue the leaves onto a piece of paper in a fan shape. Younger kids won't get a nice fan, but they'll still have lots of fun gluing!

Glue the pinecone onto the bottom of the fan (use lots of glue)

Make eyes from a scrap piece of paper and markers or use wiggly eyes. Glue them to the pinecone.

Make an orange beak and a red wobbler from felt, construction paper or white paper and markers. Glue them onto the pinecone.

Let dry and hang up!

## Brain Bends....

### Apples

A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 3 | 9 |   |   | 2 |   |   | 6 |
|   | 5 |   |   | 8 | 6 |   |   |
| 2 |   |   |   |   |   |   | 3 |
|   | 3 |   | 7 |   |   |   |   |
|   |   | 1 |   | 6 |   | 8 |   |
|   |   |   |   |   | 1 |   | 9 |
| 4 |   |   |   |   |   |   | 7 |
|   |   |   | 4 | 3 |   |   | 5 |
| 8 |   |   | 6 |   |   |   | 3 |
|   |   |   |   |   |   |   | 2 |



## Up Coming Events

*Let me be weighed  
in an even balance,  
that God may know  
mine integrity  
Job 31:6*

- November 1 Daylight Savings Time Ends (Fall Back)
- November 2 **MOPS Meeting – How many rings are around your planet?**  
Group discussion on finding balance during the holidays.  
Guest Speaker – Sandra McClellan on fitness and relaxation
- November 10 Children’s Theatre Company starts performing Cinderella
- November 11 Veterans Day
- November 26 Thanksgiving Day
- November 29 First Sunday of Advent
- December 6 Second Sunday of Advent
- December 7 **MOPS Meeting - Exploring Other Galaxies**  
Discussing Relationships with others and the community  
Assemble KidsLink Downrange Card Kits



## Magazine and Book Swap

Don't forget to take a peek though your old magazines and Books for the ongoing magazine and book swap for MOPS moms.

At each meeting a swap box is out for you to add to or take from. Bring in your recent magazines (from the past 12 months or so) and books (for kids or moms).



## Recipe Corner – Classic Pecan Pie

- 1 cup Karo Corn Syrup
- 3 Eggs
- 1 cup Sugar
- 2 tbsp. Margarine or butter, melted
- 1 tsp. Vanilla
- 1 1/4 cup Pecans
- 1 Unbaked 9 inch deep dish pie Crust

### DIRECTIONS

Preheat oven to 350 degrees F.

1. STIR first five ingredients together, then mix in pecans.
2. POUR into pie crust.
3. BAKE for 50-55 mins.

## Brain Bends Solutions....

4 kids get an apple (one apple for each one of them) and the fifth kid gets an apple with the basket still containing the apple.