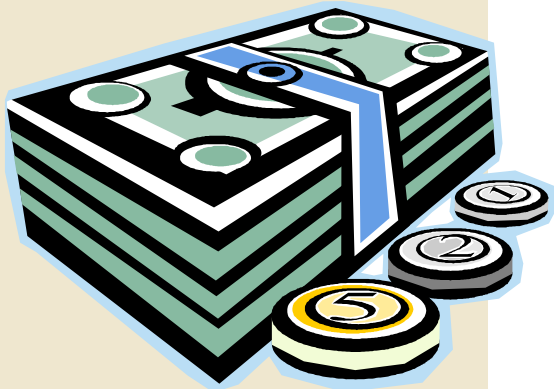


# In the Loop



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

**"Sleeping Beauty's Castle on a Budget "**

**MOPS**  
at  
Capshaw Baptist Church  
Harvest, Alabama

**April 2, 2009**

**M**othering Preschoolers  
**O**ffering support and encouragement  
**P**ursuing God's love through relationships  
**S**triving to meet needs of moms



**Congratulations . . .**

. . . to **Tracy Bausano**, who is expecting a baby in September.  
. . . to MOPPETS worker **Nicholaus King**, winner of last meeting's door prize.

**Thank You . . .**

. . . to the **Carousel Cuties, Bumper Car Beauties, and Steering Team** for the delicious Mexican meal at the March 5 meeting.  
. . . to those who have taken meals to **Shemalya King** and her family.  
. . . to those who donated items for the Sav-A-Life baby shower outreach drive. About 90 items were collected.



**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 4** -- Ladies Craft Day in Capshaw's Fellowship Hall. Bring that craft project that you can't seem to find the time to complete and enjoy some "you" time this Saturday from 8 a.m. until about 8 p.m. Come when you can, and leave when you like. There is no childcare. Munchies are always welcome. Invite a friend, if you like.

**Thursday, April 16** -- MOPS meeting begins at 9:30 a.m. The theme is "Mad Hatter's Tea Party." Tara Cagle, one of our MOPS moms, will be sharing her adoption experience. Moms are encouraged to share what MOPS has meant to them. The **Ferris Wheel Friends**, **Snack Shack Sisters**, and **Popcorn Princesses** will provide the meal. Our outreach focus, a children's book drive, will begin.

**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, and Mary Kay) 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! There is a registration fee of \$35 if you register individually, but discounts are available if several people register at the same time. If you are interested in attending, please let a member of the Steering Team know soon so we can arrange a group discount.

**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 is required in advance. Go to <http://mopsatcapshaw.wordpress.com> to register. There is no child care.



## MOP-portunities

- ✓ **Our April outreach focus** is a book drive for local medical reception waiting rooms. If you'd like to participate, bring gently used or new children's books to the next MOPS meeting on April 16. These books will be tagged with a MOPS label and delivered to various locations suggested by our moms to keep children entertained while in waiting areas.
- ✓ **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. Just bring them to the next meeting and drop them in the MOPS box in the Education Building.



## From the Kitchen

### Crescent Burritos

Made by Barb Porter for the March 5 meeting

#### Ingredients

- 1 pound ground beef or turkey
- 4 tablespoons chopped onion, or equivalent onion powder
- 4 tablespoons taco seasoning
- 1 cup water
- 1 large (or two 16-oz. size) can refried beans
- 1 cup salsa or taco sauce
- 1 cup shredded cheese
- 2 cans crescent rolls

#### Toppings:

- Shredded cheese
- Tomato
- Lettuce
- Sour cream
- Olives
- Salsa

#### Instructions

Brown meat and onion. Stir in taco seasoning and water. Cook until water evaporates. Cool slightly. Stir in beans, salsa, or sauce and cheese. Press one can of rolls into a 9 x 13 inch pan. Spread meat mixture in pan. On a floured surface, roll out other can of crescent rolls and place on top. Bake for 25 minutes at 350 degrees or until golden brown. Serve with your choice of toppings.

## COORDINATOR'S Corner

With Capshaw MOPS Coordinator Renetta Howell



## God Will Provide

As I have been gathering information and thinking about today's topic of ways to save money, I am constantly reminded about our current economic situation. This is a very fitting topic, and I hope that everyone will be able to get some useful tips to deal with the increasing prices and decreasing wages we face. While the future is uncertain and currently appears bleak, there is someone we can always count on for provision--God.

I was reminded of the familiar story of Abraham and Sarah's long wait for a son, chronicled in Genesis 15-22. After promising Abraham countless descendants, God waited until the time was right to plant the miracle of life in Sarah's aging womb. God told Abraham and Sarah that they would have a son, and he should be called Isaac.

Years later, God instructed Abraham to take Isaac to Mount Moriah and offer him as a burnt offering. Confused as to why God would want him to sacrifice his son whom he awaited for so long, Abraham faithfully obeyed God. As Abraham raised the sword above Isaac as he lay on the altar, an angel of the Lord called to Abraham not to lay a hand on Isaac.

Abraham lifted up his eyes to see a ram caught in a thicket, and he offered the animal as the burnt offering instead of Isaac. Abraham called the name of that place, "The Lord will provide" (Gen. 22:14), as it is said to this day, "On the mount of the Lord, it shall be provided."

During hard times, whether financial or emotional, we need to remember to turn to and to trust in God, for He will provide. Sometimes I think that God allows such situations in order for us to realize that we cannot do it alone and that He doesn't even want us to try.

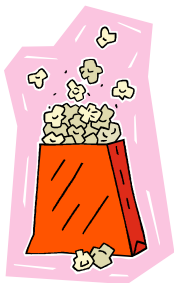


## Creative & Inexpensive Dates

In our desire to be the best moms we can, it's important not to neglect our most important family relationship--our marriage. Our husbands need our time and attention just as much as our children do, and our kids need to see us making our marriage a priority.

However, even when we find the time (and the babysitter) for a Date Night, our budgets aren't always set up for a night on the town. What to do? Here are a few creative and inexpensive date ideas:

- Enjoy a sunrise or sunset together.
- Browse the shelves at a library or bookstore.
- Volunteer together for a cause you both are passionate about.
- Rediscover your local playground--without the kids.
- Go to a museum (most offer "free days").
- Attend a concert or a poetry reading at a local coffee shop, bookstore, church or other location that doesn't charge admission.
- Take a walk.
- Go out for coffee and dessert instead of dinner.



And if the kids have been dropped off at Grandma's,

consider these out-of-the-ordinary activities at home:

- Enjoy an indoor picnic on the living room floor.
- Cook dinner together.
- Rent a movie and make your own popcorn.
- Dust off those old board games.

If you think about it for awhile, you can probably come up with some other great, inexpensive ways to enjoy a date with your husband. Then, most importantly, schedule a date today.

\*From *MomSense* magazine, January/February 2004

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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](mailto:ablakely@knology.net).

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