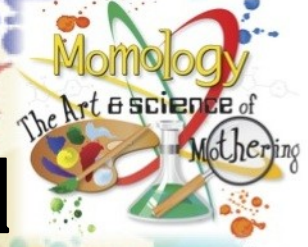


# The Maternal Journal



## March 2011 Issue



MOPS is a Ministry of  
Lawndale Baptist Church  
3505 Lawndale Dr  
Greensboro, NC 27408  
(336) 288-3824

All MOPS & Lawndale  
events are posted at  
[www.lawndalebaptist.org](http://www.lawndalebaptist.org)

### PLEASE LABEL EVERYTHING FOR YOUR CHILD

Bottles, sippy cups,  
blankets, pacifiers, bags,  
clothes, jackets  
EVERYTHING!

EVEN THERE YOUR HAND WILL GUIDE ME, YOUR RIGHT HAND WILL HOLD ME FAST. PSALM 139:10

### Wellness 101

#### A Word About Our Speaker:

Becky Roberts, a software analyst, took her first yoga class in 2007 and was hooked. She began practicing under the teaching of Andrea Dyer in January 2008. Becky talked so much about yoga and the benefits of it to the ladies in her Sunday school class they encouraged her to pursue teaching. Because she recognized the need for a Christian-based practice for herself, she began investigating programs and found Holy Yoga, where she completed her 200 hour certification in 2009.

Holy Yoga was founded by Brooke Boon. It is the intentional practice of connecting our entire being; body, mind and spirit with God; the Father, Son and Holy Spirit. With complete reliance on God's Word and prayer, Holy Yoga invites us to surrender and introduces us to grace. When we breathe and move and have our being in Christ, we find ourselves in the flow of His magnificence. There is often a misunderstanding that yoga is a religion: it is not. Yoga is a spiritual discipline, much like prayer, fasting and meditation. Yoga has the capacity to enhance our personal beliefs and faith. With our focus on Christ, Holy Yoga will deepen your Christian faith. Becky is currently the only Registered Holy Yoga Instructor (RHYI) in the state of North Carolina. She is working on a 1000 hour Master's Certification in the program. Becky also teaches other yoga styles and loves variety. Becky lives in Pleasant Garden and is a wife, mother of two, and grandmother of four. She attends Pleasant Garden Baptist Church where she teaches a Sunday school class for ladies.



### Upcoming Events:

**Lawndale Youth Soccer League** - ages of 4 years old through 8th grade. The cost per player is \$45. After March 19 the fee is \$55. Register at the church office or online on the Activities page of [www.lawndalebaptist.org](http://www.lawndalebaptist.org). Player evaluations will be held Saturday, March 19 at Mendenhall Middle School.

**Kalos Coffee** - Mentoring for women, third Sunday night of each month (March 20) at 7:15 pm. Childcare will be provided. Contact Donna Navey at [lawndalementoring@yahoo.com](mailto:lawndalementoring@yahoo.com) to register.

**Helping Children Understand Salvation and Baptism: Practical Guidance for Parents** - Is there one plan of salvation for children and another for adults? Does Baptism "wash your sins away?" When can a child become a Christian? What is the age of accountability? When are children under God's Grace? All these questions will be considered in this helpful two-session course for parents. March 27 & April 3, 5:00 p.m. here at Lawndale in room 322.



### Monthly Meetings

**Tuesdays**

**9:00 a.m. - 11:30 a.m.**

April 12

May 17

**Next Month,**  
**Fingerfoods 302, Toddlers 201**  
**& Alphabet 301**  
will bring refreshments.

Thank you, **Fingerpainting 401,**  
**Babbling 101 & Counting 123**  
for providing our wonderful  
food today!

February MOPS Change Total:  
\$36.28.

Congrats to **Babbling 101,** the  
table with the most change in  
its bucket last month!

**Congratulations, P.J., on your  
new granddaughter, Valentina!**



## Coordinator's Corner:

I am so excited about our meeting today! I know many were disappointed, as I was, when our January meeting had to be cancelled. I took my first Holy Yoga class when we lived in Springfield and Anthony was about 2 months old – and loved it! I haven't kept up with it more recently, and don't really have an excuse (as I have the video!) except that, as you know, it is sometimes difficult to try to get everything we need done! As mothers, our focus goes to the needs of our families first. This is why we are having our Wellness 101 meeting. When we nurture our body, mind and spirit, we are better equipped to meet the needs of our children. Hopefully you will feel rejuvenated today and encouraged to continue caring for yourself so you can reach your potential as an incredible mother!



Jasmine Kerr, Lawndale MOPS Coordinator  
kerrjas@sbcglobal.net, 282-3129

## SIGN UP FOR MOPS 2011-2012



In April and May, we'll be registering for next year's MOPS. The registration fee will be \$55 at sign-up time if you fill out your forms before the end of the May meeting (or online before May 17). You are also still welcome to sign-up online after the May meeting, at which time the fee will increase to \$65. We hope to see you all next year!

### Last Month's Sweet Recipe Winner:

Praline-Walnut French Toast - Kim Wall

- 1 (16 oz.) [French bread loaf](#)
- 1 cup firmly packed [light brown sugar](#)
- 1/3 cup [butter](#), melted
- 2 Tbsp. [maple syrup](#)
- 3/4 cup chopped [walnuts](#) (or pecans)
- 4 [large eggs](#), lightly beaten
- 1 cup [milk](#)
- 2 Tbsp. [granulated sugar](#)
- 1 tsp. [ground cinnamon](#)
- 1 tsp. [vanilla extract](#)

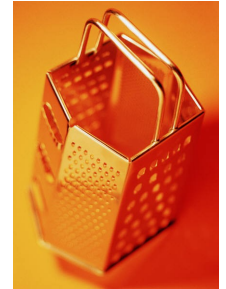


Cut 10 (1-in. thick) slices of bread. Reserve remaining bread for another use. Stir together brown sugar and next 2 ingredients; pour into a lightly greased 13x9 inch baking dish. Sprinkle with chopped walnuts. Whisk together eggs and next 4 ingredients. Arrange bread slices over nuts; pour egg mixture over bread. Cover and chill 8 hrs. Preheat oven to 350°. Bake bread 35 to 37 minutes or until golden brown. Serve immediately.

### Last Month's Salty Recipe Winner:

Pimento Cheese Spread - Christina Blake

- 2 cups shredded [cheddar cheese](#)
- 1 cup shredded [Monterey Jack cheese](#)
- 3 oz. softened [cream cheese](#)
- 1 Tbsp. grated [onion](#)
- 3/4-1 cup [mayonnaise](#) (as desired)
- [Salt, pepper, garlic powder](#) to taste
- 1 small jar diced [pimentos](#) (drained)



Mix together.

### Please Notice:



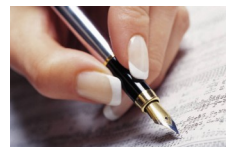
Our April meeting is the 2nd Tuesday instead of the 3rd, due to Spring Break and Easter. We will meet April 12.

### Please add our new MOPS Moms to your Directory Info:

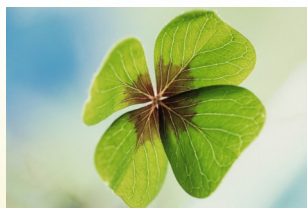
Francie Dorich (husband David)  
430-0948, DOB 2/6  
2407 Kery Dr.; GSO 27408  
[francedorich@yahoo.com](mailto:francedorich@yahoo.com)  
Claire 11/22/08; Norah 8/14/10

Casey Garant (husband Adam)  
(352) 275-9026, DOB 6/28  
161 Mulberry Ln., Stokesdale 27357  
[garantcasey@yahoo.com](mailto:garantcasey@yahoo.com)  
Tanner 8/16/06; Bayler 12/28/07;  
Asher 12/25/09

Sherry Landon (husband David)  
617-7054, DOB 6/16  
2006 Warwickshire Dr., GSO 27455  
[shejewild@aol.com](mailto:shejewild@aol.com)  
Sarah Jane 9/8/10



Don't forget to save your change to use when we "Pass the Bucket." This helps supplement our budget!



**Newsletter Information** - If you have anything you would like added to the monthly newsletter (money-saving tips, special upcoming events, great craft ideas, etc) e-mail [julia.toth@gmail.com](mailto:julia.toth@gmail.com).