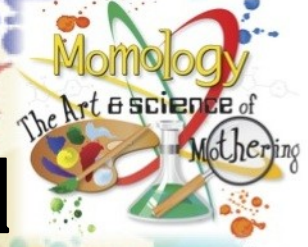


The Maternal Journal



October 2010 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

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

Nutrition 101

Welcome Our Guest Speaker:

Rebecca Owens, RD, NP is our Nutrition 101 instructor today. She is a wife and mother of two kids. Rebecca received her degrees from Syracuse University, University of Rochester and Duke University. She is a Family Nurse Practitioner and Registered Dietician, practicing with Eagle Physicians and Associates at Lake Jeanette on Elm Street. For more information about Rebecca or Eagle Physicians and Associates, visit www.eaglemds.com.



An Autumn Craft - Leaf Collage:

Supplies: Clear contact paper, leaves (or colored paper), kid scissors (for cutting contact paper, and for cutting colored paper if you choose to use it).

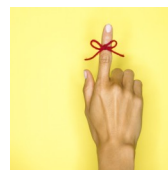
Create a collage of leaves to hang in the window. Cut two sheets of clear contact paper to desired size (a square 8' is good). Peel back paper to reveal sticky side of one sheet, and stick on leaves, moss, etc. of various sizes and colors. Then peel and place other sheet of contact paper over it, and you have a collage you can hang in a window. Also works with cut paper pieces if leaves aren't readily available. (www.savvysource.com)

Upcoming Events:

Saturday, Oct. 30 (5:30 pm - 9 pm)- **Fall Spectacular** at Lawndale

Saturday, Dec. 11th (2pm & 6pm) & Sunday, Dec. 12 (4pm) -
Greensboro Christmas Spectacular, "A Baby Changes Everything". Tickets will be made available in the coming weeks!

December Date TBA - **MOPS MOMS Shopping Day** at Friendly Center



Happy Birthday to these MOPS members!

October..... 5 Sharon Eades, 12 Shannon Durant

November.... 2 Lauren Holbrook, 5 Penny Carter, 15 Jasmine Kerr



Monthly Meetings

Tuesdays

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

November 16

December 14

January 18

February 15

March 22

April 12

May 17

September MOPS Change total:
\$60.86!

Congrats to **Alphabet 301**, the table with the most change in their bucket last month!

Next Month's Meeting
PHOTOGRAPHY 101

CHECK IT OUT

Sparkrecipes.com is a great resource for healthy recipes!

Users rate them and the website calculates the nutrition information! This website also provides opportunities for you to create a profile and eating plan!

Coordinator's Comments:

Moms spend a lot of time talking about their kids' nutrition and eating habits. We discuss picky eaters, kids that won't eat, kids that eat too much, how to get them to try new foods, how we ate as children, and on and on. We are bombarded with articles about foods that are bad, new allergies, foods that are good, foods that we once thought were bad, but now are good, and commercials advertising places that serve food we should rarely, if ever eat - but really are convenient many times. Then we feel guilty, as if we aren't already feeling guilty about a million other choices we made that day. Understanding what good nutrition is and what it looks like is an important part of mothering. But, while it is important to feed our kids physically, our bigger picture is that we are feeding them spiritually. That we are guiding their character. While we need to take into account what our child puts in his or her mouth, we need to remember that it is our responsibility to train a child in the way he should go. When you are serving your family those nutritious meals you've prepared, take the time to talk. Some of our best conversations have come from the dinner table and I hope yours will, too!



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

Last Month's Salty Recipe Winners:

Cruncy Ham & Potato Casserole - Sharon Eades

- 2 lbs. southern style [frozen hash brown potatoes](#), thawed
 - 1 can [cream of chicken soup](#)
 - 2 c. [sour cream](#)
 - 1/2 tsp. [pepper](#)
 - 1 1/2 c. shredded [cheddar cheese](#)
 - 1/2 c. [butter](#), melted
 - 2 c. cubed, [cooked ham](#)
 - 1/3 c. chopped [onion](#)
- TOPPING:
- 2 c. crushed [corn flakes](#)
 - 1/4 c. [butter](#), melted



Combine all casserole ingredients and mix well. Place in 13"x9"x2" baking dish. Combine topping ingredients; sprinkle on casserole. Bake at 350 degrees for 1 hour.

Potato Casserole - Tiffany McDaniel

- 2 lbs [frozen hash browns](#)
- 1/2 cup [margarine](#) or 1/2 cup [butter](#), melted
- 1 (10 1/4 ounce) can [cream of chicken soup](#)
- 1 pint [sour cream](#)
- 1/2 cup [onion](#), peeled and chopped
- 2 cups [cheddar cheese](#), grated
- 1 teaspoon [salt](#)
- 1/4 teaspoon [pepper](#)

Preheat oven to 350°F and spray an 11 x 14 baking dish with cooking spray. Mix the above ingredients together, place in prepared pan and bake for 45 minutes or until brown on top.

Last Month's Sweet Recipe Winner:

Banana Pudding - Laura Pearman

- 3 bags [Pepperidge Farm Chessman cookies](#)
- 8 to 10 [bananas](#) sliced
- 2 cups [milk](#)
- 1 (5 oz.) box [instant vanilla pudding](#)
- 1 (14 oz.) can [sweetened condensed milk](#)
- 1 (12 oz.) [whipping cream](#)
- 1 (8 oz.) [cream cheese](#)



Line the bottom of a 13x 9x2 in. dish with cookies and top with bananas. In a bowl, combine the milk and pudding mix; blend well using a handheld mixer. Set aside. In another bowl, combine cream cheese and condensed milk & mix until smooth. Set aside. In another bowl, pour whipping cream & beat until whipped, then combine with other two mixtures. Stir until well blended. Pour mixture over bananas, then layer cookies, bananas, mixture and finish with cookies on top. Refrigerate until ready to serve.

Refreshment Schedule:

Thank you **Fingerpainting 401**, **Counting 123** & **Toddlers 201** for the wonderful food provided today!

Next month, **Babbling 101**, **Fingerfoods 302** & **Alphabet 301** will bring refreshments.



Welcome New MOPS Additions:

Twins! Born 10/8/10. **Noah Lee Hood:** 12:33pm 5 lbs. 6 oz., 18 3/4 inches; **Eli Patrick Hood:** 12:34pm 6 lbs. 1 oz., 18 inches
Proud Parents, Misty & Jeremy Hood



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



Due to limited space, we can only accommodate out-of-town visitors, without children, to our MOPS meetings.

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.