

this issue

Welcome to Life on Planet Mom

P.1

Introducing Your Steering Team

P.2

Bulb Fundraiser

P.3

MOPS & Community Calendar

P.4

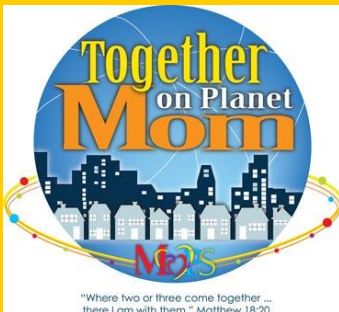
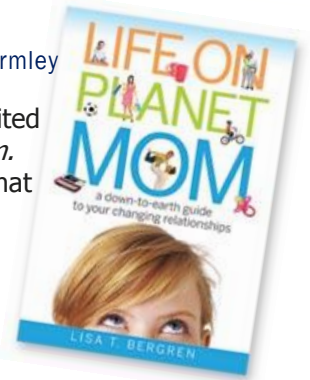
Welcome to Life on Planet Mom by Kristine Gormley

Welcome to 2009-2010 West Side MOPS group! I am very excited to begin MOPS this year by introducing the theme – *Life on Planet Mom*. As we come together to fellowship with each other, there is no doubt that we will all relate to the concept of how drastically motherhood changes you, your relationships and your life as a whole.

We are so fortunate to have each other to share this season of our lives together. Whether this is your first year, or your 9th, I know that each of you will be so very blessed by coming together to share with each other both the joys and the challenges we all experience in our lives. Since I began coming to MOPS, I have made 4 lifelong friends. Being a part of MOPS has changed my life and I know it will change the lives of all of you as well.

This is my 9th year with this amazing group and I am thrilled to be serving as the Coordinator this year. I have served as a discussion group leader and have spent the past 2 years on the steering team as Discussion Group Coordinator. I have been so blessed by serving and attending MOPS. When I first started my oldest daughter was 2 ½ - boy do I wish someone would have told me about MOPS sooner! Now 9 years and 4 children later, I am so very thankful that I have had the support and encouragement that I get from MOPS – not only as a mother, but as a woman.

I'm looking forward to our first meeting of the year, which is October 2nd. Hope to see you all there!



West Side MOPS Address:

West Side
Presbyterian Church
3601 California Avenue SW
Seattle, WA 98116

Email:

westsidemops@yahoo.com

Website:

<http://mops.wspc.org>

West Side MOPS



What is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed to nurture mothers with children from infancy to kindergarten. MOPS groups meet in churches throughout the United States, Canada, and 32 other countries. The women are of many ages and backgrounds, but share the same desire - to be the best mothers they can be.

Registration Benefits

- Bi-Monthly issues of MOMSense Magazine
- Weekly Email Bursts of Encouragement from MOPS International
- "Life on Planet Mom" by Lisa T. Bergren theme book (coming to your mailbox soon)

Information about West Side MOPS

1st and 3rd Fridays

9 - 11:15 am

October through May

Been around for 22 years!



MOPS is about...

- Celebrating motherhood
- Meeting needs
- Making connections
- Experiencing God's love... through relationships and resources.



*Sally Porter
MOPPETS
Coordinator*



Introducing Your Steering Team



Back Left to Right:

Freda Ricord-Assistant Mentor, Susan DeFant-Hospitality, Wendy Butzerin-Discussion Group Coordinator, Kristine Gormley-Coordinator, Heidi Thorson-MOPPETS Coordinator

Middle Left to Right:

Amy Sharp-Activities Coordinator, Catherine Baker-Finance, Linda Farnsworth-Publicity, Nicole Kuhn-Assistant Coordinator

Front Left to Right:

Jill Campbell-Mentor, Jan Neupert-Assistant Mentor, Sally Heit-Fundraiser & Website

What is MOPPETS?

A MOPPET is a preschool-aged child of a MOPS mom.

What do kids do in their MOPPET rooms?

Each room has a curriculum, except the infant room where the ladies just love to hold and rock your babies and chat with each other. In the nursery, volunteers engage in and supervise play time and snack. Children ages 2 years and older are divided up by their age; volunteers follow a curriculum that includes songs, story time, snack and craft projects.

*Tulips, Daffodils,
Blue Bells,
Oh My!!*



Welcome Back to MOPS!

The weather is changing, school has begun and Fall is in the air. Fall is one of my favorite seasons, not just because my kids go back to school (Whew!), but because my mind begins to mentally plant my flower boxes and beds with flowers that bloom in spring, such as everyone's favorite, the tulip.

*If you were with us last year, West Side MOPS sold spring bulbs that bloomed in the summer months. Although we don't like to begin the year with a fundraiser, this year we thought we'd try selling fall planting/spring blooming bulbs such as several varieties of **tulips, narcissus, crocus, hyacinths, tiger lilies, and daffodils.***

*I'm very excited about ordering the **Angelique Tulips, the Queen of Night (Black) Tulips** and some **Iris and Heavenly Blue Bells.** There is a **Fact Sheet** with every brochure which should answer most of your questions, however I will briefly go over the material with you at the first meeting. Orders are due at the **October 16th meeting.***

*Why does MOPS fundraise, you ask? **MOPS receives half the proceeds from each bulb package** and with this money is able to pay for our charter fees, hospitality supplies, crafts, snacks for the kids, decorations, scholarships for new moms, convention expenses for attendees, and MOPPETS supplies. We realize that money is tight these days and with the beginning of school so comes their fundraisers, so participation is totally optional, but greatly appreciated.*

Happy shopping and we'll see you in October!

~Sally Heit, Fundraising

Bulb Fundraiser Fast Facts:

- it's optional
- the money covers our expenses
- Orders due Oct 16th at the meeting to try and beat the frost
- MOPS will get half of every bulb sale
- orders should arrive Nov. 6th (barring unforeseen circumstances)

Christian Counseling

If you are need of Christian counseling please contact Seattle Therapy Alliance where you will find Christian counseling by graduates of Mars Hill Graduate School. Currently there are a limited number of sessions at reduced rates for MOPS moms. If you are interested please refer to their website:

seattletherapyalliance.com

Christian Counselor

Tonia Davidson, MS, LMFT
Individual*Couple*Family
Counseling
Bellevue, WA 206-352-1698
ToniaDavidsonCounseling.com

Childcare Available

"Miss Ronda's Child Care"
Part-time Openings
-Stories, music, art and more!
-Caring, sharing and learning
-Ages 1-5
-Mon-Fri 8:30 - 3:30
(Choose 1+ days)
-Licensed for 15 years
-Was a MOPPETS volunteer for many years

Call (206)937-7798



Upcoming West Seattle Community Groups & Events

W. S. Christian Church's *Mom's LIFE*

Weekly Wed. Mom's Bible Study w/childcare: starts **Wed. Oct 7th @ 9:15 am**

Questions to: LindaFarnsworth@gmail.com we're starting with a *wife* study, please join us!

High Point Community Center:

The Freaky Fall Festival is on **Friday, October 30 from 6 - 8 pm**

Thrills without unnecessary fright for children from walking toddlers up to age 11. If you're able, we request a donation of one nonperishable food item for the West Seattle Food Bank.

Toddler Pumpkinpalooza is on **Thursday, October 29 from 10 am – noon** Activity Fee: \$5

Come dressed in your best costume for pumpkin painting, carnival games, and more.

West Side Presbyterian's *Annual Kids' Karnival:*

Sat, Oct 31st @ 6:00 - 8:00pm

We'll have games, candy, prizes and lots of fun for all kids ages infant-5th grade. This year, we are encouraging families to bring "Trick-or-Treats" for the West Seattle Food Bank.

W. S. Junction Merchants *Trick or Treat:* Sat, Oct 31st

MOPS Meetings:

Welcome Meeting:

October 2nd, 9 – 11:15 am

(Directory Photos Taken)

Meeting: October 16th

Meeting: November 6th

Meeting: November 20th

Meeting: December 4th

*See you at
MOPS!*



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>MOPS</i> 1st meeting 9am - directory photos	3
	4	5	6	7 <i>Mom's LIFE</i> Bible Study at W Sea Christian Church 9:15 am	8 Junction ArtWalk 6 – 9 pm	9	10
	11	12	13	14 <i>Mom's LIFE</i> Bible Study at W Sea Christian Church 9:15 am	15	16 <i>MOPS</i> meeting 9am Bulb Orders Due	17
	18	19	20	21 <i>Mom's LIFE</i> Bible Study at W Sea Christian Church 9:15 am	22	23	24
	25	26	27	28 <i>Mom's LIFE</i> Bible Study at W Sea Christian Church 9:15 am	29 High Point C.C. Toddler Pumpkinpalooza 10am–noon \$5	30 High Point C.C. Freaky Fall Festival 6-8 pm	31 West Side Pres Annual Kid's Karnival 6-8p & Junction Trick or Treat
2009	Nov. '09 @ WSPC	Nov 14 th WSPC Blood Drive by the Puget Sound Blood Bank	Nov 25 th WSPC Thanksgiving Day 10 am Praise Service	Dec. '09 @ WSPC	Dec 2 WSPC Women's Christmas Banquet 6:15pm	Dec 6 WSPC Christmas Music Sunday @ 8:15 & 11am Services	Dec 24 WSPC Christmas Eve Services 5 pm & 11 pm

Better Moms Make A Better World