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Tools for a Great Day!

Choose a few that feel best to you.

Before you get out of bed in the morning:
Start your day with fresh oxygen. Take three deep breaths.
Think of something you love or are grateful for.
Order up! Focus your mind on what your intention is for the day.

Remember your Q-TIP: Quit Taking It Personally. What other people say and do is about their wants and needs, it's not about you.

Connect with at least one person each day in an uplifting manner.

Notice and celebrate your accomplishments. Congratulate yourself any time you remember to breathe and calm down instead of snapping at your child, coworker, or spouse.

Drink plenty of water. Hydration supports your energy level and flushes your toxins.

Get up and move. Take a five-minute walk. Stretch. Moving your body frequently during the day will help you maintain a better cognitive and emotional balance.

Be your best when it
matters most...
www.RobinRose.com

Listen to music that inspires you. Choose songs that move you to laughter, smiles, tears, or any emotion that is real for you.

Fill your days with gratitude. Make a list of what you are grateful for, and put that list where you can see it easily.

Stop engaging in conversations that trigger your survival brain. Steer clear of shaming, blaming, and complaining.

Focus on what you do want rather than on what you don't want. Remember, your brain does not process negatives.

Laugh! Who makes you laugh, chuckle, and grin? Include contact with them or thoughts of them often.

If your children are upset, use your breathing to calm their difficult moments. When you are breathing fully and easily, you can parent consistently and calmly.

Feel your feelings - but act from your values. Remember, you can have strong and uncomfortable feelings and still choose behaviors that are in alignment with your values.

Be well and StayWell,
Robin



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Website:
<http://mops.wspc.org>



Thank you to every vendor who participated in MOPS SPA Day this year.

If you are in the market for any of these services, please consider choosing to shop at these places and buy from these folks, to say thank you for blessing us on SPAaah Day.

"Every good gift and every perfect gift is from above, and comes down from You."
James 1:17

SPA Day 2011



Gail Ann Photography

Gail will email you a complimentary 4x6 file to anyone who would like one.

www.gailannphotography.com/SpaDay2011

gail@gailannphotography.com

www.gailannphotography.com

gailannphoto.wordpress.com

Services

Color Consultation, Style, & Bang Trims

Forsythe Studio

Energy Drink Sampling

Thann Boyce, Univera

Eyebrow Waxing (appointment required)

The Wax Bar

Fashion Consultation

Mary Beth Logsdon, CAbi

Linda Braddock, Style Cents

Fitness Consultation

Bonnie Katz, Fitness Together

Fruits & Veggies Consultation

Doriane Marshall, Freggies

Gift Basket Consultation

Sue Wolf, Heartwarming Treasures

Jewelry Consultation

Jackie Pierce, Premier Designs

High Fashion Jewelry

Make-up & Paint Your Nails Station

Deyette Swegle, Mary Kay Cosmetics

Massage (appointment required)

Joan Browne, LMP

Sherry Cejna, LMP

Jana Kearns, LMP

Photography

Gail Anne Photography

Skin Care

Joan Johnson, Olive Branch Body Care



Food

Alaska Junction Safeway
Great Harvest Bakery
Zatz Bagels
MOPS
Westwood Village QFC
Coffee To A Tea
Morgan Junction Thriftway

Door Prizes

Jackie Pierce, Jewelry
Curious Kids Stuff
Again and A Gain
Budget Cuts
Jan's Beauty Supply
Head To Toe
Ballard Acupuncture
Forsythe Studio
Heartwarming Treasures
Freggies
Shanti Spa & Salon
Linda Braddock, Style Cents
Joan Johnson, Olive Branch
Body Care
Athena Fredrick, Stroller
Strides
Bonnie Katz, Fitness
Together



Easter is the consummate time to honor and remember Jesus Christ and revisit the history that distinguishes Christians. Jesus called Himself “the bread of life,” and thus, contemplating bread can tether us more to scripture and add to our spiritual lives.

Bread was the primary food of ancient Biblical people, and all other foods came second to it. Ancient daily bread was prepared as thin, circular loaves, leavened in the manner of sourdough. The bread enveloped other food like a pita pocket, or was used as a spoon for dipping. The dependency on acts of God, like good weather, flowing water, and viable soil, gave bread a sacred nature. For this reason, (unleavened) bread has long been used religiously for the Jewish Passover and was later consecrated by Jesus

for Christian Communion.

Anciently, bread was mainly produced by women, whose work included taking part in tasks of the harvest. I am reminded of their hard work regularly because I assumed the production of our family’s bread some years ago. I wanted healthy bread that was affordable and preservative-free. The cost of healthier bread at the stores had me looking for an alternative. Home baked bread can be made for pennies, and is now a fixture of our family life.

If you want to bake your own daily bread, consider the need for the following: 1) a food scale to get exact measurements of ingredients to ensure proper rising 2) storage space for the industrial sized containers of ingredients needed for regular bread production and 3) a grinder if you wish to grind your own wheat.



For those preferring the convenience of a bread machine, most machines produce cube-shaped loaves. After months of preparing lunches with squarish loaves, I upgraded my bread maker to the pricey Zojirushi, which produces standard rectangular loaves. In six months, the bread machine was paid for in savings from making our own bread, and the slices fit sandwich bags nicely.

It takes hours to prep, rise, and bake bread from scratch. On a bread machine, the cycle takes about 3.5 hours, and can take longer by hand. I load my machine right after dinner so that it has time to cool before going to sleep. Occasionally, I set the timer on the machine to finish in the morning. There’s nothing like the smell of fresh bread to serve as the alarm! The benefits of home-baked bread are obvious, but the downsides may not be. First, remembering to bake the bread is key, else breakfast or lunches can be a headache to conjure up. Secondly, slicing fresh baked bread can be

challenging and can result in some funky looking sandwiches. Lastly, some bread machines are sensitive, and can only bake the manufacturer’s recipes. Measure carefully, or the bread may fail. If that happens, throw failed loaves in the food processor and store the bread crumbs in the freezer for future use.

I feel a connection to women of the past...

I’ve felt blessed producing our own bread. I feel a connection to women of the past that made bread for their families daily. Because the terms referring to bread are throughout scripture, such as “millstones” and “leaven”, understanding the production of bread helps me to better comprehend God’s teachings.

Cancer Prevention and Control

According to cancer prevention and control expert Elizabeth Platz, <http://www.hopkinskimmeltcancercenter.org>

Moderation is key. As part of a balanced diet, sugar, salt, milk, coffee, tea, meat, and chocolate—the foods the “Update” calls into question—are all safe choices, she says. The real concern with many of these, particularly sugar, is that it adds calories to a diet and can lead to obesity, and obesity is a major risk factor for cancer. A balanced nutritious diet, healthy weight, physical activity, and avoiding alcoholic drinks may prevent as many as 1/3 of all cancers. Platz recommends eating at least five servings of fruits and vegetables per day and limiting red and processed meats, like hot dogs.

Several Johns Hopkins experts participated in the World Cancer Research Fund - American Institute for Cancer Research report Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective, published in November 2007, which is considered by cancer prevention experts to be an authoritative source of information on diet, physical activity and cancer. Their recommendations for cancer prevention and for good health in general are:

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don’t use supplements to protect against cancer.

Our experts recommend that people meet their nutritional needs through their food choices. While vitamin supplements can be helpful in people with nutritional deficiencies, evidence suggests that supplementation above what the body can use provides no added health benefit.

West Side Presbyterian Church Events

Sunday, 4/17 – 8:15am & 11am – Palm Sunday services – Joyful Sound choir processes down the aisle with palm branches (followed by adult choir)!

Thursday, 4/21 – 7:30pm – Tenebrae service with communion

Sunday, 4/24 – 8:15am – Easter Service (Nursery available)

9:40am – Agape Breakfast –all invited (Nursery available)

11am – Easter Service (Nursery available)

Saturday, 4/30 – 2-4 pm – Annual West Side Women's Tea

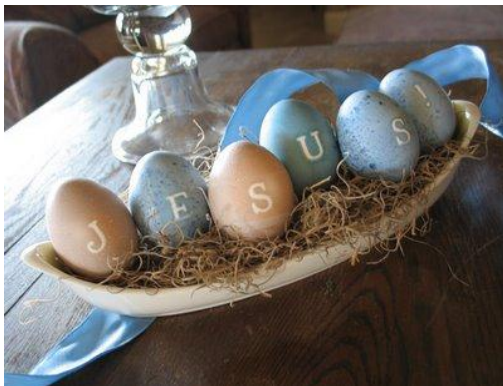
[We still need tons of help] (servers, clean-up, Tea Shop staff).

Please contact Kristine Gormley, gormleys@q.com, 206-768-1086 for inquiries.]

Friday, 5/6 – MOPPETS Luncheon (after MOPS)



The Truth about Easter



Some people have serious concerns with the secular celebration of religious holidays. I don't. In fact, the earliest memory I have of Easter was when I was about 3 years old and my mother woke me up, very excited, shortly after dawn and told me there was something very special happening in our yard. She took me downstairs where she wrapped her arms around me and we sat in the window, as quiet as we could be, and watched a bunny rabbit scurrying about, nosing under the bushes, presumably hiding Easter eggs!

I haven't told too many Christians that story because it sounds like a "sell-out" to the popular culture. But for me, at age 3, it was nothing less than a very special moment with my Mom, embraced by her love, and sharing an excitement for the mystery of life – an excitement which has shaped my whole life!

When I was old enough to understand something about the resurrection, I found it equally exciting to think about those women heading for Jesus' tomb just before dawn, thinking they were going to find nothing more than a dead body, and instead encountering the living Jesus, full of life and hope and excitement for the future!

And when my Mom later shared her discovery of a robin's nest with the lovely blue eggs hatching into noisy little chicks, full of life and vigor, it was no stretch to see how those Easter eggs which we dyed with the same blue color, could represent Jesus breaking out of his tomb and sharing his life with us.

You understand, it's all about being there with our kids, loving them with all our hearts, and sharing the Truth with them at every opportunity, the way Moses describes it in Deuteronomy 6. Because real and lasting Truth seldom transfers directly from head to head. The Truth which makes a difference comes to us in the context of relationship, and trust, and love. The same way Jesus shared it with all of us.

Have a great time celebrating Easter!

Pastor Paul Smith

What's It Like to be Married to Me?

The following is a report on the practical applications of **Linda Dillow's** book, *What's It Like to be Married to Me?* ([David C. Cook, 2010](#)).

It's easy for you to know what it's like to be married to your husband, because you *are* married to him, so you know what you like and don't like about him. But have you ever considered what it's like for your husband to be married to you? What qualities do you bring to your marriage? Are you the kind of wife who blesses your husband, or do you cause him pain?

When you think about what it's like to be married to you and ask God to help you change in the ways you should, your marriage can grow stronger. Here's how you can become a better wife:

Ask "What is really important to me?": Realize that the choices you make throughout each day about what to say and what to do reflect what's truly important to you. Consider whether or not your choices are showing your husband that he's the most important person on Earth to you. Ask God to help you choose attitudes and actions that will clearly communicate to your husband that your relationship is a high priority. Imagine your husband speaking at your funeral, and reflect on how you would like him to describe you and your marriage. Then keep the end of your life in view as you make decisions today. Pray and think about what's really important to you as a wife, and express that by writing a marriage purpose statement.

Ask "What does it feel like to be my husband?": Does your husband feel discouraged because you regularly complain, criticize, and nag? Or does he feel encouraged because you constantly speak positive words to him? Does your husband feel frustrated because your actions are burdening him? Or does he feel loved because you do acts of kindness to help him? Does he feel disappointment or

contempt from you, or does he feel love and respect? If you're guilty of being too negative in your marriage, pour out your complaints to God alone through prayer, and trust Him to help you with everything that concerns you. Then obey God's command to accept your husband as he is and give him grace, because Jesus has accepted you and given you grace. Shift your focus from asking God to change your husband to asking God to change *you*, helping you become a better person and wife.

Ask "Am I willing to change my attitude?": Change your attitude from griping to gratitude. Ask God to help you notice all of your husband's good qualities, and cultivate a thankful spirit by regularly telling your husband what you admire and appreciate about him. When talking to other people about your husband, choose to be positive rather than negative. Thank your husband for what he does to help you, instead of taking him for granted. Pray for your husband regularly, with an alert mind and a thankful heart.

Ask "What will it take for me to get close to you?": Work toward emotional closeness with your husband by accepting the differences between you and learning how to use those difference to complement each other. Help each other be the best friends and lovers you can be. Since your husband's greatest emotional need is for significance, ask God to help you give your husband unconditional respect and encouragement.

Ask "What is it like to make love with me?": Consider whether or not your husband enjoys your sex life together. Remember that sex was God's idea, and in marriage, sex is holy and meant to be enjoyed. Pray for the ability to freely offer your husband the gift of your body. Pursue passionate and fun sex with your husband so you can grow in oneness together.

Ask "Why do I want to stay mad at you?": If you hold grudges against your husband after he hurts or offends you, ask God to help you let go of your anger and bitterness, since it will poison both your marriage and

your relationship with God if you hold onto it. Rely on God's strength to help you follow His command to forgive your husband unconditionally and continuously. Remember that God has forgiven you of many sins, and let your gratitude for God's forgiveness motivate you to forgive your husband.

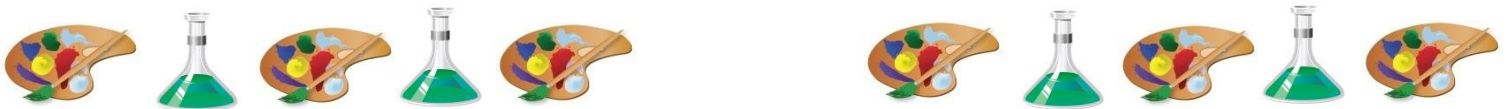
Ask "Is it possible to grow together when things fall apart?": Expect that you and your spouse will encounter various crises in this fallen world together, from health struggles to job losses. But realize that every crisis you all face presents either the danger that it will destroy your oneness by tearing you apart, or the opportunity that it will deepen your oneness by pushing you together. View each crisis that hits your marriage as an opportunity to grow closer together as you both learn how to trust God in fresh ways through the crisis. Turn to God's promises in the Bible to encourage each other as you deal with pain from crises in your marriage, and notice how you grow together.

Look in the mirror and focus on what matters most. Keep in mind that what matters most to God is that you're faithful. So regularly look in the mirror and ask yourself if the wife you see there is being faithful to God and your husband throughout all circumstances. Every day, pray for a fresh dose of the strength you need to be faithful in loving God and your husband, and God will help you keep learning and growing.

Adapted from *What's It Like to be Married to Me?*, copyright 2011 by Linda Dillow. Published by David C. Cook, Colorado Springs, CO, www.davidccook.com.

Additional marriage articles can be found:

www.marriagepartnership.com



God Has Changed My Life: Be Humble & Don't Take Things For Granted

by Linda Farnsworth

My mom died last November and I have thought a lot about how I spent time with her, what we spoke about, argued about, boundaries that I insisted upon or allowed to soften. There were things I did right and things I did wrong. With God's help, I've seen my mistakes and so now I less often take my loved ones for granted. And also with His help, I am still working on it.

As a teen, I was rude, self-centered and treated family poorly. Having a relationship with Jesus has shown me how wrong that behavior was. I'm glad I told Mom how sorry I was and Mom told me, "Good. Thank you and I forgive you; you were a real jerk sometimes. I love you."

I've participated in a "Mom's LIFE" bible study for many years. Through this group study of His Word and having discussions, God very clearly healed a problem in my marriage relationship where I was too prideful to really even listen to Mike. During an argument, God actually advised me to "shut up" and basically just listen to my hubby. That night, I learned His Way was the right way. My more humble attitude and not feeling the need to constantly defend myself to Mike, or anyone who was doing something I didn't like - this was better, this was a gift from God and I immediately saw the benefit of acting this way when that argument dissolved. I'm so thankful for this lesson because just a couple of months before Mom died, I was able to be quiet and let go of my frustration with her because she had allowed my kids to stay up past 1 am when they slept over. I didn't tell her how I felt hurt that she never had Savanna over (the four year old), never a sleepover or special day alone with Nana. Now, I'm so glad I let this go and I credit God for molding me to be this way. Not that I'm always this controlled, but at least I'm not a blob of prideful clay any longer.

I know God is number one and He wants to be. I don't regret my announcement to Mom last year that I wouldn't celebrate Easter or Christmas with her any longer. Those holy days at her house were not holy, and my Lord is way too important to be pushed to the backburner in the name of "family". I don't think I was rude to her, but I know it hurt her feelings. Still, good decision.

Mom and I travelled to India together a couple years ago. It was just great. We had a great time preparing, getting shots at the

UW Travel Clinic together, talking about Indian movies and specials and trying the food. When we travelled, we argued at the beginning a little. I don't even remember what it was. The Bible has taught me to be light with my words and again be humble; the last will be first... all that good Proverbs advice. So, Mom and I dealt with it right away, listened to each other, figured out how to take each other into consideration better... and we moved on. By the end of the trip, we looked back to many of the nights we had just giggled ourselves to sleep. You know those times when the giggles just don't stop, you both say something barely even funny and it just launches the giggles into an even deeper level? We had that many times and I'm very glad for that. In India I did not compromise my faith. Jesus went with me even though Mom rolled her eyes when I rejected my first Hindu blessing and bindi. But I'm so glad that I can look back at that trip and say how awesome it was - if I hadn't been molded, if I hadn't been following the instruction of the Lord, I would be writing of an awful trip, how we probably would have argued the whole time and wished we hadn't wasted our time. I credit God for this success.



Mom & Me in the pink scarves at the Taj

I think I handle some relationships different now. Well, I hope I do. I try to stand up for what will make a difference in years to come (like keeping holy days holy), but be humble and listen and let go of little things (like late bedtimes). Savanna doesn't even remember being left out of sleepovers. She was young enough that she just doesn't remember at all. That is a good thing. I'm glad I didn't make a big deal about that. It was so humbling to say I was sorry to Mom and to Mike. I meant it and they forgave me.

Today I want to do these things right away. I want to not take my loved ones for granted. I want to tidy the house quickly so Savanna and I can play "Candyland Castle" again for the million and fifty-first time (that's her special number). I want to not spend time on the computer when I'm supposed to be snuggling with my hot man! Any one of us could die at any time, as Mom did. Why spend time on things that won't matter after that?



Momology

As mothers, we are always learning.

Always be in a class or Bible Study or immersed in a good parenting book.

Our kids are worth it.

