

Cross of Hope MOPS

The Flourishing Times

October 2015

Fall Edition

1st & 3rd Tuesdays
September–May
9:30-11:30
West Mesa Christian
Church
8821 Golf Course Rd.
NW Albuquerque, NM.
87114



Cross of Hope Mops on
Facebook

Steering Team

Coordinator– Deanne Milligan
Fundraising–Francine Sedillo
& Laura Berndt
Bible Study –Julie Orfield
Publicity -Lindsay Burger
Hospitality–Kathryn Wohlfeil
Finance– Marie Ihlefeld
Table Mommas– Lindsay
Burger, Julie Orfield & Cindy
Reinhard
Creative Activities– Jenn
O'Daniels & Cassie Holmes
Moppets–Sasha Andrews &
Miranda Moore

Welcome to Mops!!!

Do you own your own Business or sell something and want to share your talent with our moms? For only \$5 an ad, we will feature your business in an upcoming newsletter! What better time to let us know your special talent/business than

right before the holidays so we, as moms, can support each other! Please send your 3x5 or smaller ad to Lindsay Burger at burgerlm@gmail.com by October 20th. The money raised will go to our Mops group. Please use this as an opportunity to tell us

about your business and avoid sending emails to our moms!



Meet Laura Berndt

Husband: R. Adam **Children:** Addison~ 20 months

Favorite Thing About MOPS ~ It's easy to put personal needs aside as a mom, and not take time away so it is wonderful to have a regularly scheduled time to take a break with other moms!

Why did you Choose to be on Steering ~ As a member of Cross of Hope, I am in a position to encourage and foster the relationship between MOPS and COH, and be a visible presence of this ministry in the church community.

What is your favorite thing to do in Albuquerque ~ Moving from Chicago, my family has been excited to explore a new town. We've enjoyed biking in the bosque, walking around Old Town, the BioPark, exploring new restaurants in Nob Hill and the Rail Yard Markets on Sundays. We haven't been here long enough to have a favorite.

My day with no Kids would look like... I would enjoy a casual day in Santa Fe wandering around the town, shopping and spending time in a local bakery/coffee shop reading.

Favorite Quote ~ It will never be perfect, but perfect is overrated. Perfect is boring. Tina Fey

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Kiddo Korner By Cindy Reinhard

Explora!

My favorite place to visit in Albuquerque is Explora!!

My daughter is special needs and loves all the sensory input from the hands on stations there!

1701 Mountain Rd NW
Albuquerque, NM. 87104

Mon-Sat 10:00a-6:00p

Sun: 12:00p-6:00p
Children under 1 ~ free

Ages 1-11 ~ \$4
Ages 12-64 ~ \$8
www.explora.us



Mops Devo

Let's Fall!

Julia Bettencourt
<http://www.juliabettencourt.com/dev/falldev.html>

F- Fellowship With Christ (and With Other Christians).

There's nothing like a strong devotional life to help me to be spurred on to be what I should be for Christ. Fellowship with Him in prayer, reading and knowing His Word, and keeping my life from sin is imperative if I want His power on my life. *Romans 6:12,13, Psalm 109:4, Psalm 119:11* Having a rela-

tionship with other Christians around me will also encourage me in my walk with the Lord. *Colossians 3:16*

A- Abiding in Christ.

I know if I want that invigorating power of Christ, I need to continually be obeying His Word and keeping His commandments. I need to constantly be in tune with Christ and abiding in Him. *1 John 3:24*

L- Leaning on Christ.

The more I lean on Christ, the more I find that His power and strength are mine. Leaning on Christ gives me a boost as I live the Christian

life. *Psalm 46:1, Psalm 91:1,2, 2 Corinthians 12:10*

L- Living for Christ.

Someone that lives for Christ can have such a powerful life. Being an idle Christian will never get us anywhere. Living for Christ requires motion. If I'm active for Christ it will help me to have the full power of Christ on my life. *Romans 12:11, Psalm 100:2*

So, how's your F-A-L-L?

Star Speaker



Don't miss our upcoming meetings in November. We will be having a first aid class from a local group 3D Security Training Solutions "Detect, Deter, Defend". They will be

graciously giving us a **free** class discussing basic first aid and rescue breathing. For more information about this wonderful group, go to www.3dsta.com



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Recipe by Kathryn Wohlfel

Grilled Salmon

1. Buy a delicious salmon fillet from Costco or your favorite grocery store
2. Line a baking sheet with aluminum foil, leaving enough foil to be able to wrap it around the salmon.
3. Squeeze the juice of 1 lemon over salmon and sprinkle with fresh dill
4. Wrap foil around salmon
5. Place on preheated 350 degree grill or oven for 20 minutes or until

salmon flakes easily with a fork

6. Serve up with your favorite sides such as steamed asparagus and mashed potatoes.

~My Kids eat this up with extra lemon to squeeze over it!!



Pumpkin Patch Review

Galloping Grace Youth Ranch Pumpkin Patch

3001 Civic Center Circle NE.
Rio Rancho, NM 87144
Admission is FREE!
Tuesday- Sunday 9:00am-6:30pm
Tons of activities for kids
Pumpkins available for purchase

Moriarty Pumpkin Patch

34 McCall Ln.
Moriarty, NM. 87035
Admission ~ \$11.95 per person 2 & under is free
Saturday-Sunday 10:00am-6:00 pm
Weekdays-9:30 am-2:00 pm

Admission include

many activities for the kids, corn maze, and hay ride to the patch to pick a pumpkin

Wagners Farmland Experience

6445 Corrales Rd.
Corrales, NM 87048

Challenge Corner By Julie Orfield

I'm the kind of person who likes to challenge myself a lot. All the time. I'm always looking for ways to stretch myself, to grow, to learn how to do something better. But when it came to water, I didn't really want to be challenged. I've been afraid of water my whole life. I remember being terrified to put my head under the tub faucet as a child. My parents introduced me to water, and I'm sure there were swim lessons in there somewhere, though nothing I can remember clearly (maybe I blanked out the trauma?). So I never really learned how to swim. In addition to that, when we were at a family reunion when I was 8 years old, I almost drowned in the pool and no one noticed. That really cemented my fear, and since then I've never gone deeper in the pool than the bottom of my chin. Then I married a man who used to be a lifeguard, and was pushed/cajoled/teased about my fear of water for a while until he finally figured out it was a real thing and instead of trying to push me past my limits, he should lovingly encourage me to go outside my comfort zone a little bit at a time. He has been kind about it, and he helped me a little bit, but not enough to really make a difference. We took our 2-year-old son David to a friend's pool a few times this summer, and I wasn't comfortable with the fact that I couldn't go past a certain point in the pool with him. Finally, my husband made a life-changing suggestion: why didn't I take swim lessons? Well, it took me a few weeks to get used to the idea and decide that I really wanted to do it, and I signed up to start swim lessons at the YMCA starting the last week of August. I did not want to go to the first lesson. I didn't know what to expect, I was worried about looking stupid (one of my biggest fears), and I had to force myself out the door that night. I made it through the lesson and came home and cried on my hubby's shoulder. I felt so embarrassed and felt like I didn't know anything. The second lesson wasn't any easier, and in fact I strained my back and legs the day before while working out, so I really didn't want to go. I did go just to try it, figuring I could leave if it was too much for me, and I stayed the whole time. I clarified with the instructor that I didn't know ANYTHING about swimming, and for that lesson, she let me go more at my own pace instead of pushing me to keep up with people who actually DID know how to swim and just wanted to learn how to do it better. I came out of the second lesson feeling much more hopeful, and have been more than willing to go back every week. There are only 7 lessons total, and I've now completed 5 (6 by the time this will be published). And I feel so much more confident in the water than I ever thought possible! I actually know how to do several different strokes, and while I'm far from competent in every one, I know I can swim through the deep end without panicking or sinking. I still have a long way to go before I'll feel comfortable in deeper water with my son, but that doesn't matter because I've already overcome the biggest obstacle: my own fear. This is something that I never dared dream that I would be able to do, let alone do well. I found that I actually enjoy swimming! Go figure! What about you? What is one fear that you have held onto, perhaps for your whole life, that it is time to face and overcome? How can you challenge yourself this month, this season, this year? Dare to dream big and take that first step – you never know what might happen!

Upcoming Events

Please join us on Facebook at Cross of Hope Mops for more information and upcoming playdates and events!!!

OCTOBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Abq Bio Park Playdate 9:30 am at Flamingos	2 COH Balloon Launch 6:00 am Mariposa Basin Park	3
4	5	6 MOPS 9:30-11:30	7	8	9	10
11	12	13 Bible Study 9:30-11:30	14 Piedras Marcadas Park Playdate 10:30 MOMS NEXT W3 5:30pm COH	15	16 Steering Retreat	17 Steering Retreat
18 Steering Retreat	19	20 MOPS 9:30-11:30	21	22	23 Galloping Grace Pumpkin Patch 11:00am	24
25	26	27 Bible Study 9:30-11:30	28	29	30	31

Directory Photos

Lindsay Burger will be putting together a directory for our group. Sasha will be taking pictures at our meetings in October, so be sure you're picture ready!