



September & October 2009

## Welcome to MOPS!

**Where together we are on Planet MOM...**

My name is Katy Thompson, Co-Coordinator for the Cartersville MOPS group. As a mother of an 18 month old and another one on the way, I know I need some “mommy” support! That is why I am so excited about MOPS this year! What would I do without some time to talk and laugh with other moms who have been through what I am going through? This is what MOPS is all about.

For me, I was lost as a new mother. No one told me how inadequate I would feel as a woman just by having another little person to take care of. Where did my identity go? I used to be Mrs. Thompson, high school Math teacher! Now, I was... Waaaaa, waaaaa... Not even “Mommy” yet! No matter how much my husband tried to help out or reassure me, I was not ready to have my life change that much. Of course I thought I was ready for this little helpless being to come into my life and cling to me for EVERYTHING... but that was before she came out of my belly. Then, I found MOPS! What a blessing it was to me to hear how EVERY mother felt like I did! Wow! I am not crazy... I am not a bad mother... and I am definitely in the place I need to be to help me grow as a woman, mother, wife, and friend.

My prayer is that you find sanctuary in MOPS just as I did. As women, we need a community to share our feelings, vent our frustrations, and build bonds of friendship. This year’s theme is “Together on Planet MOM.” Let “planet MOM” become a community you lean on for your “mommy” support this year. Whether you are a 1<sup>st</sup> time mom or a 4<sup>th</sup> time mom, MOPS is a place where motherhood is celebrated. So, come join our group as we grow into the best moms we can be for our children. Invite your friends and don’t be afraid to make some new ones this year as we explore planet MOM together.

Love from planet MOM,  
Katy



“Where two or three come together ...  
there I am with them.” Matthew 18:20

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Rowland Springs Baptist Church  
MOPS  
79 Rowland Springs Road  
Cartersville, GA 30121  
770-382-4778



# Better Together

## MOPS Membership Benefits for 2009-10

Spring Membership  
**\$21.95**  
through May 29.



**Mom Membership Fee: \$23.95**

Weekly Mom-E-Mail • MomSense Magazine • Life On Planet Mom

Total Retail Value: **\$32.89**

**Mentor Membership Fee: \$28.95**

- SDWSC\* - Newest book release from Elisa Morgan (Retail value \$9.99)
- Life On Planet Mom (Retail value \$12.98)
- MomSense Magazine (Retail value \$20)
- Connections Magazine (Retail value \$10)

Total Retail Value: **\$52.98**

\*SDWSC will be released in September 2008



Lowest Price of the year  
**\$26.95**  
through May 29.

Check out the MOP Shop for even more fabulous resources and gifts!



# Mission Specialist: Meet our Leaders



**Katy Thompson**  
Co-Coordinator

How long have you been involved with MOPS? Since April 2008

Ages of your children? 18 months and one due in Feb.

Complete this sentence. "I am thankful to be on Planet Mom because..." your own children allow you to understand the relationship between yourself and God so much more.

Two things you can't live without on Planet Mom. Nap time and a good book

Name one thing you swore you'd never do before you had kids, but have since had a change of heart? Allow the television to be the baby-sitter.

Why did you want to serve with MOPS this year? I want other moms to have a place to feel welcome and connected as a woman. I know with me it took awhile for me to accept the change in my lifestyle and MOPS played a big role in helping me to feel comfortable in my new "mommy" skin.

What's your greatest need on Planet Mom? Time to talk to adults!



**Catherine Characky**  
Creative Activities

How long have you been involved with MOPS? This will be my 3rd year

Age of your child? 4

Complete this sentence. "I am thankful to be on Planet Mom because..." children are one of God's greatest gifts

Two things you can't live without on Planet Mom. portable dvd player and the movies to go with

Name one thing you swore you'd never do before you had kids, but have since had a change of heart? Saying "because I said so!"

Share your favorite baby blooper. When she was about 18mo old daddy taught her to pick up stink beetles and throw them in the toilet. I was surprised one afternoon with a potty full of them. About 30-50. She was so proud of herself.

Why did you want to serve with MOPS this year? I want to help give back what I've received.

8. What's your greatest need on Planet Mom? Knowing that all moms go through the same things.



**Del Christianson**  
Co-Coordinator & Finance

How long have you been involved with MOPS? 8 years

Ages of your children? 15, 7 & 4

Complete this sentence. "I am thankful to be on Planet Mom because..." God is teaching me a lot through it.

Two things you can't live without on Planet Mom. Pride & Prejudice DVD set, My sanity

Name one thing you swore you'd never do before you had kids, but have since had a change of heart? start counting 1, 2...

Share your favorite baby blooper. "look Mom, Nathan has a tail"

Why did you want to serve with MOPS this year? I think we all need encouragement as moms in this stage of life and I wanted to be a part in reaching out to Moms in Cartersville.

What's your greatest need on Planet Mom? Close Friends



**Meredith Roe**  
MOPPETS Coordinator

How long have you been involved with MOPS? This is my second year.

Ages of your child? Madelyn just turned 3 in August.

Complete this sentence. "I am thankful to be on Planet Mom because..." I know I'm not in this crazy Mommy world alone!!

Two things you can't live without on Planet Mom. Good friends & my iPod.

Name one thing you swore you'd never do before you had kids, but have since had a change of heart? Ha ha...nothing. I never say never!

Share your favorite baby blooper. When I was potty training Madelyn, I would clap and cheer when she used the potty. One day at the Town Center Mall, I took her in the restroom with me, and she cheered VERY LOUDLY for my "accomplishment"... "YAY MOMMY!!!!"

Why did you want to serve with MOPS this year? I love helping in any way I can. Plus, it's fun to help decide all the neat things we will do together!

What's your greatest need on Planet Mom? Laughter



# Planet Mommyhood



## Rowland Springs Baptist Church Events:

- Sept 8 **Women's League**  
Bible Study  
"Fingerprints of God"  
See Del for more info!
- Oct 11 Revival with  
Mark Cahill
- Oct 25 Friends and Family Day  
RSBC Got TalentNight
- Oct 31 Fall Festival  
More details to follow

## Can I Wear This After Labor Day?

Everyone has at some point heard the old adage: "Never wear white after Labor Day."

Well, welcome to the 21st century ladies - and throw out that rule. There IS such a thing as "winter white" - and it is perfectly acceptable to wear during those colder months of the year, particularly to "dressy" events. In order to avoid looking washed out, try pairing a white shirt or blouse with a piece of colored jewelry (nothing crazy; you don't want to overwhelm the outfit). A light pink necklace, a birthstone bracelet and earrings set, etc. will add a color "pop" and tone down the white of the outfit.

One little tip about wearing white....

NEVER, and I repeat, NEVER wear white on your bottom half, unless you are trying to balance out a large upper-body. White tends to make things appear larger than they really are. If you weigh 98 lbs, then white is probably fine for you to wear on any body part. But if you're like me, you might want to stick to wearing lighter colors on top and darker pants/skirts to give you a more flattering silhouette.

Style Tips from our in house fashionista,  
Meredith Roe



## Cosimc Cuisine

### Hot Spinach and Artichoke Dip

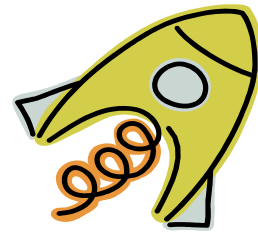
#### Ingredients

2 tablespoons butter or olive oil  
 ½ yellow onion diced  
 1 whole garlic clove minced  
 2 (8oz) packages of cream cheese  
 1 ½ cups shredded parmesan cheese  
 1 can of artichoke hearts and water in can (chopped into quarters at least if not smaller)  
 1 frozen package of chopped spinach (thawed and drained of all water; squeeze all the extra water out)  
 Salt & Pepper

#### Directions

**Grab a med size pot and turn burner to medium heat. Put in the olive oil OR the butter (don't use both). Add your onions and cook till good and soft (about 10-15 min). Add your diced garlic, stir (keep an eye on it cause you don't want the garlic to burn, it will taste bitter). Add you cream cheese one package at a time till each package has melted. Add in thawed spinach. Add in artichoke hearts and artichoke water. Stir till mixed well. Add in the parmesan cheese till it is all melted. Add salt and pepper to taste.**

Recipe courtesy of MOPS Mom Melissa Carver  
[www.YourFrugalGourmet.com](http://www.YourFrugalGourmet.com)





## WOULDN'T MISS IT FOR THE WORLD!


“Where two or three come together... there I am with them.” Matthew 18:20

**Mark your calendars!**

### September and October Schedule:

<u>Dates:</u>	<u>Topics:</u>	<u>Time:</u>
September 3rd	Welcome To Planet Mom: Making Contact Brunch by the Steering Team	9-11am
September 10th	***Steering Team Meeting*** <b>MNO (Mom's Night Out) @ Starbucks</b>	9am 7 pm
September 17th	Bridging Planet Me & Planet Mom Brunch by: MOPS Hospitality	9-11am
October 1st	Personal Finance Brunch by: Laundriopia (Kati Rosi)	9-11am
October 2nd	MOPS Fall Family Potluck @ the Sutton Home *Please bring a covered dish to share	6-9 pm
October 8th	***Steering Team Meeting***	9am
October 15th	Building a Community of Friends Brunch by: MOPS Hospitality	9-11am
October 17th	Paint Pottery @ Eternal Moments in Calhoun	10 am
October 29th	MOPS Play date @ Pettit Creek Farm *Bring picnic lunch	10am- noon

Congrats to our expectant mothers...



Katy Thompson  
Katie Rosi

*“For you created my inmost being; you knit me together in my mother’s womb”  
Psalm 139:13*

Happy Anniversary to...

Lori Shook	Sept 21
Kim Sutton	Sept 22
Mandy Butler	Sept 30
Melissa Carver	



Happy Birthday to...



Catherine Characky	Aug 29
Rebecka Boling	Aug 31
Rebecca Morris	Sept 6