

Mom's Moments

A newsletter for moms to share stories, resources, scripture, thoughts, recipes and practical ideas to encourage each other as we connect and navigate our roles as women and mothers. Send contributions to anna@momsmoments.ca.

A Note from Anna

I would love to start the new year with optimism and a positive attitude in my life. For this reason, the first newsletter of 2007 is full of encouragement. Every day can be a new beginning, if only we cherish them (even the hard ones), and try to love, live and learn from them. There is an addition to Mom's Moments. The new fitness/nutrition section is introduced on page 2 of this newsletter, and is longer for this edition than will be the norm. Enjoy ladies, and HAPPY NEW YEAR!

My Story— *Getting personal about Faith*

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland." Isaiah 43:18-19

I recommitted my life to Jesus Christ when I was 23 years old. I grew up in the church, and believed all I heard, but my faith was not strong enough to last through the teen years. I made a couple of poor choices, and slowly I lost my way, forgot who I was and experienced a dark time in my life. After 7 years, I made a good choice. I prayed that Jesus would show me the way, remind me who I am, and shed some light on my life. Since that moment, there has been no looking back. There is now an abundance of His light in my life. I don't have all the answers, but I know the One who does, and it's comforting to know He is guiding me, if only I let Him.

Another year has come and gone. Maybe 2006 brought great things to your life, maybe it didn't. Maybe you experienced wonderful memories, maybe you didn't. Maybe you made great choices, maybe you didn't. Whatever your life is, whatever it was, whatever it will be, there is so much hope offered to you! Our lives may change constantly, but one thing remains the same. God loves you and He longs for you to forget the former things. His hope for you is that you do not dwell in the past. He wants to do a new thing, make a way in the desert and streams in the wasteland. Just ask – it's yours. This is how I asked – I prayed: Jesus, thank you for loving me. Thank you for dying for me. Thank you for forgiving me. Thank you for being my Saviour. I want to know you. Please show me the way. Help me be the person you want me to be. Guide me and direct me. Amen. May 2007 be full of new beginnings for you!

- Anna

All I Ever Have To Be

I'd love to share the words of one of my favourite songs, especially in light of all we are bombarded with at the start of a new year:

All I Ever Have to Be – Amy Grant

"When the weight of all my dreams
Is resting heavy on my head
And the thoughtful words of help and hope
Have all been nicely said
But I'm still hurting
Wondering if I'll ever be the one
I think I am
Then you gently remind me
That you've made me from the first
And the more I try to be the best
The more I get the worst
And I realize the good in me
Is only there because of who you are
And all I ever have to be
Is what you've made me
Any more or less would be a step
Out of your plan
As you daily recreate me
Help me always keep in mind
That I only have to do
What I can find
And all I ever have to be
Is what you've made me."

I encourage you to take the time and discover what God made you to be. - Anna

This & That...

A wonderful woman emailed this to me recently, but I don't know where it originated:

98 Ways to Say "Very Good"

(I'll list the first 10, and add the rest to future newsletters.)

1. You've got it made.
2. You're on the right track now.
3. You are very good at this.
4. That's much better!
5. I'm happy to see you working like that!
6. You're doing a good job.
7. That's the best you've ever done.
8. I knew you could do it.
9. Now you're figured it out.
10. Now you have it better.

Use them freely to encourage the people in your life!

Any thoughts on organic vs. non-organic foods?

Any recipes that kids will love?

Email your thoughts to me-I'd love to read them!

NEW to Mom's Moments!!

I am very pleased to announce a new addition to Mom's Moments. Caroline is a wonderful, intelligent, passionate woman, wife and mother. I am excited to join with Caroline, since our goal is the same - to connect with moms and encourage and support them. Read on and enjoy her first article. Welcome Caroline! - Anna

Health Nut - Wellness in a nutshell

I love new beginnings! The New Year brings new hopes and dreams, new resolutions and goals. Year after year, people make promises to themselves, vowing that this time, they will succeed. Whether it's losing weight or leading a healthier lifestyle (ex. regular physical activity; healthy food choices; smoking cessation), health issues are often among the goals we set for ourselves. So why is it that last year's ten pounds are now fifteen pounds?

What's your excuse? No doubt, you're a busy woman trying to juggle all aspects of your life without going crazy! I get that! Here is a list of excuses I've heard or even used myself. Any of them sound familiar? Read on for the *silver lining!*

- GUILT - Do you feel guilty that you should be with your child every time you slip on your running shoes to go for a run? All you need is a shift in perspective. Think of guilt as a meter of how much you care. Just think of how much more patient and loving you will be if you are energized and rested.
- SHORT ON TIME - No explanation needed! Who doesn't feel that there just aren't enough hours in a day? Ever heard the saying, "if you want something done, ask a busy person"? Ever wonder how they do it? I believe that people fail because they fail to plan. Start planning!
- FATIGUE - Can't get out of bed in the morning to exercise? Too tired to exercise in the evening or to plan your menu for the next few days? I know there are many reasons for us busy women to feel exhausted! But, unless you have a medical reason for this (ex. anemia, thyroid problem, diabetes, or depression - all treatable) you might want to consider exercise and healthy food choices to help boost your energy!
- "ALL OR NOTHING" BARRIER - So your lunch wasn't perfect, is that a reason to make poor food choices the rest of the day? So you missed your early morning workout, is that the only time you can get it in? This is where the planning comes in. Always have a backup plan in case your plan A doesn't pan out.
- NO MOTIVATION - No interest in fitness classes or personal trainers? Can't be bothered with all the preparation needed to eat healthy? Why do healthy lifestyle

choices have to seem so painful to implement? Physical activity can mean lots of things such as a nature walk with the kids or taking a family bike ride. Try taking a healthy picnic along to make it even more special for the entire family. Try new foods and activities! Motivation is a goal-directed behaviour. What's your goal? Have FUN with it!

- LACK OF RESOURCES - Don't have money to join an expensive fitness club? Don't know where to start? Whether it's exercise programs or reading a nutritional label, many of us are intimidated by our lack of knowledge regarding what we can do to improve our health. You don't have to spend money for a good sweat! And as for nutrition, it's an ongoing learning process. The desire to learn is the perfect place to start!
- FOOLING YOURSELF? - Are you telling yourself that you can't understand why the weight isn't dropping? You're eating well, you're exercising regularly... but really... are you being honest with yourself? Write down everything you eat and every time you do some type of physical activity (be specific: cardio, resistance, flexibility and its intensity) for one week and see what you think then? Still not sure? Have a knowledgeable friend or a professional review it for comments. You might be surprised!
- TOO FAR GONE - Do you feel as though it's too late for you? IT'S NEVER TOO LATE TO START! Just keep in mind that the quick fix solution is quick to failure. Be patient. CONSISTENCY is the key. You have to believe that YOU ARE WORTHY!

Now that those excuses are a thing of the past, let's focus on the present. A goal is a dream with a deadline. What are your goals? What are your sources of happiness? Dig deep! Now how do you plan to get there? If you want to succeed, focus on the process. In other words, all the baby steps you'll need to take are the real goals. The destination is the ultimate joy of achieving all those small goals along the way, which in turn have made you what you are today. Your future awaits!

I am a Primary Health Care Nurse Practitioner and a personal trainer specializing in pre and postnatal fitness. I am passionate about health and fitness and am looking forward to sharing this with you in this monthly column. I'll offer an exercise of the month along with a nutrition tip of the month. I welcome any questions, suggestions or feedback you may have. I hope I got you thinking! God bless!

- Caroline Deschamps, PHC-NPP, PTS, PFS

Email all suggest health topics/questions to healthnut@momsmoments.ca