

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 contributions@momsmoments.ca

A Note from Anna

2007 is already full of new beginnings for Mom's Moments! The newsletter has experienced a full makeover courtesy of my dear friend, Melanie. Melanie is a wife and mother of two girls. Please read more about her in the next section, "My Story." She has whole-heartedly caught the vision of reaching and encouraging moms and will now be working with me each month along with her sister Caroline (our Health Nut). Welcome Melanie!

We have developed different sections and given them titles. Please contribute to any section you'd like. We'd love to hear from you! **Our hope is for moms to encourage each other through this newsletter.** Some sections will come in and out of the newsletter depending on ideas, contributions and space! See our new Information Page for more on contributing, and on Mom's Moments Background, Beginnings, and our Team.

February's issue is made with love—just for you! We had a blast putting this together! Enjoy!

HAPPY VALENTINE'S DAY LADIES!!

My Story - Dealing with Change and Uncertainty

Encouraging each other by sharing our stories

By Mélanie of Newmarket, ON

I celebrated the big 30 this fall, and honestly, I wouldn't want to be anywhere else in life! I've been married almost 7 years and my husband and I have two beautiful daughters (the eldest now 4, and the youngest 16 months). I'm also a High School teacher. The most constant thing in my married life has been change...

- As newlyweds we moved to a remote Northern community on a native reserve (with no road access) where I kicked off my teaching career — away from family, dear friends and our Christian communities. We learned to cope with the isolation, made good friends, and had quite an adventurous 2+ years there.
- While I was 9 months pregnant, we moved South to the city—still considered to be in the great North to most (at least on the transcanada highway and not so remote!). I was at home for one year with our baby girl and my husband was in school for the next 3 yrs.
- I worked for 2 yrs where I taught and coached sports with our first in daycare (hubby still in school). We enjoyed having some of my husband's extended family nearby and I connected with fantastic ladies in the community and at church despite a fast pace life.
- We moved to Southern Ontario for my husband's work when our newest baby girl was just 2 weeks old. We are now closer to his immediate family.
- I'm now on year 2 of being a stay-at-home mom on an extended leave (and loving it!). But going back to work looks like it will be in the near future for me... more transitions...
- Oh and we discovered that my husband had heart problems this spring. He had an operation to insert a pacemaker this summer. We're thankful that it was caught early!

A Candid Moment

Have a special moment you captured on film? Send it along!



Cousins—Best friends for life!

Taking a break from their first skate on the Rideau Canal! Picture from sisters Mélanie of Newmarket & Caroline of Ottawa, ON

My Story—continued...

I have learned from experience that God truly is always present, always in control, and always provides when we put our trust in Him. I have held on to God's Word, the Bible, as my source of Truth and have learned the importance of prayer! Where will we be next? Back to work? Another baby? Extended leave? Another move elsewhere? God knows. As we seek God for direction, we are comforted in knowing that He indeed loves us and is taking care of our little family.

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Good Eats!

Another treat from my hubby's family recipe box: Our oldest son likes to help make these and frost them. Cut them into heart shapes for Valentine's Day!

Sugar Cookies

1&1/2 C all-purpose flour
1&1/2 tsp. baking powder
1/4 tsp. salt
1/2 C butter, softened
1/2 C sugar
1 egg yolk, slightly beaten
3 tbsp. milk
1/2 tsp. vanilla

Icing

1/2 cup icing sugar
Smidge of milk and butter
Mix all together to smooth consistency.

In large bowl, stir together flour, baking powder and salt. In small bowl cream together butter, sugar and egg yolk. Add milk and vanilla. Add wet mixture to dry mixture, and mix well. Chill. Roll to 1/4" thickness. Cut into shapes. Bake at 375°F on ungreased cookie sheet for about 8 minutes. Cool. Ice. Enjoy! -Anna

In my Family

Traditions in our home and ideas for yours!

Here are a couple of ideas that worked well last Valentine's Day, so I will continue them this year!

14 Days of Love

Kids Version: Cut out 14 hearts and give one to your child every day, starting Feb. 1st or Feb 14th. (Or do 5 days of love or 7 days of love) Write on them reasons why you love them, something special about them or abilities/gifts you see in them. Attach a Hershey's kiss if you like! Yum!

Adult Version: Cut out hearts and hand one to your main squeeze every day. You could also plan 14 dates for the two of you (if you have kids, you may need to space them out over a few months—or have dates at home—late-night candlelight snack, movie that HE picks, cards, or...whatever...I'll leave that up to you ladies!) or make him feel special by making his favourite dessert or booking him a massage (book one for yourself while you're at it!)

Wall of Love

For the Kids: We gathered all of Josiah's valentines and taped them to his bedroom wall, near his bed. That way he could look at them and know there are many people who love him. He still looks at them, and we are getting ready to update our Love Wall next week! - Anna

A Quiet Moment - *Inspirational thoughts*

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" Matthew 22:36-39

Love...it is the greatest action we can take in our world. We can start by loving those whom God has given us to love—our families and our friends. Our greatest source of love is God Himself. If we ask Him to help us love those in our lives, I know He will answer. It may mean change on our part, acceptance of those we love, and a shift in our priorities. But it will be worth it, don't you think?

The more I know God, the more I love Him, and the more love I have for my guys. God has given me a wonderful husband and beautiful sons to raise...and I have made a vow to myself that if I could only accomplish one thing in this life, it's to love them as they should be loved—to give them the best chance of being all they are meant to be. I think as I learn to fulfill this vow, I will also have the best chance of being all I am meant to be. - Anna

Must Read!

The Five Love Languages by Gary Chapman.

This book talks about "five distinct languages people use to express love." It helps us to communicate our love to others and understand how they are trying to communicate their love to us. Check out Gary Chapman's website: www.fivelovelanguages.com. He has also written Five Love Languages editions for children, singles, families, and more!

Did someone forward or pass on Mom's Moments to you?

Email melanie@momsmoments.ca to be put on the mailing list in order to receive it by email monthly.

Health Nut - *Wellness in a nutshell*

Is Organic Food Better For You?

PESTICIDES are the big concern. Research has not yet proven that ingesting low levels of pesticides can be harmful to our health. Pesticides have however been proven to cross the placenta during pregnancy.

Organic food does not have a greater nutritional value than food grown conventionally. The nutrient content is determined by the genetic make-up of that particular food. Many people will tell you that organic food simply tastes better.

Organic food can cost anywhere from 15%-100% more than conventionally grown food. Here are some tips for buying cheaper organic food:

- Shop at farmers' markets (local and in-season is best!)
- Join a co-op or buying club (to find a co-op near you, Google "Cooperative Grocer" and "Local Harvest". To learn how to start a co-op in your area, get the brochure from "Cooperative Grocers' Information Network")
- Freeze in-season produce for off-season use
- Grow your own
- Ease into organic

If organic is not in your budget, there are ways to reduce the amount of pesticides you ingest:

- Scrub fruits and veggies with a brush under running water
- Use a knife and not your teeth to peel oranges or grapefruits
- Discard the outer leaves of leafy vegetables
- Peel vegetables and fruits (but you will also be losing fibers, vitamins and minerals found in the peel)

Keep in mind that despite the use of pesticides, people that eat lots of fruits and vegetables have lower rates of cancer than their counterparts. The important thing is eating a variety of fruits and vegetables on a daily basis, organic or not!

Exercise of the month

1. Stand tall, feet hip distance apart. Hold a bar (weighted or not) in your hands down by your thighs, palms facing you.
2. Lift the bar shoulder height, with arms extended out in front of you, slightly bent at the elbows. Palms facing the ground.
3. Go down into a squat position (bend the knees as you sit back putting your weight onto heels – pretend you have a chair behind you that you are reaching with your buttocks to sit on – be sure your knees stay over your toes).
4. Once you feel balanced in your squat position, rotate at the waist to one side and hold for two seconds before returning to centre and finally stand back up to starting position.



Repeat this sequence 8-15 times per side. You will be working your buttocks, thighs, core and shoulders. Have fun!

- Caroline Deschamps
RN(EC), PHCNP, BScN, PTS, PFS
(See the Information Page for more on Caroline)

Send any health questions/suggested topics to healthnut@momsmoments.ca