

# Mom's Moments

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## A Note from Anna

How was your summer, ladies? Mine was... not what I thought it would be. I hoped to enjoy the beach a little more, but the rain "washed" out that idea! I hoped to have a major chunk of the home renovations done, but inevitably it will take longer than expected. And I hoped to get ahead with a writing project or two, but most days I played with my boys instead. Now THAT'S something I don't regret!

I filled up my treasure box of motherhood a little more this summer. My memory holds a few more snapshots of precious moments of laughter and tears. How about you? What treasures of the heart did you gather up this summer? I hope they were wonderful, whatever the season brought to your lives.

*Like branches on a tree we grow in different directions, yet our roots remain as one. Each of our lives will always be a special part of the other.* - **Anonymous**

## Heart and Home

*Special stories, reflections or traditions from your family*

I wanted to share this picture because it portrays exactly what's in my heart right now. When I look back over the last 7 years (8 including pregnancy!) it really is a blur. It's true that children grow up too fast! My oldest son is starting grade 2 this year and I have one more year at home with my youngest son before he starts school too.



No other classroom of life has taught me as much as being a mother. The life lessons I learn here mold me into a more mature person, a more confident woman and a more loving Christian. I hope I never stop learning. - **Anna**

## Tasty Treats - The Crowwell Smoothie

*Mix up a tasty serving of nutrition to start your day!*

- 1 cup frozen or fresh fruit (berries, etc.)
- 1 banana
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice
- 1 tsp wheat germ
- 1 tsp flax seed



Place all ingredients in a blender. Blend until smooth (add more juice if needed) and drink up! Measurements are approximate; adjust to taste.

- **Lauri Crowwell, Newmarket, ON**

## Gran's Garden - A Summer Flood

During the heavy storms we experienced this summer in Southern Ontario, our property underwent some dramatic changes. I would like to share with you what happened.

We have almost two acres with a small bungalow, a front and a back clearing, a front garden (of course!), a wooded lot and a river. When the rain storms hit they didn't give our river time to subside before the next one hit and consequently we had an amazing experience.

I came home one day as yet another storm was blowing over and I heard a loud thunderous roar coming from my backyard. I dashed out to see what was going on and instead of one river I now had three! The heavy rains had forced the river over the banks on either side and created two new rivers which were rushing in torrents through the woods.

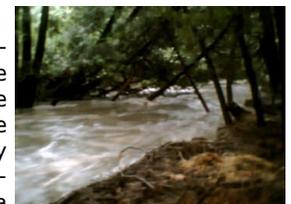


I stood in awe at the sight and the sounds of what was happening to my little cottage home. It was evident that the house was not in any danger so I stood there mesmerized and just soaked in the destruction taking place. I thought of all the devastation we would face after and all the cleaning up there would be to do.

The next day we went out to assess the damage

and prepare for the worst. God is so good! The three rivers had subsided to just the usual one and no great damage had been done.

Many years ago a large tree trunk had fallen in the river - we had been unable to move it, but now it had been carried off! Where the river had struggled to move the trunk it had deposited a mass of small stones and created new rapids! I love that sound!



The torrent also deposited sand all along the riverbank and now we have a giant sand dune for the grandkids to play in! And further downstream the storm left a huge pile of sand - filling in an ugly bend where we had been trying in vain to create a base for a seating area! Beside this was a brand new pebble beach shallow enough for wading! What would have taken us several years to do was done in one day by our gracious Heavenly Father!

I was reminded that we don't always see the Lord's hand in our lives especially when we are going through tough times but God is merciful and will bring us through the torrents and bless us in ways we could never imagine if we trust in His goodness and Love.

Until next gardening season...

-**Lynne Collier, Kendal, ON**

## Info-Corner...

### Fall Issue of Deeper

The newest edition is out - find it on our [website!](#)

### Fall Fun Photo Contest

Email your best Fall Fun photos before Oct. 15th to [anna@momsmoments.ca](mailto:anna@momsmoments.ca) for a chance to win a \$25 gift card and a feature in our November issue! Details on our [Bulletin Board](#).

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## A Quiet Moment - Inspirational thoughts from the Bible

"Blessed are the merciful, for they will be shown mercy."  
Matthew 5:7 (NIV)

There's a strong undercurrent of "you reap what you sow" in this verse. If you give of yourself, if you are merciful to others, if you show them compassion, kindness, gentleness and love (even when they don't deserve it!) you will experience mercy in return.

I think there's another truth in here too. Some of your acts of mercy may not be reciprocated on this earth, the acknowledgement may come in eternity. This means that we must be

merciful simply because it is right, and not because we want something in return. Easier said than done, but well worth the effort to "pay it forward."

Your acts of mercy can be big or small, never underestimate the power of small acts of kindness, generosity, love, or care. The impact can be far greater than you imagine from a simple smile, bouquet of flowers from your garden, batch of cookies, a phone call, email or a card. God can use whatever you have to offer for His purposes. The only harm would be in not trying at all.

- Anna

## Sunny Days of Summer Photo Contest Winner!



### Lounging in the Pool

Picture from Sarah Kennedy, Ottawa, ON

Congratulations and enjoy your \$25 gift card, Sarah!

## My Story - Building a Strong Family

Encourage others by sharing your times of joy, sorrow, triumph or struggle



We have been working on some major home renovations these past few months. The upstairs floor of our house had to be ripped apart - down to the studs on the walls. I've noticed many parallels between building a strong home and building a strong family.

It all starts with a solid frame. Before we started the renovations we asked a trusted contractor if our home was worth fixing in the first place. He told us we have a solid frame and a firm foundation to build on. In our family I know that our faith in Jesus is what we build upon. We have a firm footing as

we learn more about Him together.

There was no insulation in the walls of our old house, nothing to keep out the weather extremes of the outside world. Before I filled the walls with R12 I had this wonderful idea. I gathered many Bible verses and stapled them to the outside walls of our house. What better protection for our family than the Word of God? Then I realized that unconditional love and acceptance are what insulate a family from whatever may come from the outside.

We're at the point now where we can start to paint. I'm looking forward to watching our personalities come to life on the walls. What colours will we choose? Each member of our family is

unique - each with their own hopes and dreams, likes and dislikes. I hope our house is a place where they will discover who they are meant to be.

Last will be the flooring. We'll cover over creaky floor boards with laminate soon. But I'm glad for the creaks, they remind me that our house has character and a history because of its age. Our family has its quirks, inside jokes and shared experiences that lie beneath the surface of what others may see. I'd never want to change the character of Team Sklar.

I look forward to watching our house become all that we've envisioned, and the same goes for my family as we build our home together.

- Anna

## Health Nut - Signs of depression... When to seek help?

Health-related articles, exercises or nutrition facts that promote wellness in a nutshell

You've been feeling down for a while, your friends and family have voiced their concern or maybe you've been good at hiding it from others. You're feeling like nothing makes you laugh anymore and you've lost interest in your usual hobbies... Is it the blues or is it more serious than that? Could it be a major depression? Just know that you are not alone! Don't be afraid to get help.

The following are the criteria used for the **diagnosis of a major depression**:

1. You answer "yes" to 5 (or more) of the following symptoms, AND

- The symptoms have been present for at least 2 weeks, AND
- Feeling depressed or experiencing loss of interest or pleasure is one of the five or more symptoms you experience.

Do you have any of the following? (Think: SAD-I-FACES)

- Sleep (increase or decrease)
- Appetite (increase or decrease or weight change)
- Depressed mood
- Interest (loss of interest or pleasure)
- Fatigue (decreased energy)

- Agitation/Retardation (feeling anxious or slowed down)
- Concentration (decreased ability to focus)
- Esteem decreased (feelings of worthlessness or guilt)
- Suicidal thoughts

Please see your health care provider if you feel this way. You don't have to feel like this! There are several treatment options. Your doctor will help you find the treatment that's right for you.

By Caroline Deschamps, PHC-NP, PTS, PFS. Nurse practitioner & personal trainer specializing in pre/post-natal fitness in Ottawa, ON

