

Mom's Moments

www.momsmoments.ca

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A Note from Anna

We made a big decision during the holiday season of 2007 - we decided to scale back the monthly newsletter to 2 pages, and focus more on the quality of our content, instead of the quantity. We're also scaling back on our online studies - no more books, just 3-4 page articles to study.

We are very happy to continue putting the newsletters together, and we are also excited to have more time for the relationships in our lives with those we love. In this issue of MM, we encourage you to invest in the relationships with the loved ones in your life!

Happy Valentine's Day!

Take Action, Help Out!

Challenge others to help those in need

Reach out to children in less fortunate parts of the world - sponsor a child through World Vision or Compassion International. The letters and pictures you send to your child and receive in return will build strong relationships between your family and other families around the world.

www.wvi.org
www.compassion.com

Heart and Home

Special stories, reflections or traditions from your family

Here's a couple of ideas for indoor family fun - our two young boys enjoy these during the long, cold months of winter!

- **Movie Night** - Pick a day of the week that suits most members of your family & make pizzas (everyone can choose their own toppings for their portion), serve up some raw veggies & dip, pop some popcorn, open the pull-out couch (or grab lots of cushions) and put a movie or two on TV!
- **Picnics** - Spread a blanket wherever you have space, then make sandwiches, grab some fruit, drinks (maybe some cookies too!) & enjoy a picnic at breakfast, lunch or dinner.
- Anna

Check it Out! Books & resources from our readers

Visit www.pluggedinonline.com for reviews on movies, music and television shows. This is a great tool for parents, youth leaders or teens to make informed decisions before watching or listening to media. Also find articles on a variety of topics!

Info Corner...

Photo Contest...

It's not too late to enter our Winter Wonderland Photo Contest - deadline is Feb. 15th! Send in your favourite photo of the season. Winner receives a \$25 gift card and a feature in the March newsletter!

New Online Study...

The More Friends the Merrier - Cultivating a group of friends. Find more info on our the Bulletin Board on our website!

Visit us online...

www.momsmoments.ca

Sign up to receive this monthly newsletter by email, find out more about MM & our team, discover our online resources, polls & blogs, access all our newsletters, get ideas on how you can contribute & more!

Contact us...

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Tasty Treats - Share Your Recipes!

Whole Wheat Chocolate Chip Cookies - From Eating Well magazine



- ¾ cup rolled oats
- 1 cup whole-wheat flour
- ½ tsp baking soda
- ½ teaspoon salt
- ¼ cup butter, softened
- ¼ cup canola oil
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Love, Lust and Marriage

Here's a little humour to add to your day! These situations may seem so true to life sometimes, but it IS possible to enjoy fun & romance in the midst of marriage and parenting - be creative!

Love: You take a bubble bath together
Lust: You take a bath in Jell-O together
Marriage: You give the kids a bath

Love: Romantic candle-light dinner for two
Lust: "Let's skip dinner."
Marriage: Four Happy Meals to go

Love: Giving your love some candy
Lust: Thinking you are the candy
Marriage: Scraping the kids' candy off the carpet



Love: A night out at the symphony
Lust: A night out at the Holiday Inn
Marriage: A night out at Disney On Ice

Love: French perfume
Lust: Brut aftershave
Marriage: "The baby needs changing..."

Love: Lending your jacket when your love is cold
Lust: "I can think of a way to stay warm..."
Marriage: Your teen borrowed all of your jackets

Love: Long drives through the countryside
Lust: Long parking sessions at Lover's Lookout
Marriage: Long drives with kids in back screaming "Are we there yet?"



A Quiet Moment - A Mom's Version of 1 Corinthians 13

If I live in a house of spotless beauty with everything in its place, but have not love, I am a housekeeper - not a homemaker.

If I have time for waxing, polishing and decorative achievements, but have not love, my children learn of cleanliness - not godliness.

Love leaves the dust in search of a child's laugh.

Love smiles at the tiny fingerprints on a newly cleaned window.

Love wipes away the tears before it wipes up the spilled milk.

Love picks up the child before it picks up the toys.

Love is present through the trials.

Love reprimands, reproves, and is responsive.

Love crawls with the baby, walks with the toddler, runs with the child, then stands aside to let the youth walk into adulthood.

Love is the key that opens salvation's message to a child's heart.

Before I became a mother I took glory in my house of perfection Now I glory in the perfection of my child.

As a mother there is much I must teach my child, but the greatest of all is love.

From ***Night Lights for Moms***, New Leaf Press.

New Babies of 2007 Draw Winner



Isabelle Lussier is the lucky mom and winner of a \$25 gift card!

Picture of daughter, Jasmine May, born Dec 19/07
Big brothers are Alexandre, Dominic, and Jeremy

My Story - Caught in a Snowstorm

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



Do you remember the winter of 2003 when Eastern Canada was hit with a lot of snow? Well my family was caught right in the middle of it and I want to share with you some of my memories from that time.

I remember that we were lambasted with snowstorm after snowstorm; it started snowing and it just did not stop! I don't think I will ever forget that winter. I was pregnant with our third child and drove to the hospital in a snowstorm, came home in a snowstorm and didn't leave the house for a week because the weather was so uncertain.

The month of February really stands out in my mind because in one week we had three major blizzards. We could barely see out any of our windows be-

cause the snowdrifts were so high. We couldn't open any of our doors for they were blocked by snow! In the end my husband Hugh had to climb out one of our windows to get outside, then shovel a path out the driveway so he could get some groceries. And because we had so much snow in our driveway, the regular snow plows couldn't clear it for us and we had to get a backhoe to do the job.

I came to really enjoy the time we spent at home, when the storms kept us from going out. It became a great time for our family just to be together enjoying games, popcorn, a lot of hot chocolate and especially one another.

One night while the wind was howling



and the snow was blowing, I remember thinking a b o u t more than the school closures, shoveling, power outages, cold, and the fact that this was the third blizzard in one week. I found myself thanking the Lord for how warm and safe I felt in my home. I felt blessed. Blessed in the fact that the Lord saw fit to take care of these practical needs. I also felt very thankful for the warm house and loving family. A real refuge from the storm! Even now when we are in the midst of a snowstorm, I LOVE it!

I hope you all enjoy the rest of this winter! I am hoping for at least a few more good snowstorms before it's over!

By Tracey Morrison, Margaree Valley, Cape Breton, Nova Scotia

Health Nut - An Exercise to Strengthen the Core

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

Sit up with medicine ball around legs

1. Lie on your back.
2. Lift your upper body off the ground until you are comfortably on your sits bones.
3. Lift your legs off the ground so your body is in a V position. If this is difficult for you, bend your knees and keep your lower legs parallel to the ground.
4. Hold a weighted ball in your hands (or use any ball or object) and bring it from your chest around your legs from the right side (you'll need to use your right hand) and bring it behind your legs to the left side using your left hand and transferring the ball back to the right hand getting ready to circle around the right side again. Do 5 times on the right before changing sides of the rotation.

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