

Mom's Moments

www.momsmoments.ca

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Info Corner...

Spring Deeper Issue

Are you looking to seek God more? Find the new issue of [Deeper](#) on our website - includes article on forgiveness.

Menu Planning

We had fun putting together two great resources containing menu planner templates, samples and recipes - featured on our [Bulletin Board!](#)

Splashes of Spring Photo Contest

Send in your favourite Spring photo - deadline is April 15th. Winner receives a \$25 gift card (see our Bulletin Board for more info) and a feature in the May newsletter!

Visit us online

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!

www.momsmoments.ca

Contact us

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A Note from Anna

I'm really looking forward to this month! Winter is nearing its end, March break is coming soon (that means a road trip to Grandma's house!), St. Patrick's Day is always fun, and to top it all off it's also time to celebrate Easter! March has so much potential for quality family time, fun events, and great pictures and memories! Try to take a step back from all the activities this month and just enjoy the moments!

Happy Easter!

Take Action, Help Out!

Challenge others to help those in need

Introducing [Today's Christian Woman's](#) cause of the year...

Combat Sex Trafficking

The U.S. Department of State estimates 600,000 to 800,000 people—mostly women and children—are trafficked across international borders annually for commercial sex, forced labour, and other forms of exploitation. After drug dealing, human trafficking is the second-largest criminal industry in the world today.

Visit the following websites for more information on how you can help.

www.christianitytoday.com/tcw/cause
www.faastinternational.org

Memoirs of a Camp Counsellor

I love receiving mail. It's like a burst of fresh air. Yesterday I received a letter from Stephanie. Stephanie was a camper of mine, one of my first. She challenged me. I cared for her. She frustrated me. I hoped for her. Yesterday, she encouraged me.

I went to camp. I loved camp. It was the outdoors. It was the adventures that I experienced. It was the people. However, it wasn't until I became a counsellor that I realized the impact camp had on me. I have been a counsellor at camp for the past nine years. It is a part of my summer that I look forward to. Financially, it doesn't pay well. Personally, my heart greatly benefits. My heart benefits from children like your own. It

is a joy to share my week with their energy, smiles and their laughter. It can be intense. It can be emotional. I have seen lives change before my very eyes. I see friendships blossom. I see memories made.

One of the best moments from camp happens on the last day. Even though, as a counsellor, I'm exhausted, it's the best moment because the last day is the day I see the children that I have come to love in such a short period of time reconnect with their parents. I see them sharing their stories. I hope that camp has had a positive impact on their lives.

I hope that one day soon I will meet your child. I hope that you will send them to camp. I hope

that their life will be changed.

I remember each child. I know I am not the only one.

By Sarah Yoshiki, Ajax, ON

It's summer camp registration time!

- Look through MM's [online resources](#) for more information on camps we know and trust if you don't know where to start!
- Are finances an issue? Contact the camp, many have sponsorship programs in place. Also look into AMICI, a registered charity that helps send financially challenged children to summer camps.
www.amicicharity.org
- Consider sponsoring campers through a camp or AMICI.

Heart and Home

Special stories, reflections or traditions from your family

As a young adult, I remember waking up at sunrise on Easter morning and stepping outside to thank God for His Son, Jesus, for His sacrifice for me, for loving me enough to go to the cross, for giving me freedom from my sin. Once I attended an Easter hymn sing at the beach with a group from church - mist rolled in off the water, guitars played peaceful tunes... good memories! The best Easter sunrise of my life was when I held my oldest son, told Him about the special day, and laughed as he asked, "But when is the egg hunt?!" - **Anna**

Check it Out!

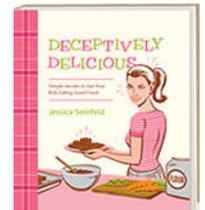
 Favourite books & resources from readers

Free coupons mailed to your door - baby products, groceries, hygiene, cosmetics, cleaning supplies & more! Visit save.ca for your coupons! -**From Robyn Lindroos, Sudbury, ON**

Tasty Treats - Share Your Recipes!

Chocolate Pudding (with avocado)

- ¼ cup trans-fat-free soft tub margarine
- 1 cup avocado puree (about 2 avocados)
- 1 cup confectioner's sugar
- ½ cup unsweetened cocoa powder
- 1 tsp pure vanilla extract
- ¼ cup cornstarch



In a medium saucepan, melt margarine over low heat. Stir in avocado puree, sugar, cocoa powder, and vanilla. Cook, mashing well with a silicone spatula to smoothen out any lumps of avocado, until the mixture thickens, 3 to 4 minutes. Turn off the heat, gradually stir in the cornstarch. Serve warm.

This recipe is from [Deceptively Delicious](#) by Jessica Seinfeld. Vegetable purees are incorporated into every recipe, allowing for peaceful, nutrition-packed mealtimes!

- Submitted by Amanda Woodward, Sudbury, ON

A Quiet Moment—*Inspirational thoughts from the Bible*

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."
- Matthew 5:3 (NIV)

I'd love to look at the Beatitudes of Jesus with you ladies over the next few months - these are powerful statements Jesus made during His famous Sermon on the Mount. He impacted so many lives that day, and continues to do the same today.

When Jesus refers to the 'poor in spirit' He's talking about those people who recognize they can't save themselves from the wrongs they have done, that they need God to accomplish this for them.

How did God do this? He sent His

Son, Jesus, to die on the cross for us, then Jesus rose to life again. Our wrongs, our sin, died that day with Jesus. It is our choice whether or not we will accept the gift of salvation.

It is only a prayer away - *God, thank You for Your Son, thank you that He died for me, thank you that I am free from sin, thank you that I will live with you in the kingdom of heaven one day.*

This is the simple yet crucial message of Easter - life after death - for Jesus and for us! - **Anna**

Read the new [Deeper](#) newsletter for more on the gift of salvation. Also read '[Looking for Peace with God](#)' on our website.

Winter Wonderland Photo Contest Winner



Congratulations to Heather Anderson of Peterborough, Ontario!

Thanks to everyone who entered!

High School Days — *Is your child Graduating Soon?*



The greatest decisions your teen faces these days relate to planning for their future. What program should they study? At which school? The most debated question is whether they should take a year off or not. Here are a few things to think about if taking a year off is being considered in your home...

If your teen is highly motivated and driven they may want to take a year off to take advantage of a great opportunity to expand their horizons and grow as a person. They will no doubt head back to school afterwards to pursue their studies.

If financing is the issue, and they plan to take a year off to work and save up, consider first looking at scholarship options:

www.ScholarshipsCanada.ca

www.StudentAwards.com

Also look into on-campus job opportunities to make money

while in school, and high-paying spring/summer jobs (like tree planting). If they still decide to take a year off to earn money, try finding work in a field of interest or volunteering on the side to gain experience and open their eyes to their options.

If taking a year off comes from a lack of direction and motivation, then that's a completely different issue! Taking a year off rarely helps them to figure out what they would like to pursue and can often lead to several years off, making it more intimidating to start college/university as a mature student.

When students truly lack direction, beyond aptitude tests, consider having them look into general programs where they can at least be exposed to different fields of study and career options as well as meet peers with various aspirations and

goals. This allows them to get a taste of what's out there and they can then choose to specialize or change programs, with completed credits often transferring. You can also look into "gap year" programs meant to build a greater sense of self:

www.Katimavik.org,

www.swap.ca, www.nols.edu

www.discoversummit.ca

Essentially, a year off should be one that enriches them, enhances their knowledge, and gives them further direction and a sense of self. Your teen is taking one more step towards independence, but is still in need of much encouragement and loving guidance at this point! Have faith in them and in God!

By Mélanie Heffern, a high school teacher in Markham, ON, in collaboration with **Jennifer Stewart**, a Guelph University graduate in Child, Youth and Family Studies.

Health Nut— *Aging Parents: Five Warning Signs of Health Problems*

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

Here are five things to look for to see if your aging parents need assistance.

1. Have they lost weight? This may indicate cancer, dementia, depression, heart failure or malnutrition.
2. Are they safe in their home? Red flags: Are the lights working? Is the heat on? Has the well-maintained yard become overgrown? Do they have a hard time navigating the narrow stairway? Any recent falls or injuries? Any changes in hearing or vision? Any big changes in the way

they do things around the house?

3. Are they taking care of themselves? Note their appearance. Are they keeping up with their usual personal hygiene routines? Clothes clean?
4. Are they in good spirits? Any change in their moods? Are they still connecting with friends? Have they lost interest in hobbies and other daily activities? Are they involved in social organizations or clubs? If religious, do they attend regular mass/service?

5. Are they having a hard time getting around? If they are experiencing muscle weakness or joint problems, they may be reluctant to walk usual distances. Do they need a cane or walker? Falls can cause major injuries and even death in older adults.

If you do have concerns about your aging parent's health and safety, talk with them about it and encourage them to seek medical help for further assessment.

(Taken from www.MayoClinic.com)



Caroline Deschamps, PHC-NP, PTS, PFS. Caroline, our "Health Nut", is a nurse practitioner and personal trainer specializing in pre/post-natal fitness in Ottawa, ON