



A Fresh Start... Again

Inside this issue:

Fall Organizing	2
Celebrate	2
H1N1 & Seasonal Flu	2
Upcoming Events	3
Recipe Box	3
Tell Your Story	3
In Pursuit of Authenticity	4
Community Resources	4

Special points of interest:

- MOPPETS ministry expansion.
- H1N1 & Seasonal Flu Information
- Sharing your story with your kids—you might learn something about you, too!
- Fall Fun Party at Rochester Assembly of God on 10/31 from 2-5 pm!

I didn't originally intend to leave the title of this spot in the newsletter—but I realized, God gives us a fresh start on a moment by moment basis when we bring everything to Him, and so you know what? Until I get a different name from Him, the name stays.

So, have you ever had one of those days where countless things go wrong? I had one of those a couple of weeks ago that is of particular note because it was so ridiculous. I was trying to finish up freezing tomatoes and my husband was out of town for the whole week. My oldest daughter had a HUGE project for school—design a playable board game based on the book Runaway Ralph. Instructions were: include several 3-D items which are preferably home-made, keep it neat and simple, and do it in 5 days.

Now, I was a little miffed at this project because it felt more like a parent project where the kid helps

out rather than the other way around. I don't love those projects. Nonetheless, Wednesday, the day before it was due, I got up early determined to get that thing finished up double quick in the morning so I could get to those crazy tomatoes, laundry and organizing thereby really accomplishing something that day.

As we were getting my daughter ready for school that morning, I ran out to the garage to grab something for her lunchbox. I had forgotten until that moment that the night before the girls had gone out to get a popsicle from the freezer. However, they left the door open about 2 inches overnight. Thus ensued one of the longest days of baking that I have experienced in some little time! 8 loaves of bread, 4 dozen buns, an apple cake and several packages of meat later, it was 3:30 and AnnMarie was arriving home from school. I had not even touched that game project AND I

was panicked about it! Where would the time come from now?

Did you know that God has a sense of humor and great patience? Can I tell you how very overjoyed my husband was with all that baking being done when he got home on Friday? The game turned out great, I got a little laundry done, the tomatoes went into the freezer and although no organizing happened, what I did accomplish was a lot, and God reminded me in the following days that they were each a fresh start, filled with all the big *and little* things that make life rich. Thank God that He offers fresh starts for all the times I get frustrated! Keep reminding me, Lord!

I've had several requests for that apple cake recipe since then—it turned out great. It's a new favorite. And, as it so happened, it was AnnMarie's turn for snack at Stars that night. Guess what the girls had as part of their snack? ☺ kj

Rochester Assembly of God MOPS Needs You!

We still have a need for help in the MOPPETS area. We have the lovely situation of being a growing group that has ever-changing needs. Currently we are looking for several more workers who would be able to help during our meetings twice a month. If you know of anyone that might be able to help, it would be a great blessing! Please talk to any of the Steering Team if you have someone we can call! Thank you so much! ☺

BOOK SPOTLIGHT: Strong Women Soft Hearts by Paula Rinehart. A Woman's Guide to Cultivating a Wise Heart and a Passionate Life. A beautiful, practical book that challenges us to become women who pursue spiritual maturity without losing our child-like hearts. Push deep down into the well of God's love and find encouragement to become the strong, wise, loving and fulfilled woman you were always meant to be. ☺

CELEBRATE!

Happy Birthday to you!

10/21 Carrie Swisher

Birthdays missed last month:

8/30 Cynthia Muir

9/24 Sarah MacDonald

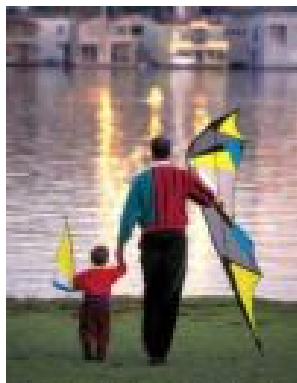


Do we have your information? Let us know so we can celebrate with you! Please contact Ginny Jeche to update our records. Thanks! ☺

FAMILY DAY!

Check out the kite flying going on at Fuad Mansour Sports Complex this Saturday (10/10)! Kite flying exhibitions will be taking place, cool kites are available for purchase and you can meet people from all over the USA who LOVE flying kites!

2100 block Collegeview Rd
11 am to 5 pm



Fall Organizing ~ Quick Tips

The changing of seasons is a great time to do a little organizing. If you are limited in time or overwhelmed by your project, consider setting your timer and then really focusing for 20 or 30 minutes on just one area—celebrate your progress! ☺

CLOSETS: Grab a box or bag and take everything out that no longer fits or is no longer loved. When the container is full, put it in your vehi-

cle to drop off at Goodwill. Pull out items for repair. Change out shoes and seasonal clothes.

PANTRY: Check for any expired items. Make a shopping list for items you have run low on. Put the items you bought for a special recipe in the front and get that recipe on your menu plan. Donate extras to the food shelf. Replace spices older than 6 months.

KIDS: Have your kids help you if they are age 3 or older— they can choose a set number of toys to donate to other kids. Teach them now to loosely hold “stuff.”

Visit www.familyorganizer.com for menu and coupon-clipping tools and visit www.christian-homemaking.com for ideas for organizing and de-cluttering every area of your home. ☺

H1N1 and Seasonal Flu Information

Although you may have already seen much of this, here is some basic information from the CDC to help you make a decision about when or if you or your child needs to be seen for the flu.

Flu symptoms can include any or all of these symptoms: fever*, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting. *Not everyone who gets the flu will get a fever.

Do you need medical attention? If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care. According to the CDC, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of the seasonal true. However, there are some higher risk categories of people for whom medical attention is more necessary :

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have cancer, blood disorders (including sickle cell

disease), chronic lung disease (including asthma and COPD), diabetes, heart disease, kidney disorders, liver disorders, neurological disorders, neuromuscular disorders and weakened immune systems (including AIDS).

Anyone concerned about their illness should also talk to their health care provider .

Emergency Warning Signs: Anyone who has these signs should get medical care right away. **For children:**

- Fast breathing or trouble breathing
- Bluish skin
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash

For Adults:

- Difficulty breathing or shortness of breath
- Pain/pressure in chest or abdomen

- Sudden dizziness
- Confusion
- Severe or persistent vomiting

When do I go to the Emergency Room?

For mild illness, stay home and call your health care provider if you have questions. For emergency warning signs of flu sickness, go to the emergency room. If you go and you are not sick you run the risk of catching the flu from others who are there.

Are there medicines to treat H1N1 and seasonal flu? Yes, they are called “antiviral drugs” and are available by prescription from your health care provider. They are generally prescribed for people who are severely ill, but early detection is the key to drug treatment success so see or call your health care provider early.

How long should I stay home if I am sick? The CDC recommends you stay home for 24 hours after your fever is gone except to get medical care. General wellness help would be to cover your nose/mouth with a tissue when coughing or sneezing and **wash your hands often with soap and water.**

Please visit the CDC website for more information: www.cdc.gov/h1n1flu/general_info.htm

Please keep our families, schools and community in prayer! ☺

Let the Children Pray

“Never doubt whether God hears our prayers, even the unusual ones. And never doubt that He listens—and responds to the prayers of a child.”
- Corrie Ten Boom

Start a journal of prayer requests and answered prayers, not only for yourself, but for your kids! Show them the written record of ways that God has heard and answered them, and give them the foundation of KNOWING God is listening and working when they pray!



“So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of His will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.”
Colossians 1:9-10, NLT



Upcoming Events

MOPS meeting dates

Thursday, October 22nd
Thursday, November 12th
Thursday, December 10th

Women of Faith

Friday/Saturday, October 16-17
Xcel Energy Center, St. Paul, MN

“A Grand New Day” Over the course of 2 days hear fabulous music, watch stirring drama, listen to hilarious and heart-tugging stories, and joins thousands of women in worship. Visit the website for more info www.womenoffaith.com

Fall Fun Party

Saturday, October 31st 2-5 pm
Come to the Gathering Area,
Rochester Assembly of God

A FREE fun harvest party for toddlers through elementary ages.

“The Best Christmas Present Ever”

Kids Christmas Musical
December 4th at 6:00 pm
December 5th at 3:00 pm
Rochester Assembly of God

“The Christmas Contest”

New Christmas musical written here at Rochester Assembly!
December 11, 12, 18 and 19 at 6:30 pm

Ladies Retreat Weekend

January 8-9th, 2010
Fun night Friday night, Workshops, Worship & Speaker on Saturday—watch for more details!

If you know of an event coming up in our area, please let Kristi know at arkjalmasco@yahoo.com

Recipe Box

Apple Cake with Caramel Sauce

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|-------------------|-------------------|
| 4 c. diced apples | 2 c. sugar |
| 2 tsp. cinnamon | 1/2 c. walnuts |
| 2 c. flour | 2 eggs |
| 1 tsp. salt | 1/2 c. good oil** |
| 1 tsp. soda | |

Over diced apples, put eggs and blend. Add sugar, cinnamon, oil & nuts. Add flour, salt & soda. Beat

well. Pour into greased 9x13” pan. Bake @ 350° for 45 minutes. Serve with caramel sauce if desired.

Caramel Sauce

1 c. brown sugar, 1 c. cream, 2 T. flour, 1 c. white sugar, 1 c. butter, 2 tsp. vanilla. Boil all but vanilla for a little while, not too long. Add vanilla after you remove from stovetop. Serve on cake with whipped cream. Take a long walk. ☺ ** Substitute 1/4 c. applesauce for 1/4 c. of oil for lower fat cake.

Telling Your Story to Your Kids

Did you enjoy thinking about the beginning of your story—the story of your life, that only you can tell to your child/children? (Well, maybe only you with a little help from a few people who knew you as a very young child, right? ☺) Think about adding the perspective of your parents or older relative or just a little older than you cousin to your story, too—those are such precious additions, and who knows—you may learn something about you in the process! Wouldn't that be just fantastic?

One of my stories like that is this one: My cousin who is ten years older than me and one of my dearest friends tells about a time when she was babysitting me and I was not cooperating with whatever the plan was. Apparently I told her, to her frustration, “You are not the boss of me.” (That came from my Dad always telling me he was the boss of our family). Guess what? I heard my nephew tell my daughter that in August under very similar circumstances!!!! Wow- history repeats itself for real! I just about tipped over when I heard it,

but ended up laughing a full hour!

Here's this month's questions:

- What is one of the most important lessons you learned from your mother?
- Share the best piece of advice that your father gave you.
- What is your most cherished memory of your parents?
- What quality that you learned from your parents do you most want to pass on?
- Describe your favorite activity when you were younger.
- When you were a child, what was your favorite game to play alone? ☺



In Pursuit of Authenticity



In September's issue of "In Pursuit of Authenticity", we were challenged to be in pursuit of being "real". We were to find a friend or mentor to help hold us accountable in taking the first small steps to being real. Did you find someone or were you afraid or too embarrassed to ask? Or do you think that you are just fine doing life on your own? Speaking from my heart and own life experiences, tis better to have a friend or two or three to "do life" with because even the Lord had 12 disciples that supported him, prayed for him and encouraged him! How dare I to think that I am better than He, and can do it all on my own.

While on this journey of being "real", keep in mind the desires of God's heart for each of us, and what He asks of us...to not judge one another and to love our neighbors as ourselves. For

some that is hard to do because we are so critical of ourselves or someone else has been critical of us in our past. How can you possibly love your neighbor as yourself if you don't even truly love who God created you to be? Here are some great questions to ponder while you are on the pursuit to being authentic:

Are you a faultfinder, quick to point out other's shortcomings? Are you a joy robber, quick to diminish the happiness or excitement that another may be feeling? How about this, are you someone who expects others to conform to your ideals? Do you seek to have your own needs met first or are you seeking to meet another's needs first?

I find it helpful to be able to fully define a word so that I know what it is that I am striving to understand.

Pursuit: a pursuing; to strive for; to follow a specified course or action

Authenticity: a word that derives from the word authentic which means to be credible, reliable, genuine or real.

Genuine: not counterfeit or artificial; true; sincere

Think about your family for a moment...do your actions and words spoken to them reveal what you want them to? Or do you find yourself wishing you could take some things back or have a "do over"?

Think about your friends or maybe someone that you wish to be friends with for a moment...what does your life say to them? Do your actions and words say what you mean? Are you giving the impression that you are available for friendship or that you don't have the time? It is difficult for some women to truly have close friendships because they don't

know how to be an authentic, genuine friend.

A good friend or wife or mother is intentional about cultivating relationships. We are all so busy in this world that we live in, but it is not a good enough excuse to neglect those around us. As our world continues to spin, we have two choices...to cultivate or to neglect.

Cultivate: to grow; to develop or improve; to seek to become familiar with

Neglect: to ignore or disregard; to fail to attend to; the lack of proper care; to leave undone

On this journey to authenticity, I challenge you to start cultivating those God ordained relationships around you. Don't be afraid to be vulnerable, showing the "real" you. We all just might be surprised at how God decides to show up these next few months as we make ourselves choose to either CULTIVATE or NEGLECT! ☪

~ Special thanks to Paula Ellefson for writing this month's challenge! ♥

Rochester Assembly of God MOPS



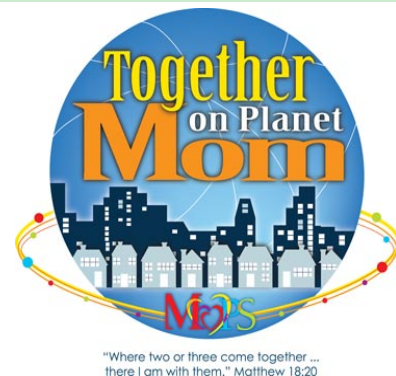
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Phone: 507-288-0868
www.rochesterag.org

Better mothers make a better world!

Visit MOPS International on the Web! Go online today for resources, encouragement, help, ideas and fun! www.mops.org



Did you know? Our newsletter is published on the church website as well as a Spanish flier! Please let anyone interested in MOPS know that they can find out more on the website—www.rochesterag.org.



Community Resources

Family Night at Rochester Assembly!

Rainbows, ages 3-5
Royal Rangers, boys
MPact Girls Club
JBQ (6pm-7pm)
Youth Group
Bible Study

Wednesdays 7-8:15 pm

Come join in the fun!



Have you been to [Quarry Hill Nature Center](#)?

Did you know that Quarry Hill is a 320-acre park that features paved and hiking trails, a pond, and a historical man-made sandstone cave? There are events going on weekly at Quarry Hill and educational tours are offered to other nature centers. Its a great place for families to experience creation!

Check them out online at www.qhnc.org or go visit them at Silver Creek Road off of East Circle Drive (701 Silver Creek Rd NE).

Hours are 9 am—5 pm Monday through Saturday and Noon to 5 pm on Sundays. 507-281-6114