



A Fresh Start

Inside this issue:

Meet the Steering Team! 2
Celebrate 2
Upcoming Events 3
Recipe Box 3
Tell Your Story 3
Community Resources 4
In Pursuit of Authenticity 4

Where has the summer gone? I was pondering this "deep" question while preparing this newsletter for publication. My mind quickly went on auto pilot: the LONG list of things I didn't get done that I had intended to do, the pictures I hadn't printed yet for a friend from a couple of play dates, the huge mountain of tomatoes waiting to be taken care of in several areas of my kitchen while I formatted the newsletter... Then I realized, everything on my list was about things I felt I HADN'T done, not what I had actually accomplished or enjoyed. OK, so let's shift gears, I tell myself.

We had a great summer! We got to visit Grandma and Grandpa three times, the girls did a great job with swimming lessons and

really enjoyed them, I had a busy, fun time gardening with a couple of great friends and am now enjoying the "fruits" (or vegetables as the case may be) of our labors, my kids grew and grew and grew—ok maybe this last one is a little scary, but probably just to me! I have a lot to be thankful for—so I need to quit being stressed about the rest, right?

I say this phrase a lot in relation to my life: "it'll take turning over a forest, not just a leaf!" The original phrase intends to represent a very positive change, "turning over a new leaf," embracing something new, forging ahead in a different direction, seeing God's hand in a fresh way in my life. I'd like to begin this new season that way—turning over the leaf (or

forest) God has for me to experience this year, to become more true to who He made me to be.

As we start a new MOPS year, let's celebrate what was great about our summer and expect great things ahead! We each have something special to bring to this year's experience! So, here's to new friends, new challenges, new perspective, new joy, new hopes, new dreams, new depth of relationship with God, new goals, a new school year—and within our MOPS community there's even more to look forward to than that: new babies, new seasons of mothering, new discoveries about our relationships... it's going to be a great year! Let's enjoy the fullness of what God has for us, together! kj

Special points of interest:

- Welcome to Rochester A/G MOPS 2009-2010!
Please consider adding your gifts and talents to our year.
Contact Steering Team members with any questions or comments you may have!
Check out our special interest sections—be intentional about family memories!

Rochester Assembly of God MOPS Needs You!

As we begin our MOPS year, we do have openings for helping with this great program! As you meet the Steering Team inside, would you please consider ways that you might become involved and help make our year the best year ever! Each leader would welcome help, but our two particular areas of need are the MOP-PETS program and Hospitality. If you, or someone you know, could help to round out these areas for this year, it would be a great blessing! We would love to see the gifts God has given you in action! Please talk to any of the Steering Team if you can help us this year! Thank you so much!

BOOK SPOTLIGHT: When Families Pray by Cheri Fuller. Forty devotions to build, strengthen and bond. If you would like to encourage and spiritually build your family, this book is a great place to start. Devotions, questions kids can answer, Scripture passages, quotes and prayer starters will strengthen your family and teach your kids that God is faithful, He hears our prayers, He answers our prayers and He changes our lives!

Meet the Steering Team!

CELEBRATE!

Happy Birthday to you!

- 8/28 Heather Muhs
- 8/29 Kristi Jalmasco
- 8/30 Ginny Jeché
- 9/12 Paula Ellefson
- 9/21 Cally Stage



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

Meet Paula Ellefson, Co-Coordinator and Interim MOP-PETS Coordinator: "I am a mom of 4 boys (ages 10, 6, 4 and 7 months) and I love it! Need I say more, other than, at my house, it is never quiet and always busy! This year at MOPS I am looking forward to genuine conversations and watching people grow in the gifts that God has blessed them with."



Meet Melanie Lawrence, Co-Coordinator: "I am excited to be able to serve as Co-Coordinator this year. I am looking forward to serving the women in our group through fellowship, friendship and encouragement. I am a smile-wearing, talkative, caring, lover of Jesus. I am wife to Conrad, mom to Zane (5) and Ananaiah (2). I enjoy what MOPS has brought to my life."

Meet Shelby Miller, Hospitality Team Leader: "Greetings! I have the opportunity to serve this year in hospitality. I am excited to share God's love and kindness through welcoming and accommodating all of our mothers. I enjoy cuddling with my husband and kids on cold mornings, hearing my children's laughter and watching them learn."



Meet Ginny Jeché, Finance Director: "It's very exciting to think what God has in store for our MOPS group this year. I'm looking forward to new friendships



that will make us thrive and enjoy this season of mothering. After failing

to think of an interesting fact to share about myself, my husband snickered and said I should tell you I have all my spices alphabetized and all can and jar labels must be aligned in the pantry."

Meet Rochelle Inches, Discussion Group



Team Leader: "I'm really looking forward to seeing each group become a community and for us to develop meaningful relationships with each other. I know I need "mom friends" in my life. Friends that understand that potty training a child is a HUGE accomplishment and that sleep deprivation can make you crazy... literally!!"

Meet Marcia Miller, Spanish Community Outreach Coordinator: "God gave me the blessing of being born in Guatemala where we speak Spanish, so my passion is to be a blessing to the Spanish speaking women God puts in my



path while my family and I live here in Rochester. I love to talk, share my story, play board games, scrapbook, make cards, and spend time with family and friends."

PLAN A FAMILY DAY!

Visit Tweite's Pumpkin Patch
1821 Frontier Rd SW, Byron

www.tweitespumpkins.com
Wagon rides, Storybook Land,
Corn Maze, Dodge City,
U-Pick Pumpkin Patch

Open Weekends 9/26 - 10/25
Saturdays 10 am—5:30 pm
Sundays 12 pm—5 pm

507-365-8035



Meet Mary Henry, Mentor Mom: "I am excited about being

'Mentor Mom' again this year—getting to know each gal better and any new moms. On a personal note, I'm a "biker momma," an avid reader, knitter/crocheter and coffee drinker."

Meet Lori Glendenning, Creative Activities Team Leader: "I am excited to be working with Creative Activities again this year! I look forward to cultivating the creative side in all of us moms this year. I am the mom of Sam



and wife to Pastor Aaron. I love to be outside, to garden, to scrapbook and be with my family."

Meet Kristi Jalmasco, Publicity Team Leader: "I'm looking forward to another great year of building authentic relationships with women. I'm so excited



to work in the area of publicity this year! I'm the wife of Raul, mom of AnnMarie, Sabrina & Noah and we just got a cute dog named Teddy. Farm Girl is still getting adjusted to an inside dog!"

Upcoming Events

Ladies' Fun Night!

Friday, September 11, 2009 at 7:00 pm

Come to the Gathering Area, Rochester Assembly of God

Join us for a night just to have fun! Bring your own coffee mug—we'll be having hot beverages and snacks. Bring your favorite cup so we can get to know something fun about you! We'll be having a great get-to-know you night where we meet new people and have fun making connections.

Go Fish Concert!

Saturday, October 10, 2009 at 10:00 am

Autumn Ridge Church
3611 Salem Rd SW
Rochester, MN 55902

Tickets \$10 in Advance, \$12 at the door Call 507-252-9090 or online at autumnridgechurch.org

Jamie, Jason and Andy are coming to Rochester! Hear their unique sound and Christ-centered message in this great kids concert!

Mark your Calendars!

Naked Truth Seminar
Saturday, September 26, 2009
Rochester Assembly of God
\$20, Register in advance

Ladies Craft Weekend
September 18-19, 2009, RAG
Free, just register in advance
Contact Julie Filbeck at 5jranch@charter.com

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

Tired or Discouraged?

Consider this quote:

“By perseverance, the snail reached the ark.”
- Charles Spurgeon

Maybe that's why it took 120 years to build—the snails had to get there! God always keeps His promises and He won't forget about you! Hang in there, Mom!



Recipe Box

Pumpkin Bars

2 c. flour
2 tsp. baking powder
2 tsp. cinnamon
1 tsp. baking soda
1/2 tsp. salt

Mix together.

1 c. vegetable oil
2 c. sugar
4 eggs
1 can pumpkin

Add. Pour into jelly roll pan.
Bake at 325° for 20-30 min.

Pumpkin Bar Frosting

1/2 c. butter, softened
1-1/2 c. powdered sugar
1 tsp. vanilla
1-8 oz. pkg. cream cheese, softened

Beat until smooth. Spread on cake! Lower fat: substitute 1/2 c. applesauce for 1/2 c. of oil.

Garden Fresh Salsa

3 large tomatoes, 1 large bell pepper, 1 large onion, 1 medium cucumber, 1 or 2 jalapeños, 1 or 2 limes, juiced, 1/2 c. chopped cilantro, kosher salt

Dice all veggies, add cilantro, juice of lime(s) and kosher salt to taste. Serve with tortilla chips. Healthy and yummy!

“I waited patiently for the Lord to help me, and He turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what He has done and be amazed. They will put their trust in the Lord.”
Psalm 40:1-3 NLT

Telling Your Story to Your Kids

Have you ever had your child ask you, “What did you do when you were my age?”, “Where did you meet Dad?”, “What did Grandma say then?”, etc. Well, sometimes we kind of quickly gloss over those questions so we can move on with what we're doing in that moment, right? But *answering* those questions is a priceless gift.

This little corner of our newsletter

is going to be dedicated to helping you start a journal or scrapbook memories that will tell your kids your story. A few questions will be featured each month that will help you record your story for your children. I have a family heritage album my Mom made when I was in 6th grade and it tells some of the story of our family. That album is so very precious to me. I had no other way to learn

about it and I LOVE that book! Give your kids the gift of your story this year! Here's our first questions, don't forget the details!

- Where/when were you born?
- What is a story your parents shared about your toddler years?
- Did you have a nickname?
- Who gave it to you, and why?
- Describe your favorite family activity when you were younger.



Pick apples this fall — check out Northwoods Orchard at 8018 75th Ave NW, Oronoco, 55960. northwoodsorchard.com
Open weekends Sept. 5 thru Oct. 31.



"Where two or three come together ... there I am with them." Matthew 18:20

QUARRY HILL NATURE CENTER

The Fall Festival is right around the corner on the 19th and 20th of September! 11 am—5 pm

Live music starting at 1 pm both days. Activity and food tickets are available at the Nature Center.

www.QHNC.org



In Pursuit of Authenticity



We all want our kids to grow up to be authentic, real people— someone others want to be around, look up to and who make a meaningful contribution in the place God has called them to be. But, how do we do this? We model it! So let's talk about pursuing authentic living.

What does authentic living look like? How do we know it when we see it? How do we model it to our kids?

Let's start with Scripture, quoting from The Message: "But you, dear friends, carefully build yourselves up in this most holy faith by praying

in the Holy Spirit, staying right at the center of God's love, keeping your arms open and outstretched, ready for the mercy of our Master, Jesus Christ. This is the unending life, the real life." Jude 1:20-21 So, a life of prayer, staying grounded in God's love, remaining open to all God has in store for you, expecting Christ's mercy... it seems so simple, and at the same time, it is so hard for us to actually accomplish.

We add complexity to the freedom of being real when we bring to it all the other things, things that aren't on our "Real Life" checklist. This month, let's try working on just one

thing that will make our lives more real. Let's embrace all that God has for us—happy or challenging—and let's dig deep into God's Word and find out what He means when He talks about living life "real."

As you do that, ask a friend or mentor to help hold you accountable to small steps you are making. Let's let being "real" spill over into every area of our life so that while everything might not be just how we'd like it to be, we KNOW the perfect Source. Let's start practicing "real" and see what God does with it in these few months of time! Stop back here for more on this pursuit next time! ☪

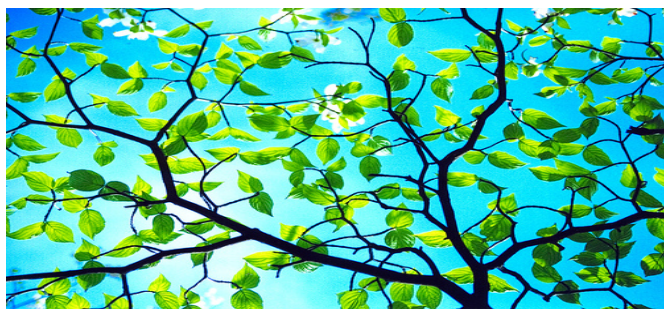
Rochester Assembly of God MOPS



Rochester Assembly
4240 18th Ave NW
Rochester, MN 55901
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



INTENTIONAL RELATIONSHIPS:

Send a card or make a phone call: *Grandparent's Day* is Sunday, *September 13!*

Do something fun together, it makes a difference: *September 28th is Family Day!*

INTERNET RESOURCES

Looking for a helpful website? Check out familyfun.com

With tips and help for everything from getting organized to menu planners to games and crafts—this site has it all!

Community Resources

Family Night begins at Rochester Assembly!

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

Wednesdays
7:00 - 8:15 pm

Come join in the fun!



The Rochester Public Library has lots going on starting in September for families and kids of all ages!

Check out their website and click on the Events tab to see all the activities!

www.rochesterpubliclibrary.org

Preschool age Storytime starts the last Wednesday of September and family movies happen Saturday mornings! They have tutoring help for school age kids 3rd grade and up. There are book clubs and presentations—lots to do for free, take advantage of this great community resource!