



## Welcome to Another Wonderful Year of MOPS!

### Welcome to MOPS!

I am Kelly O'Reilly your 2007-2008 Coordinator. I joined MOPS back in September of 2004 with really no idea what to expect... but now, I have developed friendships, grown closer to God and became a better mom! I love the MOPS Ministry because it helps me through this season in my life. The fellowship with the other moms, the great activities to partake in, and the ability to talk about Jesus in an open and caring environment makes MOPS

great! I truly love being a part of this community.

I have been married to Brian for almost eight years and we have three sons. Connor is 4.5, Collin is 3.5 and Brian Jr. is 1.5. They keep me on my toes and there is never a dull moment in my house! I am now a SAHM, but prior to making this tough decision, I worked downtown at The Blood Center in the Molecular Diagnostic Laboratory as a Technologist.

When the few quiet moments occur in my house, I like to read, bake, and I just started scrapbooking. I also am a HUGE Harry Potter fan and love to re-watch the movies and discuss the books and movies!

I thank you for allowing me to be a part of your life and I pray that where ever you are on your journey in faith, I can assist you.

Blessings,  
Kelly

### Celebrations!

#### HAPPY BIRTHDAY!

PAM SNEATH—SEPT. 10  
KATY MCHUGH—SEPT. 14  
JODI NIEMI—SEPT.20

#### HAPPY ANNIVERSARY!

ANGIE REWOLINSKI—SEPT. 8 (2001)  
KATY MCHUGH—SEPT. 10 (2004)  
KIMBERLY SWEET—SEPT. 15 (2001)  
AMY BOCK—SEPT. 18 (1999)

## The Home Factor: BEGIN HERE ... GO THERE

In our homes of origin many of us learned the deepest lessons about relationship, developed life routines and acquired our tastes and preferences. And now, as moms, we long to create homes where our families can thrive and grow—and we can too.

Our homes must be safe places—physically and also emotionally safe. In them we bond, we eat and play and

rest together, we decorate and provision our special home spaces. The theme *The HOME Factor: BEGIN HERE ... GO THERE* enriches our perspective and hones our abilities to create a cocoon of home.

But at its healthiest, our home experience should fill us and launch us into wider circles of investment and influence where we interact with our world. We return HOME to

reconnect and refuel—but we'll move from the HOME outwards to make a difference.

The heart of the HOME is also a picture of God's desire to interact with us where we really live. He desires to make his home in our hearts. He expresses it this way in the theme verse: "...he lives with you and will be in you." John 14:17.

*MOPS International*

"Hey dudes.. yea its been a long time again since I blogged, but I found the inspiration. I just watched Evan Almighty. Well, to some of you it may be just another comedy movie, but I found it quite inspirational. Like how Evan still persists on building the ark though many people doubted him.

It reminds me on how sometimes God can ask us to do things which sounds absurd in the minds of man and we doubt whether is it from God.

God also hinted to Evan about why he needed to build the ark.

(continued on pg.3)

# Hales Corners Lutheran Church

---

## The HOME Library



**Dwelling: Living Fully From the Space You Call Home**

By Mary Beth Lagerborg, author and Director of Media MOPS Int.

**Book Description**—Countless TV shows, magazines, books, and websites that speak to some aspect of the concept of home. But women are looking for more than just storage solutions and trendy paint colors. They are looking for a place where they belong and where others can come for refuge from our hectic world. With warm, personal writing, Mary Beth Lagerborg helps modern women realize this dream. They can create a home that is both a haven and a starting point from which they can go out and face the world. Lagerborg has interviewed nearly seventy people who possess a healthy sense of home. She shows readers how they can make their dwellings safe and reenergizing places for themselves and those around them. Although Dwelling covers topics like decorating and dining, it doesn't stop there. Chapters on acceptance, making community, the changing dynamics of family, and even working from home make this book unique. Dwelling challenges readers to look beyond the superficial and into the true heart of home.

**Where to Buy it:** MOPShop [www.mops.org](http://www.mops.org)

## The Nutrition Pantry

**World's Healthiest?** The purple wonder berry known as acai has become the latest "it" food. Pronounced "ah-sah-see," the Brazilian sensation has twice the cancer-fighting antioxidants of blueberries and omega-6 and omega-9 fatty acids, which are rarely found in fruit, as well as fiber, calcium and other vitamins. Other

benefits? It's thought acai protects against premature aging and boosts libido. Introduced in the United States just six years ago, this fruit is poised to take off and become a big wellness winner. Look for it at your local natural foods retailer.

*Renew July/August 2007*

**T**he Kingdom of God can only be received by empty hands. Jesus warns against (a) worldly self-sufficiency: you trust yourself and your own resources and don't need God; (b) religious self-sufficiency: you trust your religious attitude and moral life and don't need Jesus.

*Michael H. Crosby, Spirituality of the beatitudes; Mathew's vision for the church in an unjust world.*

"The Lord will fulfill his purpose for me." PSALM 138:8

---

## The Kitchen Cook

### Homemade Applesauce

*From Betty Crocker's New Cookbook*

Prep: 5 min      Cook: 20 min      Makes 6 servings, about 1/2 cup each

4 medium cooking apples, peeled and each cut into fourths (about 1 1/3 pounds)

1/2 cup of water

1/4 cup packed brown sugar OR 4-3 Tablespoons granulated sugar

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1. Heat apples and water to boiling in a 2-quart saucepan over medium heat, stirring occasionally; reduce heat to low. Simmer uncovered 5 to 10 minutes, stirring occasionally to break up apples, until tender.

2. Stir in remaining ingredients. Heat to boiling. Boil and stir 1 minute.



## The Kitchen Corner

Mark your calendar Sept. 24th, 2007 is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. Make a date for dinner. Good food, great conversations and loads of laughs—that's what family dinners are made of. If busy schedules are making it hard for your family to pencil in regular family meals, take a "time

out" to consider all the benefits of gathering around the dinner table because family dinners are about more than just sharing a meal. Did you know that eating dinner frequently with your children reduces their risk of substance abuse? Research by The National center on Addiction and Substance Abuse (CASA)\* at Columbia University consistently finds that the more often children eat



dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner will help you learn more about your children's lives and better understand the challenges they face.

[www.casafamilyday.org](http://www.casafamilyday.org)

(continued from pg.1)

He did not explicitly tell Evan that it was going to flood, only after sometime. It reminded me again that God does not reveal his plan immediately but only reveals bits by bits.

The part that touched me the most is when God spoke to Evan's wife saying that if people pray for patience, 'Will God give them patience or give them a chance to be patient?' That reminded me on how I should react when I pray for certain things. God won't give it to me straight away, but he will use situations to build up those values which I've asked for.

[KarKien.blogspot.com](http://KarKien.blogspot.com)



## The Garden

If you're like most homeowners, fall also means an opportunity to spruce up your yard and cut down on the work you'll need to do when the weather turns warm again. Whether you're a seasoned landscape professional or somebody who just wants their yard to look as good as it can with as little work as possible, everyone can benefit from backyard fall cleanup, says Michael Miller, president of Minnesota-based backyard tool manufacturer Hound Dog Products. "A little bit of work in the fall will really pay off

when spring rolls around," he says.

Miller offers some tips that the professionals use to ensure a successful backyard fall cleanup effort—and to get a head start on next year's growing season.

**Water trees and shrubs.** Dehydrating during the colder months is an all-to-common cause of tree damage, but it's easily preventable. To sustain them over the long winter, it's important to give trees a drink before putting them to bed. After they go fully dormant—

but before the ground freezes—use a soaker hose or root irrigator to water them thoroughly.

**Plant spring bulbs.** Fall is not all about closing up shop. It's also the perfect time to plant spring flowering bulbs like daffodils and tulips. But pay attention to the weather in your area; planting too early can cause bulbs to sprout before winter, and planting them too late can mean their roots don't have enough time to develop before the ground freezes.

**Weed all about it.** Weeding in the fall is probably the most valuable thing you can do to prepare for spring, and it's one that many people overlook. The good news: Pulling weeds used to be a back-breaking chore, but tools like the Weed Hound have come a long way from the tiny weeding forks of 'the good old days.' There's no reason to get down on your hands and knees and gouge at the turf. All you do is place the tool over the weed, step lightly on the footrest, and pull.

[www.gardening-trends.com](http://www.gardening-trends.com)

## The Activity Table

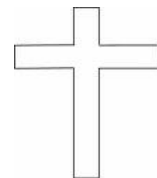
M is for Mini Monster Cupcake

Recipe Ingredients:

- 1 mini cupcake
- Blue frosting
- 2 candy eyes
- Red whip licorice
- 1 circus peanut, halved

1. Unwrap the cupcake and turn it upside down. With a writing or star tip, frost the cupcake from the top down.
2. Add the eyes, the licorice antennae and peanut halves for sneakers.

[www.familyfun.com](http://www.familyfun.com)



"For where two or three are gathered together in My name, I am there in the midst of them.

Matthew 18:20



Have an event to ad or classified to post?  
Email Heather at [hkschreiner@earthlink.net](mailto:hkschreiner@earthlink.net) to add to the next newsletter!

**You're invited:  
Saturday, October 20 to a  
one-day women's retreat.**

This event will include wor-  
ship, praise, fellowship,  
speakers, and more.

Call Darlene Keca at:  
414-425-3950 for more  
information.

**Do you have pictures of an important event you would like to preserve** along

with the memories? Come to an HCL scrapbooking evening and get it  
done! Meet in Room B35 the 13th of each month, except when the 13th  
falls on a Tuesday. All are welcome.

Call Laurie for information 414-235-4087.



**KID'S DAY AMERICA**  
Children's health, safety and envi-  
ronmental awareness day.  
**SAT., Sep.22 from 12—3 p.m.**  
**5505 South 110th Street**  
Activities & entertainment for all  
such as: slapshot hockey, fire truck &  
D.A.R.E. van tours with local police &  
firemen, nutrition hints, chair mas-  
sage, live music, balloons, juggling,  
face painting, moonwalk, 18 foot slide,  
kids bag of goodies & much, much  
more!

**Building  
Blocks  
of Faith**  
An Event for Preschool  
Children and their families!

**Saturday, October 6**  
**3:30—5:15 p.m.**  
\*\*Free Children's Bible  
presented to the preschool  
children following the event  
at 5:30 p.m. worship  
service.

Come enjoy a free  
parenting seminar about a  
preschool child's physical,  
emotional and spiritual  
development. Our own  
Pastor Thelen and Deb  
Reid-Zielinski will lead the  
seminar.

- Interactive Puppet show
- Parenting Seminar for parents and activities for kids!
- Snacks!

Child care is available so  
bring the entire family

{ Date Night }

**DATE NIGHT SEPTEMBER 29th WITH MIKE & ELIZABETH MURPHY:  
"READING THE SIGNALS IN YOUR MARRIAGE"**

Kick off Date Night includes a deluxe cuisine tailgate dinner.

Time: 6:30 p.m.  
Place: Elmbrook Church, Fellowship Hall  
Cost: \$25 per couple  
Register by September 21st by visiting [www.elmbrook.org](http://www.elmbrook.org) or contact  
Roger Rand at 262.797.6411

