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Calvary MOPS Newsletter: October 2015 Edition

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hello fierce mommas!

Our MOPS theme calls us to spend the year fiercely **flourishing**. The idea of celebrating milestones, embracing rest and noticing the good in each and every day sounds encouraging and magical. However, does anyone else find it hard to think about flourishing when some days it feels like we are just trying to survive? Snacks, naps, dirty dishes, tantrums, repeat. Thankfully, we have found our tribe who understands and can celebrate the hard and sweet times. We look forward to seeing how each and every one of you flourishes in big and small ways this year. We are so thankful that you have chosen to share your lives with us.

Love,
Your Calvary MOPS Leadership Team



Flourish

[flur-ish, fluhr-]

2015

Verb

1. to be in a vigorous state; thrive: a period in which art flourished.
2. to be in its or in one's prime; be at the height of fame, excellence, influence, etc.
3. to be successful; prosper.
4. to grow luxuriantly, or thrive in growth, as a plant.
5. to make dramatic, sweeping gestures: Flourish more when you act out the king's great death scene.
6. to add embellishments and ornamental lines to writing, letters, etc.
7. to sound a trumpet call or fanfare.

a top five list.

1. Bible devotions for little ones. [Amy lists her favorites.](#)
2. If you need something to read, try the [latest](#) from author Shauna Niequist.
3. Do you have a [prayer closet](#)?
4. Start embracing rest. Here's [how](#).
5. Your fall bucket [list](#).

mom, what's for breakfast? jammin' oat muffins

adapted from *Cooking Light*

1 1/3 c. unbleached all purpose flour
 3/4 c. quick-cooking steel-cut oats
 1/3 c. packed brown sugar
 2 tsp. baking powder
 1/8 tsp. salt
 1 egg
 3/4 c. low-fat milk
 1/4 c. canola oil
 1/4 c. maple syrup
 1/4 c. raspberry preserves or jam of
 your choice

Preheat oven to 400°. Lightly coat a 12-cup muffin tin with cooking spray. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, oats, brown sugar, baking powder, and salt in a large bowl. Crack egg into a medium bowl and beat lightly. Add milk, oil, and maple syrup; mix well.

Pour egg mixture into flour mixture and stir until combined (mixture should still be lumpy and very wet). Spoon 1/3 cup batter into each muffin cup. Spoon 1 tsp. jam into center of each cup. Bake at 400° for 16 minutes. Cool in pan and then move to wire rack.



fierce mom spotlight: meghan wright

leadership role: co-coordinator

family: Wesley (husband) & Liam (5), Lily (3) and Violet (8 mo.)

favorite verse: Proverbs 3:5-6

loves: coffee, twizzlers, PF Chang's, mystery books, University of Texas Longhorns, Taylor Swift

special skill: speaks Spanish

flourishing goal: "I want to grow in confidence in being myself."



Butter Braids are hand-braided frozen pastries that come in delicious flavors. If you have not tasted one yet (or even if you have), we will sample a few flavors during our meeting on October 1st.

This is our only fundraiser for the entire year, so we would love your participation. The money raised helps support our awesome childcare program and Operation Christmas Child. Our goal is for each mom to sell five butter braids. Top sellers will win gift cards! Questions? Contact Tanya Howard at tanyahoward@hotmail.com.



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