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Calvary MOPS Newsletter: December 2016 Edition

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comparison is the thief of joy

You know what else is the thief of joy? Pinterest. Let's just be honest, sometimes it really is a love/hate relationship with that red and white app. We start clicking and pretty soon we're re-evaluating our shower curtain choice, crockpot repertoire, fireplace mantle organization, and eyebrow shape. It is endless, and while many a times it is extremely helpful and allows us to tap into our inner Martha Stewart during the holidays it can put even more undue stress on us mommas. Let's just refer to it as Holiday Pinterest Stress. Do we really need another form of holiday stress?

The answer is no! Christmas is supposed to be a time of joy, gratitude, thoughtfulness, love, and giving. Somehow during those 24 days (excuse me, more like 30 days because we all know the craziness seems to begin the day after Thanksgiving) leading up to the grand finale we have the tendency to lose sight of what's important to us and our family.

Anyone remember the story of Mary, Martha, and Jesus in Luke 10:38-42?

As Jesus and his disciples went on their way, he came to a village where a woman named Martha welcomed him in her home. She had a sister named Mary, who sat down at the feet of the Lord and listened to his teaching. Martha was upset over all the work she had to do, so she came and said, "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!" The Lord answered her, "Martha, Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing and it will not be taken away from her."

So let's all challenge ourselves to a Mary this season. If we find ourselves caught up in the preparations, feeling resentful toward family members, or comparing our decorations and traditions to what we've seen on Pinterest, or maybe another social

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rest. You deserve it.

Love,
Your Calvary MOPS Leadership Team



a top five list.

1. Mentor Mom Panel recommended book [Boundaries with Kids.](#)
2. Need a grandparent gift idea or maybe just a laugh? Check out [Chatbooks!](#)
3. Easy [snowflake patterns](#) for fun with your kiddos
4. [Advent Acts of Kindness Calendar.](#)
5. Check out Longmont's [food pantries](#)--Good News Center and OUR Center--if you're interested in giving back this season!

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What is a Mentor Mom?

- a teacher, role model, counselor, friend, and advisor
- a mother whose children are pre-teens, teenagers, or adults
- has "been there, done that" & experienced the challenges that mothers of preschoolers face and can offer encouragement, advice, and hope
- has a personal relationship with Jesus Christ and prays for MOPS members
- attends MOPS meetings and maintains relationship with the group



leadership spotlight: becky mclean

leadership role: mentor mom

family: Mark (husband), Emily, Anna, and Laura (daughters) & Clara and Hattie (grandchildren)

favorite family vacation: Glenwood Springs when the kids were little, but love going anywhere with my husband in our VW camper

last book I enjoyed: *Blue Shoe* by Anne Lamott and *Soul Survivor* by Phillip Yancey

best part of being a mom: now having 3 awesome

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wisdom

best advice I ever received: when disciplining small children, draw the line where you want it to be and stick to it because often your children are more aware of where the line is than you are

favorite holiday treat: being with my children and their families and cinnamon rolls



sarah rebman

leadership role: mentor mom

family: Bob (husband) and daughter Rachel

favorite family vacation: the many summers we spent a week riding bicycles around Summit County

last book I enjoyed: *The Nightingale* by Kristin Hannah

best part of being a mom: letting go and letting them be the person God created them to be

hardest part of being a mom: seeing what a great person they are!!

best advice I ever received: "Worry does not empty tomorrow of its sorrow but today of its strength."

favorite holiday treat: peppermint tootsie roll pops

Christmas Dinner Veggie Sides that your kids will eat...maybe

Slow Cooker Honey Cinnamon Carrots

Ingredients

Winter Veggie Gratin

Ingredients

- 1 lb cauliflower florets
- 8 oz broccoli
- 8 oz brussel sprouts, quartered
- 2 cups onion (white or yellow)
- 1 tsp olive oil or butter
- 1 + 1/2 tsp pure vanilla extract
- 1/4 cup butter

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- sliced into 2-inch chunks)
- 1/4 cup melted butter
 - 3/4 teaspoon salt
 - 1/4 cup honey
 - 1/2 teaspoon pure vanilla
 - 1 teaspoon ground cinnamon
1. Place carrots in the bottom of a slow cooker (I used a 6-quart...choose a size that's large enough to allow room for stirring). Stir salt into the melted butter. Pour over the carrots in the slow cooker and toss until evenly coated. Cover and cook for 6 to 8 hours on LOW (or 3 to 4 hours on HIGH) until carrots are tender.
 2. Drizzle cooked carrots with honey and vanilla and sprinkle with cinnamon. Gently stir until carrots are evenly coated with butter/honey/cinnamon mixture. Set slow cooker to WARM until ready to serve and stir well before serving.

Maple Cinnamon Roasted Butternut Squash

- 1 large butternut squash (about 3 lbs), peeled, seeded and cut into 1 inch cubes
- 1 1/2 Tbsp extra-virgin olive oil
- 1 1/2 Tbsp pure maple syrup
- 1/2 teaspoon ground cinnamon

- temperature
- 1 cup milk, room temperature
 - 4 oz gruyere cheese, grated
 - 4 oz gouda cheese, grated
 - 1/4 tsp salt
 - black pepper, to taste
 - 1/4-1/2 cup Italian-seasoned breadcrumbs
 - 1-2 TBSP butter
 -

Instructions

1. Pre-heat oven to 350 degrees.
2. Chop your veggies.
3. Bring a pot of water to boil and blanch broccoli, cauliflower, and brussel sprouts until veggies are somewhere between al-dente and fork-tender. This will take a few minutes, but no longer than 8. When your perfect texture is reached, shock the veggies in an ice bath to halt the cooking process.
4. Place veggies in a casserole dish and set aside.
5. Drizzle a medium pot with a little bit of olive oil or butter and caramelize your onions, stirring occasionally. Add the vanilla about halfway through as the onions just start to brown and continue cooking until onions are golden and soft.
6. Turn your burner to medium-low heat and add 1/4 cup (4 TBSP) butter.
7. Once your butter has melted, slowly mix in flour a

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Instructions

1. Preheat oven to 400 F degrees. Line a baking sheet with parchment paper or lightly spray baking sheet with cooking spray.
 2. Spread butternut squash cubes out on baking sheet. Drizzle evenly with olive oil then sprinkle with ground cinnamon, salt, pepper and maple syrup. Toss all the ingredients together, using tongs or your hands, ensuring all the cubes are coated.
 3. Place in the oven and roast for 35 - 40 minutes (rotating pan if necessary half-way). until squash is tender. Remove from oven and serve immediately or allow to cool.
8. Once your roux has begun to form a paste with the onions, add room temperature (or slightly warmed) milk and cream, whisking constantly until the sauce thickens.
 9. Remove your pot from heat (it will begin to thicken even further at this part) and slowly add 1/2 the cheese.
 10. Pour sauce over veggies, then top with the cheese you set aside earlier.
 11. Next melt 1 TBSP of butter in a small skillet and add breadcrumbs. Mix constantly while toasting, then sprinkle over casserole.
 12. Bake on center rack at 350 for 20 mins.
 13. Prepare to swoon!

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Keep updated with what your children are learning about in our MOPPETS program. All curriculum information is available on the Calvary MOPS [website](#) and take a moment as well to review our emergency protocol.

Don't forget...

Sugar scrub making

Mary Kay makeovers, facials, and Satin hand/lips

Stretch and Relaxation

Jamerry Nail Wraps

MELT method hand and foot therapy

Spa Day
January 5th

Wear your yoga pants or sweats, bring a mat, and be ready to pamper yourself!



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