



breathe freely, laugh freely

It's a difficult question to ask yourself and maybe a difficult answer to come to terms with, but ponder this...in the course of a day, a week, a month what is your ratio of yelling to laughing? We understand. Our kids are trying, they don't listen, they have their own agenda, sometimes you feel invisible, your significant other hands your child a cookie 5 minutes before dinner, frustrations boil over...so maybe we take 10 seconds to close our eyes and breathe, to center ourselves and hopefully cage the mangy, sleep deprived beast. You see breath gives life to our body, but laughter brightens, sweetens, and intensifies that life. Our MOPS theme encourages us to "breathe freely and JOYFULLY, and be refreshed".

Can you picture the last time you had the most uncontrollable urge to laugh? Can you remember physically how it makes your body feel more alive? Yes, it may be terrible timing and you're suppressing the urge to laugh with all your might, but take a moment to revisit the sensation of laughter rolling through your body and the fullness of spirit that literally wants to burst out of you. It's invigorating, it's energizing, and it is refreshing to your soul.

"She is clothed with strength and dignity; she can laugh at the days to come".

(Proverbs 31:35)

Our prayer for you is that on your journey this year to breathe freely you also allow yourself to laugh freely and to glory in the realization that joy lives in you and it yearns to be shared!

Remember the woman you
were before you had kids.
She's still in there.
Take care of her.

a top five list.

1. For educational indoor activities on a cold day check out @dayswithgrey and @busytoddler on Instagram.
2. Teach your kids to breathe along with you with Cosmic Kids Yoga on Prime.
3. Kids eat free [restaurants!](#)
4. It may be a little late to attend the IF Gathering 2019, but if you're curiosity was sparked check out their [website.](#)

5. Here's the [Sound Development Chart](#) shared by Speech-Language Pathologist, Tara Roehl.



Creamy Avocado Dressing

INGREDIENTS

1 very ripe avocado
1/2 cup packed fresh parsley or cilantro leaves, stem removed
sea salt and freshly ground pepper, to taste
1/2 tsp ground cumin
juice of one large lime
1/3 cup extra virgin olive oil, or avocado oil
2 fresh garlic cloves, peeled
1/3-1/2 cup of cold water (start with less and work up to your desired consistency)

INSTRUCTIONS

Place all ingredients into a food processor, or high speed blender, then blend until smooth. Keep refrigerated in an air-tight jar for up to 3 days. It may get thicker, so before serving, just add a bit of water and/or whisk until desired consistency.

Makes about 1 1/4 cups of dressing.

*Recipe from CleanFoodCrush

Meet Sterling

Sheffer

MOPS Kids Worker



High school graduate and City of Longmont Employee

FAVORITE CHILDREN'S BOOK

Oh The Places You'll Go

SONG THAT BRINGS YOU TO TEARS

Oceans

FAVORITE SEASON AND WHY

Spring, everything is starting over. New and beautiful.

dogs or cats

coffee or tea

chocolate or vanilla

morning person or night owl

MOPS KIDS INFORMATION



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

February

Ashley Cavanaugh
Anna Jean Lohse
Bethany Fray
Kathryn Orr

March

Rebecca Quillen
Hannah Hoogland
Nikki Ramer
Hannah Mitchell

Faune Van Pelt
Kaelyn Richardson



2019 COLORADO FREE DAYS

Denver Zoo

2300 Steele St., Denver
720.337.1400
denverzoo.org

Jan. 10	Feb. 4
Jan. 18	Nov. 4
Jan. 19	Nov. 8
Feb. 3	

Denver Botanic Gardens at York St.

1007 York St., Denver
720.865.3500
botanicgardens.org

Jan. 21	Apr. 14	Sep. 3
Feb. 18	Jun. 4	Nov. 11
Mar. 22	Jul. 10	

Children's Museum

2121 Children's Museum Dr.,
Denver
303.433.7444
mychildsmuseum.org

Jan. 8	May 7	Sep. 3
Feb. 5	Jun. 4	Oct. 1
Mar. 5	Jul. 2	Nov. 5
Apr. 2	Aug. 6	Dec. 3

free 4pm-8pm

Denver Art Museum

100 W. 14th Avenue Pkwy.,
Denver
720.865.5000
denverartmuseum.org

Jan. 5	May 4	Sep. 7
Feb. 2	Jun. 1	Oct. 5
Mar. 2	Jul. 6	Nov. 2
Apr. 6	Aug. 3	Dec. 7

Denver Museum of Nature and Science

2001 Colorado Blvd., Denver
303.370.6000
dmns.org

Jan. 7	Apr. 28	Sep. 29
Jan. 27	Jun. 2*	Oct. 14
Feb. 11	Jul. 2	Nov. 17
Apr. 3*	Aug. 26	Dec. 8

*free 5pm - 10pm

Denver Botanic Gardens at Chatfield Farms

8500 W. Deer Creek Canyon Rd.,
Littleton
720.865.3500
botanicgardens.org

Jan. 8	Apr. 2	Aug. 6
Feb. 5	Jun. 4	Nov. 5
Mar. 5	Jul. 2	

Four Mile Historic Park

715 S. Forest St., Denver
720.865.0800
fourmilepark.org

Jan. 11	May 10	Sep. 13
Feb. 8	Jun. 14	Oct. 11
Mar. 8	Jul. 12	Nov. 8
Apr. 12	Aug. 9	Dec. 13

free 12pm -4pm

City of Longmont Museum

400 Quail Rd., Longmont
303.651.8374
longmontcolorado.gov

Jan. 12	May 11	Sep. 14
Feb. 9	Jun. 8	Oct. 12
Mar. 9	Jul. 13	Nov. 9
Apr. 13	Aug. 10	Dec. 14

Events subject to change.

Broomfield Veterans Memorial Museum

12 Garden Center, Broomfield
303.460.6801
broomfieldveterans.org
free Thursdays & Saturdays

Aurora History Museum

15051 E. Alameda Pkwy., Aurora
303.739.6660 - auroragov.org
free Tuesday - Sunday

ALWAYS FREE

Arvada Center Galleries
arvadacenter.org

Garden of the Gods Visitor Center
gardenofgods.com

Rocky Mtn. Motorcycle Museum
themotorcyclemuseum.com

Colorado Springs Pioneers Museum
cspm.org

US Air Force Academy Visitor Center and Chapel
usafa.af.mil

United States Mint
usmint.gov

Hudson Gardens - Garden Area
hudsongardens.org

Colorado Sports Hall of Fame
coloradosports.org

Peterson Air & Space Museum
petemuseum.org

CU Art Museum
colorado.edu

Lookout Mountain
jeffco.us

CU Museum of Natural History
cumuseum.colorado.edu

Celestial Seasonings Tour
celestialseasonings.com



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Innovative Real Estate

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