

Pep Talk



A Ministry of Cedar Springs Presbyterian Church
July 2008

Cool things for a hot summer

PEP Moms Playdate at Spout Studio on July 18th

This playdate is for all small groups in PEP Moms! If 20+ children attend from our group, then the cost is just \$5.00 per child and no cost to the adults. You can stay as long as you like, and you can even bring back your receipt and come back anytime that day. *They even include the children of mothers who have season passes to help the numbers.* Last month we had over 40 children there from PEP Moms alone! Beat the heat—indoors with your small group!

Free movies at the Pinnacle at Turkey Creek

Selected G & PG movies start at 10am each Tuesday & Wednesday during the family film festival. First-come, first-served seating is limited to theatre capacity.

07/16/2008

Mr. Bean's Holiday (G)
Night At The Museum (PG)

07/22/2008-07/23/2008

Pirates Who Don't Do Anything - Veggie Tales (G)
Alvin And The Chipmunks (PG)

07/29/2008-07/30/2008

Wallace And Gromit (G)
Firehouse Dog (PG)

Children's Museum of Oak Ridge

The museum provides children with the opportunity to learn while playing-to create, discover, solve, and experience, within non-traditional, interactive exhibit galleries. Admission: Adults - \$6, children 3-18 years - \$4, 2 years & younger are free. For more information check out their website:
www.childrensmuseumofOakRidge.org or call 482-1074.

Welcome Cyndi Dodson

Cyndi Dodson is author of the book, *Finding the Me in MomMe*, as well as a veteran speaker to local MOPS groups. A member of Grace Baptist Church, Cyndi is married to her best friend, Chris, and has three daughters, aged 9,7, & 5. Her talk, entitled, "Finding the Me in MomMe – Who Am I?" focuses on how we as moms can get our identities lost in our children, our husbands, the laundry - you name it! We forget about ourselves and who we are. If we don't know our true "I" identity, then how do we know what kind of mom we are or how to reach our potential as a mom? We will go through steps to help us find out "Who Am I?"

Today's agenda

6:45-7:00	Registration
7:00-7:10	Announcements
7:10-7:45	Speaker
7:45-8:30	Dessert in Fellowship Hall

August meeting

Doug Messer will be speaking on marriage on August 19th.

Security

PEP Moms name tags must be worn in the Education Building due to a new security policy.

PEP Moms Registration & Lunches

If you haven't already registered for this year, please do so as soon as possible—especially if you need nursery. ***If you would like to sign-up for lunches, the deadline is July 31st.*** Please pick up a registration form when you sign in.

We are really excited about this year's lunches. A variety of local restaurants will be catering for us - beginning in August with DeColores Cafe! Look for an exciting new menu from other restaurants each month.

Strawberry Spinach Salad

Salad

- 1 bag fresh spinach
- 1 pint strawberries, washed and sliced
- 1/2 C caramelized nuts
- 1/2 C blue cheese

Vinaigrette

- 1/4 C vegetable oil
- 1 Tbsp white vinegar
- 2 Tbsp sugar
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 5 drops hot sauce (Texas Pete's)

Caramelized nuts *(may be made a day in advance)*

- 1/2 C sliced almonds
- 3 Tbsp sugar

In a saute pan, heat almonds and sugar over medium heat. Stirring frequently. After a few minutes almonds will start to roast and sugar will dissolve and change to a caramel color. Stir constantly at this point until almonds are a golden brown. Remove from heat and turn out onto aluminum foil to form a thin layer. When cool, break into pieces.

Whisk all ingredients of dressing until well combined. Toss salad ingredients with desired amount of dressing.

Sharon Faulkner

PEP Moms CD's

Did you miss the speaker to-night? Want to share the "talk" with a friend or your husband? Order a CD of today's speaker at the registration desk for \$2. CD's are available for pick up one week after ordering.

CSPC Children's Clothing Sale

July 25th 9am-1pm & 6-8pm

July 26th 9:30am-noon

(1/2 price sale on Saturday)

Quality used kid's clothing, shoes, toys, games, books, videos, baby items, and maternity wear.

Cedar Springs Presbyterian Church Family Life Center

Nursery Policies

When packing your child's lunch, please no red, blue or purple colored drinks; no Jell-O, no peanut butter; no envelope or drink boxes.

Please call Jennifer Baker (247-5933) as soon as you know you need to cancel your reservation or the CSPC nursery (291-5242) the day of the meeting.

PEP Moms using the nursery for meetings will be required to work one nursery shift per year. If you are unable to work on the scheduled meeting day, please contact Teresa Boles (357-4108) in order to find a substitute.