

Pep Talk



A Ministry of Cedar Springs Presbyterian Church
September 2008

Making the Best of My Mess

The less scheduled, carefree days of summer are quickly coming to an end and most of us are starting to yearn for fall. This time of year is a time of new beginnings for most of us. Maybe preschool for the first time, kindergarten, a new school, new friends, new neighbors, new babies, new jobs, a new home, and on and on. The list is endless when it comes to life in general, but as moms we are quickly inundated with schedules, activities, parties and everything else in between that life as we knew it last month, last year, or the year before that, somehow seems so foreign to us now. But as life gets bigger, it also gets busier and more demanding of me, my time, and of my faith. Especially as a wife and mom, I feel pulled in so many directions! I need to have my quiet time, take my daughter somewhere, get home so my son gets a nap, schedule playdates, get to the grocery, cook dinner, do the laundry, work in the yard, make appointments, get a sitter, return calls, spend time with my husband, and you could fill in the rest I'm sure.

Lately I have been feeling slightly overwhelmed by my life and all the hustle and bustle. Don't get me wrong, I know most of the things I am busy with are blessings. I am starting to feel sad though that life is going by so quickly. Some days though, the thought of having little children in my house forever is terrifying, but then other days I feel like they will be gone before I know it and then I'll wish they were little again. Motherhood completely thrusts you into unsafe and unknown territory. Just being a mom is pretty crazy, because I've never done it before and there is no instruction manual. It is an initiation by fire! There is no safety net when it comes to parenting. I can pray for guidance, wisdom, and discernment, but God knows the path for all of his children and I must trust in him. He wants me to know that it is okay to say no to things. It is okay to have seasons of busyness and seasons of rest. He wants me to know that I am not perfect, but in reality, a huge mess.

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Welcome Stephanie Edick

Stephanie Edick, a veteran leader of Bible studies and seminars, will speak on: "Hearts Bound by Grace: Disciplining Disciples." Stephanie says, "Grace-centered discipline is the foundation of ongoing discipleship because it draws the hearts of our children to the Good Shepherd." She loves to talk about God's extravagant grace, which she first experienced when she met Christ at age 23. Stephanie and her husband Alan, who is Minister to Children and Families at Cedar Springs, have three children, ages 17, 15, & 12.

Today's agenda

- 9:15-9:45 Registration
- 9:45-10:00 Announcements
- 10:00-11:00 Speaker
- 11:00-12:00 Small groups
- 12:00-12:35 Lunch
- 12:35-12:45 Pick-up children

October meeting

Patti Arnold will be speaking about spending consistent time with God at our October 14th meeting.

Cell phones

As a courtesy to our speaker, please turn cell phones off or to vibrate when the meeting begins.

Fun fall festivals around town

Bluegrass Festival

Sat - Sep 27, 2008

10:00 AM - 6:00 PM

400 Everett Road.

Farragut, TN 37934

Admission: FREE Parking: \$3.00

Bluegrass Festival is a family-oriented event in Farragut, TN and celebrates the beauty of fall, championship barbecue, and world class bluegrass music.

Hola Festival

Sat - Sep 27, 2008

11:00 AM - 8:00 PM

Market Square

Knoxville, TN 37902

The Hola Festival (Hispanic Heritage) is a day-long celebration of diversity and a cultural salute to our East Tennessee community, is known for its rich mix of live music, dance, food, arts and crafts, children's activities and its Parade of Nations and much more! Come dance, eat, learn and have fun!

GreekFest 2008

*Sharing of Our Greek Heritage
with our Neighbors*

Fri - Sep 26, Sat 27 and Sun 28

St. George Greek Orthodox
Church

4070 Kingston Pike

Knoxville TN 37919

See web site for specific hours
www.greekfesttn.com

This festival gives people the opportunity to participate in many activities including learning to Greek dance, trying traditional homemade Greek food, browsing & purchasing a variety of imported gifts and crafts, taking tours of Greek Orthodox Church history.

Pumpkin Applesauce Muffins

3 cups sugar

1/2 cup applesauce

1/2 cup vegetable oil

4 eggs

2 cups canned pumpkin

2/3 cup water

3 1/2 cups all-purpose flour

2 tsp baking soda

1 1/2 tsp salt

1 tsp ground cinnamon

1/2 cup chopped pecans or walnuts

Preheat oven to 350°. Line cupcake/muffin tins with liners.

In a large bowl, mix sugar, applesauce, and oil until well combined with a whisk or hand mixer.

Add eggs and blend. Add pumpkin and blend. Add water and blend.

Combine dry ingredients and add slowly.

Fill liners until 2/3's full (use an ice cream scoop for easy measuring).

Bake for 25 minutes at 350°. Yields 36 muffins.

This is one of my families favorites. It's a great Paula Dean recipe. Freeze muffins in plastic zip lock bags. To defrost, wrap in a paper towel and microwave for 20 seconds or so. Perfect for breakfast or a tasty afternoon snack.

Sharon Faulkner

October Nursery Workers

Please report to "duty" no later than 9:00 a.m.

**W. Schuyler, L. Ella, B. Geibig, D. Morin,
J. Couvertiere**

Girlfriends

When I was little, I used to believe in the concept of one best friend, and then I started to become a woman.

And then I found out that if you allow your heart to open up, God would show you the best in many friends.

One friend is needed when you're going through things with your man. Another friend is needed when you're going through things with your mom. Another when you want to shop, share, heal, hurt, joke, or just be.

One friend will say, "Let's cry together,"
another, "Let's fight together,"
another, "Let's walk away together."

One friend will meet your spiritual need,
another your shoe fetish,
another your love for movies,
another will be with you in your season of confusion,
another will be your clarifier,
another the wind beneath your wings.

But whatever their assignment in your life, on whatever the occasion, on whatever the day, or wherever you need them to meet you with their gym shoes on and hair pulled back, or to hold you back from making a complete fool of yourself, those are your best friends.

It may all be wrapped up in one woman, but for many, it's wrapped up in several...
one from 7th grade,
one from high school,
several from the college years,
a couple from old jobs,
on some days your mother,
on some days your neighbor,
on others, your sisters,
and on some days, your daughters.

So whether you have been friends for 20 minutes or 20 years, God placed you in my life for a reason!

-Author Unknown

Cedar Springs Clothing Closet

Tackling your messy closets now that your kids are back in preschool? Consider making a donation to the Cedar Springs Clothing Closet.

Clothing Closet will accept clothing September 1-30. Bring your clothes to the receptionist in the Welcome Hall during the month of September. Thank you for keeping the Clothing Closet well supplied with your freshly cleaned, in good repair and in-style clothing for our limited space. After September 30 please hold your donations until January when we will again accept them.



A Mom's Helpful Hint

There are lots of household chores that I don't mind doing, but unloading the dishwasher isn't one of them! I don't know what it is about it, but I just want to get the job over with as soon as possible.

To speed up the job, I started organizing the utensil holders. I know that this sounds a bit obsessive, but it's amazing how much faster the unloading goes. Assign each of your utensils—big forks, little forks, knives, big spoons, little spoons, and misc. kids, to it's own divider. When your dishes are done, just grab all the same utensils together & put away in your drawer in one swoop. The little extra time and thought it takes when loading the dishes is definitely worth the time saved unloading.

Sharon Faulkner

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He wants me to lean on him and to be relieved that I am not the one in control, although many times I think I am. It is hard to stop amongst the busyness and remember that.

I must admit I have come to see that transition and busyness can sometimes be a good thing. I have started to see that God uses transitions to change us. He uses them to get our attention and to show us our need for him. All these new things in life are transitions. Transition is not always easy, but it is an opportunity to learn and grow. Growing not only as a person, but as a follower of Christ. He is constantly seeking us, but he wants us to seek him as well. God is good, but he is not safe. Kids are definitely not predictable and neither is our God. He wants us to be challenged and he wants us to change as a result of our challenges. So instead of constantly wondering why my life is so busy or so messy, I am trying to seek his purpose for me in those places. I know that with obedience, courage, and faith, some of the outcomes will be rewarding and but I also know some of the time I will feel defeated and consumed by my list of things to do and be, but I have complete faith that he will bless me and my mess!

-April Ella

"I can do everything through him who gives me strength" Philippians 4:13

Registration & Lunches due today!

If you would like to sign-up for lunches and be in the PEP Moms directory, the deadline is today September 16th! 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. The PEP Mom's Directory will be handed out at our October meeting.

Help needed on the PEP Moms Service Committee

The service committee is in need of more volunteers. If you have helped with the Lonsdale event in the past, please prayerfully consider joining the committee.

Speaker notes...

PEP Moms Website

Visit the PEP Moms website at www.pepmoms.net to stay informed. Missed a meeting? Download this newsletter from the website. Registration forms are also available online as well as announcements, calendar, and pictures.

Small Groups

<u>Group</u>	<u>Meeting Room</u>
Infants	200
1's & 2's	210
3's	212
4's & 5's	Fellowship Hall
K & 1st	223
1st & up	224