

Pep Talk



A Ministry of Cedar Springs Presbyterian Church
August 2008

Director's Note...

"And the Father will dance over you with joy." The Cedar Springs choir once sang a beautiful anthem based on Zephaniah 3:17. It speaks of God's joy in the restoration of and His redeeming love for His people, His children. I keep meaning to frame the verse for my son's room. Lately, I have realized that I should display this verse for my own benefit, too.

Mothering is hard. It is abundantly joyful, and we would not trade this place in life for anything; but, let's face it. Some days are difficult. We have to figure out how to soothe little hearts, go without sleep at times, and tell our children "no" when we so desperately want to say, "yes." Throughout it all, God guides us, soothes our hearts, and never sleeps (Psalm 121:3, 4). We can each think of times God has told us "no" for our own good and to His glory—even when we were expecting a "yes." Our heavenly Father amazes me daily. Through motherhood, I have learned so much more about my relationship with Him as His daughter. The parallels and analogies are endless! (How many times have we asked our children to stop, be still, and look us in the eye to help them to hear what we are telling them? How many times does God have to remind me to be still to listen to Him?)

As God has reminded me that He delights even in me, I remind you that God loves you as His daughter. Just as you delight in your own children, God dances over you, His child, with joy. As we journey through Pep Moms together this year, I pray that you experience God's abundant love and joy. I pray that we may grow together in the love of Christ as we pray for and encourage one another—both as mothers of our own children and as daughters of our Father in heaven.

Ruth Granroth, Co-Director

Welcome Doug Messer

Doug Messer, minister to adults and community care at Cedar Springs Presbyterian, will speak about marriage. Doug says, "Marriage is beautiful and it is exceptionally difficult, but it is in the difficulties and sins of husbands and wives that can be found the greatest beauty, redemption and representation of Christ's love: the great news of the Gospel in the heart of marriage struggles and the mystery of the union between Christ and his Church." He also says that who he is today, especially with regard to his relationship with Christ, is explicitly tied to his relationship with Susan, his wife. They have three children, ages 8, 7, & 5.

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

September meeting

Stephanie Edick will be speaking at our September 16th meeting.

Security

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

Director's Note...

I am a To-Do List kind of person. I love To-Do Lists. Better yet, I love to cross things off of my To-Do Lists. I actually have several lying around my house. Some are new, some are old. Like the one from the beginning of the year on ways to de-stress and simplify my life. Well, it's August, so I better get working on that one...

Why am I always so far behind? There's always a play date to plan, e-mails to return, bills to pay, laundry to do, a child to pick up from preschool, clean this, clean that, and oh yeah, take a shower. I should definitely move that one farther up on my list!

But I have to ask myself, are my To-Do Lists really simplifying my life or adding more stress? Will they make my life more abundant? Will they make my children's lives more abundant? Jesus talked about having an abundant life in John 10:10, "I have come that they may have life, and have it to the fullest." Are my To-Do Lists allowing me to live life to the fullest?

The answer to that question is a big NO. I have now given myself permission to simplify and de-stress my life—and guess how? By creating a "Not To-Do List." Here are some of the things on it:

Not to compare myself to other moms

Not to feel guilty for sometimes just saying "no"

Not to fear what others might think of me

Not to worry so much—my troubles will be taken care of by God

Not to suggest a play date somewhere else because my house isn't clean

Not to buy something just because it's on sale

Not to rush my children's bedtime—I won't be able to tuck them in forever

Not to say "yes" to every invitation I receive

Not to dwell on my mistakes or the mistakes of others

Not to wonder what would have happened if I'd done things differently

The more I give myself permission "not to do," the more abundant my life will become. Now this is a list I can do.

Jennifer Cross, Co-Director

Nursery Policies

It is such a blessing to have free childcare for our PEP Moms' meetings. Please review the following nursery policies.

Attendance Policy...

It is imperative that you cancel your reservation if you are not going to use your reserved nursery spot(s). Your call affects how many workers the Church pays to take care of your children and whether someone on the waiting list is able to attend a meeting or not. 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.

Nursery Workers

Those using the nursery will be required to work in the nursery during one meeting per year from 9:00 a.m. to 12:45 p.m. If you are unable to work your assigned nursery day, you must find a substitute to take your place. Please contact Teresa Boles (357-4108) in order to find a substitute.

Items to pack for your child

- Diaper bag
- Pacifier with clip (if needed)
- Bottles and/or sippy
- Lunch: finger foods

Please no red, blue or purple colored drinks; no Jell-O, no peanut butter; no envelope or drink boxes. The children will be served lunch around 11:00 a.m.

Nursery Health Policy

Children attending nursery must be free of communicable disease and free of fever, unexplained rash, upset stomach, diarrhea, vomiting, crusty or oozing eyes, and respiratory infections for at least 24 hours.

Children's Clothing Sales

Concord United Methodist Church

Saturday, August 23rd

8-11am (1/2 price from 11:30-1:30pm)

11020 Roane Dr (behind Aspen Square, Farragut)

www.concordumc.com

Picky Chicks

Wednesday August 27th – Saturday 30th

Fountain Head College of Tech.,

3203 Tazewell Pike, Fountain City

www.thepickychick.com

Consignment Sale in the Hampton Hall neighborhood

Friday, September 5th: 8am-4pm

Saturday, September 6th 7am-2pm

(1/2 price starts Saturday at 12pm)

1025 Garrison Ridge Blvd.

(Hampton Hall neighborhood at Westland & Pellissippi)

First Baptist Church of Lenoir City

Friday, September 5th: 9am – 4pm

Saturday, September 6th: 9am – 1pm (1/2 price all day)

2085 Simpson Rd (behind Burger King), Lenoir City

www.firstbaptistlc.org

Knoxville Multiples Club

Saturday, September 6th

8am – 2pm (1/2 price 12-2pm)

(Pay \$3/person for early bird shopping 7-8am)

Deane Hill Recreation Center, 7400 Deane Hill Dr.

(At Morrell by West Town Mall)

www.knoxvillemultiplesclub.com

First Baptist Church of Concord

11704 Kingston Pike/Hwy 11, Farragut (near Kohl's)

www.fbconcord.org

Friday, September 12th: 8:30am – 4pm

Saturday, September 13th: 8:30am – 11:30am (1/2 price)

PEP Moms Playdate at Sprout Studio

This playdate is for all small groups in PEP Moms on Friday September 15th from 10-12!

If 20+ children attend from our group, then the cost is just \$5.00 per child and no cost to the adults and you can stay as long as you like!

A Mom's Helpful Hint

With two little girls, ages 1 & 4 years old, I'm always looking for a dinner shortcut! How many recipes call for cooked chicken breast—almost all of them!

Ina Garten shared this cooking technique on her show *Barefoot Contessa*. She says it's the best way to cook chicken breast for casseroles, wraps, tacos, soups, etc—and she's tried it a million ways. I have to agree that this technique yields the tastiest and moistest chicken breast I've tried.

Line a cookie sheet with aluminum foil (for easy cleanup). Then place split chicken breast (with bone and skin) on the cookie sheet. Sprinkle with Kosher salt and fresh ground pepper & bake for 40-45 minutes at 375°. Wait until cool enough to handle, then shred or cube.

Best of all you can freeze the precooked chicken in freezer bags. Measure 2 or 3 cups of cooked chicken in each bag and write it with a marker on the bag. Skipping the step of cooking the chicken when you make your next chicken dish is a huge time saver!

Sharon Faulkner

September Nursery Workers

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

G. Winn, J. Stowe, C. Gahagan, and

B. Valenzuela

PEP Moms Support Lonsdale Elementary

Did you know that PEP Moms supports Lonsdale Elementary School all year long—not just when we collect items for the Lonsdale Christmas Sale for our Fall Service Project? Please consider donating your General Mills Boxtops for Education, Campbell's Soup labels for Education, and Kroger Earning Plus Learning points when you shop at Kroger, to support Lonsdale Elementary.

Jars to collect the clipped Box-tops and UPCs from the Campbell Soup labels will be placed on the registration tables.

To participate in Kroger Earning Plus Learning when you use your Kroger card just pick up the Kroger form with Lonsdale's barcode at the Registration Desk. Then take the letter to your local Kroger and have the cashier scan it—you only have to do this once a year!

For more information, contact Susan Parks or Carrie Gahagan on the Service Committee.

Small Groups

<u>Group</u>	<u>Meeting Room</u>
Infants	200
1's & 2's	210
3's	212
4's & 5's	214
K & 1st	223
1st & up	224

Registration, Lunches, & Directory

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 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—our September lunch will be catered by Northshore Brasserie! Look for an exciting new menu from other restaurants each month.

The PEP Mom's Directory will be handed out at our October meeting. ***To be listed in the directory, you must register by the September 16th meeting.***

Chicken Enchiladas

- 1 Tbsp butter
- 1 medium onion
- 1 (4.5 oz) can chopped green chilies, drained
- 1 (8 oz) package of cream cheese, softened & cut into pieces
- 1 1/2 lbs chicken breast, cooked & cut into small pieces
- 8 (8 in) flour tortillas
- 2 (8 oz) package of Mexican cheeses, shredded
- 2 C whipping cream

Preheat oven to 350°

Melt butter in a large skillet over medium heat, add onion, saute for 5 minutes.

Add chilies and cook 1 more minute.

Stir in cream cheese & chicken until cream cheese is melted.

Spoon 2-3 Tbsp of mixture into each tortillas & place seam side down in a 9 x 13 baking dish.

Sprinkle cheese and drizzle cream over tortillas.

Bake at 350° for 35-40 minutes.

You can put salsa or pico de galo on top when you serve it.

Sharon Faulkner