

Mom's Moments

www.momsmoments.ca

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Info Corner...

Brochure & Info Flyer

Email us to request our *Information Flyers* about MM to print out & give to the women in your community and in your church. We also have *Brochures* available for church leaders.

End-of-the-Year Draws

Two names will be drawn on Nov. 25th from our list of contributors in 2008. There are two \$25 gift cards to win! Check out our [Bulletin Board](#) for more details.

Visit us online...

www.momsmoments.ca

Sign up to receive this monthly newsletter by email, find out more about MM & our team, discover our online resources, polls & blogs, access all our newsletters, get ideas on how you can contribute & more!

Contact us...

anna@momsmoments.ca

A Note from Anna

The leaves are falling, the air is chilly, and the frost has arrived. It's time for a change of season. In the past I have found myself both excited and discouraged by the coming of winter...I prefer the cold over the heat, I enjoy cuddling under a blanket with a cup of hot chocolate, and Christmas is on its way. But winter means less time outside, less sunshine, no more camping for the year and fighting my nightly TV-watching habits and my tendency to gain 10 pounds over the next few months!

I will continue to try and live in the moments of motherhood and enjoy my time with my sons - no matter the season - THAT never changes!

Take Action, Help Out!

Challenge others to help those in need

Operation Christmas Child

Since 1993, more than 61 million shoe boxes have been packed, shipped, and delivered across the globe to bless needy children at Christmastime. People of all ages can be involved in this simple, hands-on missions project. Participate through prayer, packing/sorting boxes, or promoting the project to a group. Youth 16-20 can fly overseas to deliver the boxes themselves!

Canadian Collections - Nov 24-29

Find drop-off locations and much more: www.samaritanspurse.ca/occ. Int'l info: www.samaritanspurse.org.

Remembrance Day Feature - The Cost of War

The sights and sounds of the annual Remembrance Day Service in the town where I grew up is a very strong childhood memory for me. I remember local cadets and dignitaries parading into an old Anglican church. The shouts of attention, marching of feet and the trumpet blasts of the 'Last Post' filled the air. The seriousness of my father's face and the impression that there was deep emotion trapped inside him, that I didn't understand, puzzled me.

My father was conscripted into the British navy at the young age of 17 and served on destroyer

ships in the Atlantic and Pacific Oceans. I think that it must have been a very frightening and dangerous time in his life but by the grace of God he survived, believing that his life had been spared for a reason.

During the war years, a lot of sacrifices had to be made and my father along with other young men didn't really have any other choice but to serve his country in the military. There was a cost to that service, I'm sure, but there is always a cost to any sacrifice and I believe that we are reaping the

benefits of it.

I encourage you to take some time with your family this Remembrance Day to honour those who have, or who are presently serving their country in the military; there are lots of opportunities to do this in our communities.

Prayer ideas can be obtained from The Military Christian Fellowship at www.mcf-canada.ca. And if you are looking for a family movie, consider "[An Angel for May](#)".

-Helen Townend, Azilda, ON

Heart and Home

Special stories, reflections or traditions from your family

As you move through this time of raising children that arrived in your arms one day without an instruction manual, some days go as smoothly as a gentle breeze and everything seems to have an effortless beauty, and other days are a treacherous adventure through the rocky, thorn-covered paths that take more navigation. I often stop to open my bag of Mom experience, other mother advice, or grandma know-how, but sometimes the bottom of the bag comes quickly or just empties out completely. Then, I know it is time to turn to the real Creator of those children who somehow decided to entrust these little beings to me to care for. How could I attempt to do this momentous job of raising another human being without His help?

I first remember what a gift they are, then I make a wish for them to be all that they can be in spite of their sometimes incompetent caregiver, and finally I ask that my children look to God for the answers they need in life.

Amazingly the new day brings a new set of blessings and challenges that somehow seem easier with a little help from you know who...

- Lisa Sutherland, Fergus, ON

Check it Out! Books & resources from our readers

Pregnant? Get weekly emails with photos & info of baby's development (family/friends can sign up too!), and activities for after the baby is born. You can also share concerns in the chat room - www.babycentre.com. - **Danielle Dukovac, Whitby, ON**

Tasty Treats - Grandma's Lemon Squares

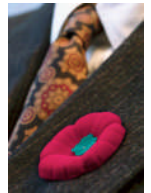
Starting your Christmas baking soon? We enjoy these every year!



- Cover bottom of 8x8-inch baking pan with whole graham crackers.
- Mix 1 can Eagle Brand with juice and rind from 2 lemons. Spread mixture over bottom layer of graham crackers.
- Top with another layer of graham crackers.
- Mix together and spread over top:

1/4 cup butter	2 cups icing sugar
1 tsp milk	1/2 tsp vanilla

- Bernice Eunson, Kitchener, ON



A Quiet Moment - Inspirational thoughts from the Bible

*"Blessed are the peacemakers, for they will be called sons of God."
Matthew 5:9 (NIV)*

Peace is something I strive for on a daily basis within my household. Some days it is VERY hard to find - my two boys are not so peaceful at times! But I keep trying - to teach them to get along with each other, with their friends and family, and to get along with them myself.

Sometimes making peace means letting go of my plans for the day, or

biting my tongue, or learning more patience (NOT easy for me!). Sometimes it means that my husband or my boys do these things for me.

It's all about relationship, not about being a doormat. Making peace is about living in harmony with one another, it's give and take, it's about making it right when the peace is lost.

When there is peace in our hearts we can have a connection with God that is like a child with a Father. Close, intimate, and secure in His love. - **Anna**

My Story - Surprises

Encourage others by sharing your times of joy, sorrow, triumph or struggle

God is never taken by surprise. I needed the comfort of knowing that.

My daughter was 9 and my son almost 11 when I first heard the words, "You have Parkinson's." With my future turned upside down I needed to know, beyond a shadow of a doubt, that God knew what was going on.

Reassurance came in the form of "Ann". Long before this pivotal moment, Ann had become a part of our lives. Although she was severely disabled with MS, Ann made a huge impact on us, especially the children. She was intelligent, cheerful, funny. In a word, she was delightful. Spending time with her, the kids learned that people with disabilities are still people fully capable of participating in life. When my husband and I told the children that I had Parkinson's their initial response was, "Mommy, are you going to be like Ann?" God had

prepared them. And me.

God's presence has been constant, His love all-encompassing, His strength sustaining: Everyday I see Him in a loving supportive husband. God is evident in our beautiful globe-trotting daughter whose stories keep us laughing. I see Him through our son, strong, courageous and philosophical. God's hand was there in a rewarding job I took with a nursing agency that adapted to my increasing fatigue and slowness. I saw it again when the time came to wind down my nursing career and He provided a perfect part-time position near home. His presence was felt the day I heard myself say "thank God for Parkinson's" because it's slowness had delayed me opening my mouth and allowed one of the children a chance to pour out their heart.

God's hand doesn't mean that things have been easy. I still struggle to find

the middle ground between meeting my own needs and meeting the needs of others. Despite having a degenerative disease, "me first" just doesn't cut it in family life. Like anyone else, I work to find a balance. I don't always get it right. Sometimes I get too involved in my own projects, good as they may be, and neglect the needs of the family. Sometimes it's the opposite; I neglect my needs (especially for exercise) in order to meet others' needs.

God is never taken by surprise, but I sure am! I am surprised by the people He sends to help me when most needed. I am surprised when others come to take up the tasks I've had to relinquish. I am surprised daily by the mercy and grace of God.

Perhaps most, I am surprised by joy.

- **Nora-Lea Arcand, Sudbury, ON**

Fall Fun Photo Contest



*Congratulations to our winner!
Jen Zwiers, Napanee, ON*

Health Nut - Nutrition: Listening to Hunger Cues

Health-related topics, exercises or nutrition facts that promote wellness in a nutshell

As we approach the holidays, people start thinking about family reunions, creating new memories and the famous traditional meals. Are you already planning how you'll turn down your favourite dessert or how much you'll boost your exercise routine during those days?

How about trying something new... Don't deprive yourself! Deprivation will only lead to overeating. "Feel free to enjoy the foods you love without self-criticism or imposed restraint." You must be thinking I'm off my rocker! Just think about the present diet culture. People are trying this

and that diet and for the most part, without lasting results. **We have learned to distrust our own body's ability to tell us what it needs.** *This includes turning a deaf ear to signs our body gives us that it's had enough.*

Humour me for one week... Try only eating when you're body actually feels hungry (ie. Decreased concentration, irritability, light-headed, headache) and stop when you feel satisfied that you could go for about 3-4 hours until your next snack/meal. When you're drawn to eating, stop and think to see if you're hungry, thirsty, anxious, bored, sad,

happy. Think about what it is you want to eat... something sweet, salty, crunchy, chewy? Then make a decision and enjoy every bite until you feel comfortably full.

Mindful eating is important for our long-term health. By this, I mean eating foods that will encourage health, energy and stamina. Healthful eating takes into account the physical and emotional needs.

If this way of thinking has struck a chord, please go to the following website:

www.nourishingconnections.com

- **Caroline Deschamps, PHC-NP, PTS, PFS, Ottawa, ON**



"Your body speaks with a sensation that gives important information. Tummy and Heart live right next door. Find out what each is asking for."

Taken from "Full Mouse, Empty Mouse: A Tale of Food and Feelings" by Dina Zeckhausen