

# Mom's Moments

A newsletter for moms to share stories, resources, scripture, thoughts, recipes and practical ideas to encourage each other as we connect and navigate our roles as women and mothers. Send contributions to [anna@momsmoments.ca](mailto:anna@momsmoments.ca).

## Reflections from Home

My oldest son is very much into superheroes— he has given each member of our family Superhero identities—mine are Electric Girl (an original creation), Spider Girl (from Spider-man stories), Override (from Transformers), and Storm (from X-Men). He loves books about Superheroes, and clothes with their pictures on them, and he even has a Batman placemat and cup at mealtimes. He constantly asks us questions about superhero powers and which one is tougher, or bigger, or stronger. We try to play along as best we can, though at times our creativity and imagination wear thin! Many of these conversations end with him saying, “But nobody is tougher or bigger or stronger than God.” He’s right, and we’re amazed at how we can use any situation to teach truths about the biggest superhero ever—God Almighty. - Anna

## A Quiet Moment - *Inspirational Thoughts*

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

God has given us a precious gift—our children. They fit into His plan for our hope and our future. He intends for them to be a prosperous thing, and not a harmful thing in our lives. Of course there will come days that are harder than others, our kids may test us and try us, our patience may wear thin, and we may yell a little, or cry a little. Maybe at the end of the day we can’t see the hope or the future. God can see it, He knows your day, and He is working everything out according to His plans. Maybe on those hard days, God sees that your heart has grown a little, and there is a little more room for His love, All is in His hands, so trust Him to work out His plans for you and your children. - Anna

## A Recipe From Anna

### Basic Muffins

#### Ingredients

2 cups all-purpose flour  
1/2 cup whole wheat flour  
1/4 cup sugar  
1 tbsp baking powder  
1/2 tsp. salt  
1/2 tsp cinnamon  
1 egg  
1 1/4 cups milk  
1/3 cup vegetable oil  
Flavouring

- Preheat oven to 400 °F
- Mix dry ingredients in large bowl
- Mix wet ingredients in small bowl
- Add wet to dry
- Stir just until dry ingredients are moistened (still lumpy)
- Spoon into 12 greased muffin cups, or paper cups, or ungreased silicone cups
- Bake about 18 minutes or until golden brown on top
- Note: can add 1/4 cup more milk next time if too dry

## Girlfriends...

I sat on the porch overlooking a beautiful mountain lake on a summer day with my Mom, older than me, mother of four, experienced and wise. “Get yourself some girlfriends,” she advised. “You are going to need girlfriends. Go places with them, do things with them.” What a funny piece of advice, I thought. Hadn’t I just gotten married? Hadn’t I just joined the couple world? I was a married woman, for goodness sake, not a young girl who needed girlfriends. Nevertheless, I listened to my Mom and I got back in touch with my old girlfriends of years long gone. As the years tumbled by, one after another, gradually I came to understand that Mom knew what she was talking about. Here is what I know about them:

- Girlfriends bring casseroles and scrub your bathroom when you are sick.
- Girlfriends keep your children and keep your secrets.
- Girlfriends give advice when you ask for it. Sometimes you take it, sometimes you don’t.
- Girlfriends don’t always tell you that you’re right, but they’re usually honest.
- Girlfriends still love you, even when they don’t agree with your choices.
- Girlfriends might send you a birthday card, but they might not. It does not matter in the least.
- Girlfriends laugh with you, and you don’t need canned jokes to start the laughs.
- Girlfriends pull you out of jams,
- Girlfriends don’t keep a calendar that lets them know who hosted the other last.
- Girlfriends will give a party for your son or daughter when they get married or have a baby, in whichever order that comes!
- Moreover, girlfriends are there for you, in an instant and truly when the hard times come.
- Girlfriends listen when you lose a job or a husband.
- Girlfriends listen when your children break your heart.
- Girlfriends listen when your parents’ minds and bodies fail.

My girlfriends bless my life. Once we were young, with no idea of the incredible joys or the incredible sorrows that lay ahead. Nor did we know how much we would need each other. -Anonymous.