

# MOMS Newsletter

April 2008 by Kelly Rader

## Inside This Issue

Intentional Parenting  
MOMS Purpose Statements  
Pie Making Class  
Looking for Sponsors  
Spring Cleaning Tips  
Upcoming Events

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**Dare to dream- and make those dreams come true. Dare to help others do so too.**

**Author unknown**

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## MOMS Purpose Statements

To provide a network that encourages and equips moms to be the best mothers they can be.

To provide mothers the opportunity for personal growth through developing their skills and talents.

To provide a safe place for women to share their struggles and concerns related to raising a family.

To provide experienced women the opportunity to mentor other mothers.

## Intentional Parenting

So much of life just seems to happen. So many of life's circumstances are unplanned. For example I didn't plan to have my daughters so close together (I had my body to myself for only 9 months in between), I didn't plan for my parents to be touched by cancer, I didn't plan to struggle with depression. Life just happens sometimes.

When it comes to parenting however, we cannot afford to just let things happen. Children need instruction, training and discipline. Children are moldable and their character and personality is in need of constant encouragement and guidance. As a parent it's my role to guide, protect and instruct my children. My personal goal in parenting is for my children to end up responsible citizens who make this world a better place, who love God and others. This isn't something that will just happen by osmosis. I need to be intentional about facilitating their character development by teaching them attributes like love, joy, peace, patience, kindness and self-control. With this in mind I'd like to tell you about a few tools that I have found help with intentional parenting.

**Passport to Purity-** available at [www.familylifetoday.org](http://www.familylifetoday.org)  
This CD & workbook set covers topics for ages 9-12 including body changes, relationships with the opposite sex, dating, sexual purity etc. No need for this topic to be embarrassing. They say it for you and provide questions to promote great conversation with your pre-teen. We have used this with all 3 of our children (boy and 2 girls). I highly recommend it.

### **What Every Child Needs – by Elisa Morgan**

This is an excellent read to help you parent young children

### **Mom I Feel Fat- by Sharon Hersh**

Every mom with a (pre-teen/teen) daughter should read this book. It covers body image, eating disorders, fighting our thin culture and more

### **A Little Book of Manners – Emile Barnes**

An excellent book to help teach kids the why's of manners

## Want to Learn to Make Pie?

My aunt taught me how to make delicious homemade pie. Join me to learn how to make your own crust from scratch and taste a banana cream pie we create together. Don't worry it's easy!

**Class date:** Friday April 25<sup>th</sup>, 7 pm

**Location:** My kitchen (4383 Wilson Rd. Yarrow)

**Class size:** limited to 8 participants

**Cost:** FREE

I hope you can join me.

**To register and for directions contact Kelly**  
[moms.ca@telus.net](mailto:moms.ca@telus.net)

## MOMS is Looking for Sponsors

Would you please consider partnering with MOMS? We are looking to grow this program to impact more moms in Canada and can now accept automatic monthly donations. All donors will receive a year end tax receipt. If you have been impacted by MOMS please consider helping us with your gift of any amount.

Businesses can also give to MOMS and request to be an official sponsor.

Please contact Kelly at [moms.ca@telus.net](mailto:moms.ca@telus.net) with any questions or to receive a monthly automatic transfer form.

**Thanks for helping us help moms.**

### Spring Cleaning Tips:

- Dampen an old pair of socks. Put them on your kids hands and have them dust the baseboards (from Good Housekeeping April issue)
- Use microfiber cloths to dust electronics and furniture (no polish)
- Remove vent covers and vacuum out (I found pizza crusts in a vent once)
- Line the top of cupboards with wax paper. Every few months just take off the old and put on new wax paper. No need to dust
- Clean window screens from the inside with the brush vacuum attachment (Good Housekeeping April Issue)

### Upcoming Events

**Saturday April 5<sup>th</sup> 7:00 pm** – Yarrow Alliance Church -**Cheesecake Concert** featuring local recording artists Debbie Fortnum and Lisa Adrienne and Inspirational speaker Feather Janz. Tickets \$10.00 available at House of James (Abbotsford), Blessings (Chilliwack) and at the door. This is an evening of music, inspiration, cheesecake and shopping.

#### **Wednesday April 16<sup>th</sup> 7:00-8:00 pm MEDIA...FAITH...CULTURE Parent Presentation**

MEI Middle School - Multi-Purpose Room; (31655 Downes Road. Abbotsford)

Cost: \$5 per parent/couple (Pre-registration not required), Brett Ullman examines trends and discusses how one can have a faith-based response to modern culture's 4 main areas of influence: Sex and Porn, Cutting and Suicide, Drugs and Alcohol Violence/Bullying

**Food Safe Classes** – Mention that you heard this through MOMS and save \$5.00 off your class registration. This is an excellent class for your resume. Contact Kelly Rahnborn (604)824-0865 or [chilliwackfoodsafety@hotmail.com](mailto:chilliwackfoodsafety@hotmail.com) Several class dates available.

**MOMS AGM – Tuesday May 27<sup>th</sup> 7:00 pm** abc Country Restaurant (Abbotsford) refreshments provided. More information to follow