

# MOMS

mentoring of mothers society

## Praying the Proverbs by Grace Fox

What are proverbs? According to Webster's dictionary, they're "short, popular sayings expressing an obvious truth." Pithy tidbits, they are. Pearls of wisdom.

A first-grade teacher collected well-known proverbs and gave each student the first half of one saying. She asked them to complete the thought. Here are some choice answers:

"Better be safe than...punch a fifth-grader."

"Strike while the...bug is close."

"It's always darkest before...daylight savings time."

"Don't bite the hand that...looks dirty."

"A penny saved is...not much."

"Laugh and the whole world laughs with you. Cry

and...you have to blow your nose."

From a little person's perspective, these revised proverbs teach simple secrets to successful living. Those of us more experienced smile at the innocence and wish matters could be so easy!

Life presents us with challenges but, thankfully, God has equipped us for come-what-may. He's given us an entire book of proverbs packed with obvious truth. Following them ensures success – from His perspective.

Take Proverbs 4:10-13, for example: "My child, listen to me and do as I say, and you will have a long, good life. I will teach you wisdom's ways and lead you in straight paths. If you live a life guided by wisdom, you won't limp or stumble as you run. Carry out

my instructions; don't forsake them. Guard them, for they will lead you to a fulfilled life."

What does this pithy tidbit tell us? Simply put, it encourages us to follow God's rules as we run the race before us. Making choices based on His truth rather than on emotional feelings or society's standards enables us to run with confidence, minus limping or stumbling. When we listen to and act upon His instructions, we experience joy and contentment.

As a mom, I long for my children to grasp the truth of this proverb. It holds the key to living a God-honoring life in the midst of a society that screams for them to seek self-satisfaction through illicit sex, money, and power. If they (continued on page 2)

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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.

## Yarrow MOMS Group Bonds Together

Remember the old Johnny Cash tune *How High's the Water Mama*? For the MOMS Yarrow Chapter, it was not high enough to keep them from meeting. Although displaced for about six weeks during the flood this past winter, the group of 20 women moved from the Yarrow Alliance Church to the Yarrow MB Church.

Other, more welcome excitement included a variety of speakers: Curtis Congo ("Understanding Your Child's Bent"), Jackie Ayer ("Handling Stress During the Holiday Season") Donna Nicks from Gourmet take-away ("Healthy Food Choices") Joyce McElhoes

("How to Have Fun with Your Kids") Kelly Rahnborn ("The Mom Top 10 List") and Grace Fox ("Spiritual Spa for the Soul").

The chapter also offered two groups: "Table Talk" was an opportunity to discuss current events and issues facing moms, and *Boundaries for Kids* is a DVD series (which the group was unfortunately unable to complete due to relocation during the flood).

In addition, the group participated in chocolate making, a Christmas baking exchange, wreath making, creating Mother's Day albums and a

spa day.

For the past four years, Cheryl Harder has been the Chapter Coordinator.

"My personal highlight has been to gather together as women and journey through Motherhood together," says Cheryl. "We have laughed, we have cried, we have shared our struggles, and we have bonded as a result. It is evident in the Yarrow Group that we share the same faith and desire to raise our children to be Christ followers, and that we as Moms want to strive to be the women that God would have us be."

**QUOTE OF THE DAY**

“Friends are angels who lift our feet when our own wings have trouble remembering how to fly.”

Anonymous

**MOMS' FAVORITES**

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**Burger Bash**

**Cheryl Harder,**  
Yarrow Coordinator

- Fine dry bread crumbs 1 cup
  - Dried sweet basil 1/2 tsp
  - Dried whole oregano 1 tsp
  - Onion powder 1/2 tsp
  - Salt 1/2 tsp
  - Pepper 1/4 tsp
  - Seasoned salt 1 tsp
  - Ketchup 1/2 cup
  - Milk 1/4 cup
  - Grated Parmesan 1/4 cup
  - Lean ground beef 2 lbs
  - Hamburger buns 8
- Combine first 10 ingredients in large bowl.
- Add ground beef. Mix well. Shape into 8 patties.
- Barbeque as desired.

**Praying the Proverbs (continued)**

succumb to society's lure, they'll follow crooked paths that lead to eventual destruction. But if they embrace this proverb's teaching, they'll learn wisdom and travel straight paths that lead to true fulfillment.

My greatest desire for my children is that they know and obey God and His commands. Do you share that desire for your children? If so, here's a prayer to intercede on their behalf:

“Father, I pray that \_\_\_\_\_ (insert your child's name) will listen and obey Your words. Teach him wisdom's ways and lead him in straight paths. May wisdom guide him and may he carry out Your instructions. Grant him a heart that clings to Your words, for they will lead him to a fulfilled life. Amen.”

Perhaps your child has chosen to travel the crooked path for a time. If so, don't

lose hope! Continue asking God to bring this proverb to reality, and trust Him to answer. After all, His desires for our children supersede all we could dare to dream.

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Grace Fox is the author of four books including *10-Minute Time Outs for Moms* (available at bookstores nationwide), and a popular speaker at international women's events. Visit her website and devotional blog at [www.gracefox.com](http://www.gracefox.com).



Yarrow MOMS brunch and spa day (with baby Danika and baby Alexander top row, right.)

**New Babies in Yarrow**

Carlene Andrew had a daughter, Danika Malia on March 14<sup>th</sup>, weighing in at 8 pounds 12 ounces. This is her third child.

Becky Morris had her first-born, Alexander Cain. He arrived on April 12<sup>th</sup> and weighed 6 pounds, 13 ounces.

Congratulations to both moms!

**Summer Skin Tips**

**Sun Smart Tips:**

Apply sunscreen, SPF 15 or higher, 30 minutes before going in the sun.

Reapply every 2 hours, and after swimming.

Wear a hat and sunglasses.

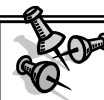
Avoid the sun between 10am and 4pm.

**Protection from Mosquitoes:**

Use insect repellents that are registered in Canada and contain Deet.

Deet in repellents should not exceed 30% for adults or 10% for children.

Do not use insect repellent on children under 2 years of age.



**COMMUNITY EVENTS**

**Yarrow Days**

June 6<sup>th</sup> and 7<sup>th</sup>.

Events include a parade, pancake breakfast, live music, Show N Shine and Interchurch service on Sunday.