

# MOMS Newsletter

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## Inside This Issue

- 1 Tips on De-stressing the Season
  - 2 MOMS Purpose Statements
  - 2 Teaching Your Children to Give at Christmas
  - 2 The Importance of Traditions
  - 3 Rader Christmas Traditions
  - 3 MOMS Conference
  - 4 Great Christmas Recipes
  - 5 Gifts From the Kitchen
  - 3
  - 4 Upcoming Events
- 

## Quote of the Month

*"But Mary treasured up all these things and pondered them in her heart." (NIV)*  
*Luke 2:19,*

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## Tips on De-stressing the Season

1. Be realistic about your to do list. Realize your personal limits and stick within those.
2. Write a list of everyone you need to give a gift to.
3. Set a total budget amount for what you can spend and stick to it. **Only buy what you can afford.**
4. Keep track on your calendar of all dates and events you're supposed to attend. Remember that you don't have to accept every invitation. Do what works for your family.
5. Make sure your children still get adequate rest and naps. Grumpy children make for grumpy parents.
6. Communicate your expectations to your husband including lists of gifts he needs to purchase and any extra tasks you need him to do.
7. Line up babysitters right away for any outings you have planned. Try to swap babysitting with a friend. This is cost effective for both families.
8. Pick a night for late night gift-wrapping with your husband. Include Christmas tunes, and your favorite snacks. Wrap 'til you drop. If he argues that he hates wrapping come out wearing only bows. You'll probably catch his attention.
9. Plan a trade week or weeks with 3 or 4 other moms. Each mom chooses one day to have all the kids for 4-5 hours. During that time the other moms do their shopping, wrapping, baking or cleaning. You put in one day but get 3-4 other days to drop your child off at the other houses.
10. Remember the reason for the season and like Mary, treasure these precious memories.

# Teaching Your Children to Give at Christmas

## MOMS Purpose Statement

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.

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MOMS ...  
Strengthening  
Canadian  
families, one  
Mom at a time

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1. Instead of handing your children money to buy presents allow them to earn money by doing age appropriate chores, or let them help you make gifts to give to others.
2. Let your children choose some of their own toys still in good condition and donate them to local charities before Christmas. The toys will help needy children and make room for new toys.
3. Encourage your children to make homemade gifts. Even coloring a picture for Grandparents makes a nice gift.
4. Let your children help you bake cookies and take them to neighbors or friends.
5. Get a roll of quarters from the bank to keep in your purse. While shopping during the Christmas season you'll always have change for the children to give to the Salvation Army collections.
6. Volunteer as a family at a local soup kitchen during the holiday season and help to feed the homeless.
7. Go caroling as a family to a local nursing home or to elderly people you know to brighten their day.
8. Take cookies to firefighters on duty Christmas Eve.
9. Give an anonymous gift of money to a needy family. Have the children help earn the money by doing chores or collecting your pop cans etc.

## The Importance of Traditions

### Traditions are important because:

1. They provide children with a sense of security in knowing what to expect each year
2. They give children something to look forward to

I encourage you to develop your own set of Christmas traditions as a family. In doing so think about the meaning behind each tradition and why each is important to you.

What traditions do you hope your children will carry into the next generation?

## Rader Christmas Traditions

1. We donate toys and household items to needy families.
2. We read the Christmas story together as a family Christmas morning.
3. My husband reads "The Grinch Who Stole Christmas" every year to our family (and anyone else who will listen).
4. We read other special children's stories like "The Crippled Lamb", "The Tale of Three Trees", "The Legend of the Candy Cane" etc.
5. We try to attend a Church program Christmas Eve. Afterwards we have a birthday cake for Jesus. We light the candles and sing. It's a fun time of celebrating Jesus' birthday.
6. The kids get to open a gift on Christmas Eve.
7. We take Christmas cookies to a few neighbors.
8. We have family over to our home on Christmas Day. I make brunch.
9. We have gatherings with extended family.
10. We try to include someone to our Christmas gathering that doesn't have anywhere to go.
11. We decorate the "Advent Jesse Tree". This is a tradition involving 25 ornaments starting Dec. 1<sup>st</sup> to Christmas day.

### Mark Your Calendar

This year's MOMS conference will be February 10<sup>th</sup>, 2007 from 8:30-3:00 Abbotsford, B.C.

If you are interested in volunteering or would like to book a table to sell your products in MOMS mini mall please contact:

Kelly at [moms.ca@telus.net](mailto:moms.ca@telus.net) or 604-855-5766

Registration begins January 2007.  
The early registration deadline is Jan. 15<sup>th</sup>, 2007

Watch MOMS website for registration and conference brochures.

### Big Thanks

Thanks to all of you who participated in or donated to MOMS Silent Auction that helped make this event a success.

# Great Christmas Recipes

## Never Fail Sugar Cookies

1-cup white sugar  
1 cup butter or margarine -softened  
3 Tablespoons milk  
1-teaspoon vanilla  
1 egg

3 cups flour  
1 ½ teaspoons baking powder  
½ teaspoon salt

Combine sugar, marg., milk, vanilla and egg; blend well. Stir in flour, baking powder and salt. Mix well. Cover with plastic wrap; refrigerate 1 hour for easier handling. Heat oven to 400 degrees. Roll out dough on lightly floured surface to 1/8<sup>th</sup> thickness. Cut with cookie cutters. Bake 5 to 9 minutes or until edges are lightly browned. Remove immediately from cookie sheet. Ice when cooled.

## Tempt Me Truffles

4 cups icing sugar  
8 ounces cream cheese  
5 - 1 ounce squares chocolate -melted  
1-teaspoon vanilla

Beat icing sugar with cream cheese. Mix in melted chocolate and vanilla. Chill. Form the dough into ½” balls. Roll them in icing sugar or cocoa. Store them in the fridge or freeze them. Remove them from fridge or freezer just before serving.

## Whipped shortbread

1 pound butter (don't use margarine)  
1 cup icing sugar  
½ cup cornstarch  
3 cups flour  
1-teaspoon vanilla

Beat butter until light consistency. Add remaining ingredients and mix well. Drop cookies by teaspoonful onto cookie sheet. Bake at 325 degrees 8-10 minutes. Bottoms of cookies should be very light golden in color. Do not over bake.

## Baked French Toast (great to serve Christmas Morning- make the night before)

½ cup butter not margarine  
1-cup brown sugar  
White bread – remove crust  
6 eggs (beat)  
1 ½ cups milk  
Dash salt and touch of vanilla

Melt butter add brown sugar. Spread in the bottom of a 9x13” Pyrex pan. Layer 2 layers of bread over sugar in pan. Mix eggs with milk, salt and vanilla. Pour over bread. Sprinkle cinnamon over top covering quite well. Cover and refrigerate overnight. Bake at 350 for 30-45 minutes. Serve hot. Your family will love it.

## Gifts from the Kitchen

### Goopy Hot Fudge Sauce

4 cups chocolate chips  
4 Tablespoons butter  
1-cup creamo  
2 Tablespoons light corn syrup  
¼ teaspoon salt  
1-teaspoon vanilla

Place ingredients in a heavy saucepan or double boiler on low heat. Cook until chocolate chips are melted. **Don't bring to a boil.** Let stand 10 minutes after removing from heat. Pour into small jars. Store it in the fridge. If giving as gifts remind people to put this in the fridge right away heat before serving.

### Cookie Dough in a Jar

Gather clean quart size canning jars with lids and rims. **Layer with following ingredients in this order.** *Press ingredients down as you go or it won't all fit.*

First: 1 ½ cups quick oats, ½ cup brown sugar, ½ cup white sugar, 1 cup chocolate chips, 1 and 1/3 cups flour mixed with (1 teaspoon baking powder, 1 teaspoon baking soda and ¼ teaspoon salt).

Cut material to attach over lid. Attach a label with the following instructions:

#### Chocolate Oatmeal Cookies:

1. Empty contents into a bowl. Add ½ cup melted butter or margarine, 1 slightly beaten egg, and 1-teaspoon vanilla. Mix with your hands until well blended.
2. Shape dough into balls and place 2" apart on greased baking sheet.
3. Makes 3 dozen cookies.

### White Christmas

1-10 ounce package mini pretzels  
8 cups Crispex cereal  
2 cups salted peanuts  
1 lb. Christmas M&M's  
24 oz. White chocolate wafers  
3 Tbsp. Vegetable oil

In a large bowl combine the first 4 ingredients and set aside. In the microwave heat vanilla wafers and oil on med-high heat for approximately 2 minutes stirring once until smooth. If chocolate is not fully melted cook a little longer but Do Not Overheat of chocolate will burn. Pour over dry mixture and mix well. Spread onto wax paper-lined cookie sheets. Cool and then break apart. Store in an airtight container.