

SEPTEMBER 2010
ALL SAINTS LUTHERAN CHURCH
MOTHERS OF PRESCHOOLERS

MOPS Monthly

"May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience ... " Colossians 1:11

Welcome to MOPS!

Welcome to another wonderful year of MOPS at All Saints! We are happy you have decided to join us on what is sure to be a fulfilling and exciting journey.

Like all moms, you probably often find yourself thinking like a scientist. You might wonder how much broccoli you can sneak into a recipe without causing a chemical reaction (toddler tantrum) at the dinner table. Every day, you are also an artist- creating new experiences and drawing from your own to create a loving environment for your child. This year's MOPS theme, "Momology: The Art and Science of Mothering," speaks to us all.

Through Momology, as we explore together, we'll be guided by an all-knowing, all-powerful, always-present God. Our theme verse for the year is:

Even there your hand will guide me, your right hand will hold me fast. (Psalm 139:10)

At our September meeting, we will be viewing and discussing a DVD from MOPS International based on our theme.

Please remember to thank our childcare providers for taking such excellent care of our children, and bring a donation for St. Mark's Food Pantry. We're looking forward to seeing you!



MOPS
Mothers of Preschoolers

Welcome to MOPS (Mothers of Preschoolers) at All Saints! Our group meets the second Monday of every month (Sept.-May) from 9:30-11:30 a.m. Childcare drop-off begins at 9:15 a.m. Please ask our co-coordinators Ronda or Renae if you have any questions about our group. Thanks for coming!

Meet This Month's Marvelous Moms!

This month, our Marvelous Moms are our new **discussion group leaders**, Carrie Bach and Jenn Rohlwing. We hope to feature all of you as a Marvelous Mom. Please pick up a questionnaire from the MOPS table and return it (or email it) to Leigh. Thanks!



Carrie Bach

Mom to: Ellen 3, Henry 1

What is the name of the last great book you read? "Siblings without Rivalry." Still reading it!

What's in your CD player or iPod right now? Wee Sing Bible Songs

What has your child told you lately that made you laugh? "I like to eat stinky pajamas."

Where is the last place you and your husband went on a date? American Players Theatre

What was the best thing you did with your family this summer? We stayed at an indoor water park/hotel in La Crosse with my family.

What do you like most about MOPS? 2.5 hours of guilt-free time and the snacks.



Jenn Rohlwing

Mom to: Thea, 4, and Solenne, 17 months

What is the name of the last great book you read? "The Year of Magical Thinking" by Joan Didion

What's in your CD player or iPod right now? Baby Signing Time (Solenne's request)

What has your child told you lately that made you laugh?

Thea: "Mom, Dad and I are really smart."

Me: "What about me, do you think I'm pretty smart too?"

Thea: "Mom, don't feel bad that you aren't as smart. You should just feel happy for us that we are so smart. Because you love us, you know?"

Where is the last place you and your husband went on a date? Villa Dolce in Middleton for dessert. Before this - a romantic afternoon trip to Home Depot (We get out infrequently enough that, yes, we do consider this a date.)

What was the best thing you did with your family this summer? Our first attempt at a garden.

What do you like most about MOPS? Connecting with amazing moms in a setting that's all about supporting the MOM!

Running on Faith:

A Mother's Half-Marathon Journey

By Julia Miller



Eleven years ago, I trained with some friends for the Chicago Marathon. This was before marathons were trendy; you could go the day before to the expo and register and run. I chickened out and never made it to the expo. One of the biggest regrets of my life.

I got busy with work, getting married, having kids ... three kids in four years! It's hard for a body to recover from that! I was the heaviest and most out of shape I'd ever been. I decided to ease myself back into running with a half marathon- the Madison Mini-Marathon on August 21, 2010.

I'm a night owl. I always stay up way too late. Fine when you're young, in college, or don't have early morning responsibilities. Not fine when you have to be up early with little kids. Or to run 13.1 miles! I didn't get to bed until around 1:00 a.m! So stupid, since I knew I had to be up at 4:30 a.m. Sigh.

Also, during the last few months of training, the longest distance I ran was nine miles.

So I was not feeling like I was off to the best start that morning (Rolling my eyes!) But I was so

pumped up from all the adrenaline of running a big race!

My 65-year-old dad came up from Chicago to run in the race too. I am so proud of him! He was a smoker his whole life until about five years ago, when he quit and started running. He was slowed down by a heart attack three years ago. Despite this, he ran the half-marathon! Incredible.

The starting line: My friends Sheila and Jonalee ran today too. We ran together once, and they are much faster than I am. But we decided to start together around the 11-12 minute pace point. Jonalee was gone within a minute, and I lost sight of Sheila within five minutes.

My dad said he paced at 15-minute miles, but moved up to start way ahead of us to give himself some extra time. I tried looking for him for the first three to four miles but never saw him.

The weather was a little hot and humid, around 72 degrees to start, but overcast with the occasional cool breeze. I felt comfortable.

Mile 3: I don't want to slow down or stop running to drink the paper cup of Gatorade that I'm handed at the aid station, and spill it all over myself.

Mile 6: An ambulance goes past me, and I see that the person in it is wearing a white cap. I worry that it could be my dad. But about 500 other people are also wearing white caps! So I say a prayer asking God to protect my dad during our run, and also for the person in the ambulance. And I hope it's not my dad.

Miles 6-8: This stretch is through the Arboretum, and I am getting eaten alive by mosquitoes.

Mile 8: I find out later that my friend Leigh and her family were here and cheering for me. I thought she was going out of town, otherwise I would have looked for them. Wish I had seen them, but it still makes me very happy to know that they were there. I do remember that there was lots of loud cheering, but I wasn't paying too much attention to spectators at this point. I had my music turned up pretty loudly.

Mile 9: I see my wonderful husband and beautiful kids and loving mother, and it makes me soar! I'd left a note for Terry the night before, with a map of the route, saying that if they were really ambitious in the morning, mile nine would be a great spot to

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come cheer for me. He didn't get home from work until after 3:00 a.m., but they were there for about half an hour waiting to see me! I LOVE HIM! He is the best husband in the world!

Miles 10-11: Around this point, the route does a loop back, so you can see the people who are running a mile ahead of you on the other side of the trail. Sheila and I see each other and wave madly. A few minutes later

Jonalee and I see each other and there is more crazy waving. Ten minutes later, when I am finally where I had seen them, I'm a little bummed that I am that far behind them. Well, really, I knew that's how it was going to be. I'm just starting to get tired.

Mile 12: "Eye of the Tiger" starts playing on my mp3/phone! I am elated by this! It was exactly what I needed to finish off strong!

Side note: I got this really nice new Android phone a couple of weeks ago, and just figured out how to download music to it. I just got ear-plugs for it a few days before the race, and race day was only the second time I ran while listening to music! I've never had an iPod or mp3 player of any kind before, so part of the reason I was up so late the night before the race was downloading more music and creating my marathon playlist. I put it on shuffle, so I had no idea what songs I would hear and when. But it was incredible to me that always just the right song would play for however I was feeling or needing at that point. Because I never listened to music while running before, I always used that time to think and pray. Around mile 10, I felt like I was really needing to connect



with God, and three Christian songs played in a row!

The finish line: As I round the corner and see the finish line, tears fill my eyes. I am so happy and proud of myself, and feeling so great! I finish strong with a big smile on my face, and the last thing I see before I cross the finish line is Terry holding Angela! I get my finisher's medal, and water and snacks, and go meet Terry and my mom and the kids, and we wait for my dad.

It's been about two-and-a-half hours since the start of the race, and we're not expecting my dad until around three hours and 15 minutes.

Sheila and Jonalee come find me, and Terry is just about to take our picture when I see my dad cross the finish line! It's right around three hours! WOW! I'm so thankful I was looking in that direction and saw him.

Here are some official stats:

- 3884 runners finished the race, 1679 men, 2205 women.
- My time: 2:27:52, 2595 overall, 1310 women
- My dad's time: 2:58:32, 3112 overall, 1424 men

I am very proud that I ran the entire time! I never stopped or slowed down to walk, except for a few walking steps at two more aid stations, after that initial attempt at running/drinking/spilling all over myself mess.

This was a great race for my first half marathon, and I definitely want to do more in the future. The full Chicago Marathon is still my goal ... October 2011!

*Congratulations, Julia!
We are so proud of you!*

What's Happening

MOPS Monthly Playdate: Henry Vilas Zoo

We hope you and your children can join us for our September playdate! We will be meeting at the free Henry Vilas Zoo on Monday, September 27, at 9:30 a.m. Let's meet near the front entrance in front of the gift shop. If you'd like to stay for lunch, bring a packed lunch. Please RSVP to Leigh at jimandleigh@gmail.com by Sunday, September 26 so we know to look for you. For more information about the zoo, visit www.vilaszoo.org.



Join All Saints' Journey to Jericho: The Highway to Good Health

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

-Corinthians 6: 19-20

You are invited to join the mission partners at All Saints on a very special Journey to Jericho from September 12-October. On this highway to good health, we can all work on incorporating healthy physical, nutritional, mental and spiritual habits into our lives. You can set your own personal goals and work alone or in groups to earn miles on our trip to good health. 62 Steps, All Saint's Adult Education program, will feature speakers on healthy topics, including our MOPS co-coordinator Renae Sieling, to help you on your journey. You can begin the journey at the **Fresh Start Potluck Lunch** at All Saints on Fall Kick Off on **Sunday, September 12**. Lunch will feature healthy food. Cold meats and beverages will be provided. If your last name starts with A-J, please bring a vegetable or healthy salad. If it starts with K-Q, bring a fruit, and if you are R-Z bring bread, rolls, tortilla, et. Following lunch, the annual kickball game will be back by popular demand!



What's Cooking: Zucchini Casserole

Recipe by Jeanie Sieling

✓ Tested and highly recommended by Julia Miller and Leigh Luedtke ☺

Zucchini Casserole

6 ounces herb-seasoned stuffing mix
3/4 cup unsalted butter, melted, divided (1/4 cup & 1/2 cup)
2 pounds zucchini (or yellow squash), sliced
1 med onion, chopped
1 cup shredded carrots
1 can cream of celery soup
1 cup sour cream
1/2 cup chopped water chestnuts
1 tsp salt
3/4 tsp black pepper

Preheat oven to 350 degrees. Coat a 2-quart casserole dish with nonstick cooking spray. In a small bowl mix together the stuffing mix with 1/4 cup of melted butter. Set aside. Warm a large saute

pan over medium heat. Add the zucchini, onions, carrots, and 1/2 cup of butter. Saute until the zucchini starts to soften, 8-10 minutes. Turn off heat. Add the soup, sour cream, water chestnuts, salt, and pepper, and combine with zucchini mixture.

Place half of stuffing mix on bottom of casserole dish. Top with zucchini mixture. Cover with remaining stuffing.

Bake uncovered for 25-30 minutes, until browned on top.

Enjoy!



Photo by Julia Miller

All Saints MOPS Steering Team

Co-Coordinators: Ronda Beggs, rondabeggs@sbcglobal.net, Renae Sieling, rsieling@verizon.net

Creative Activities: Tracy Schoohs, btschoohs@tds.net

Discussion Group Leaders: Jenn Rohlwing, jleurolwing@hotmail.com, and Carrie Bach, ccrosby80033@yahoo.com

Finance Leader: Jen Barakat, jennifer.l.barakat@gmail.com

Hospitality Chair: Julia Miller tjmiller1115@aol.com

Mentor Mom: Kathryn Olszewski, katholsz@aol.com

MOPPETS Leader: Heather Quartaro, hkquartaro@hotmail.com

Publicity: Leigh Luedtke, jimandleigh@gmail.com