

St. Mark's Episcopal MOPS



MOPS.org

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PICTURE THIS

As moms we know the importance of capturing the special moments of our kids' fleeting youth. But too often, despite our mad dash for the camera to catch their exuberance in action, we miss their smiles. The result is a collection of photos featuring the backs of heads or the tips of toes. But we need not worry.....Professional photographer, Tom Brodigan, can help. At Brodigan Photography, Tom specializes in capturing people as they really are-- real expressions, real moments. Equally important as the photograph is the interaction between Tom and his subjects. As a father to two boys, Tom knows a thing or two about photographing children, and he works closely with clients to capture life as it happens.

Bring your cameras and your questions to St. Mark's on Wednesday, February 1, where Tom will teach us how to make the most of our photo-worthy moments. From lighting and angles to smiles and laughter, Tom will help us appreciate both the technical approach and the artistic approach to photographing our families and preserving our memories.

The gathering will be in the Gymnasium/Youth Room at St. Mark's and will begin at 10:00 am. Refreshments and childcare provided!

CONSIDER THIS: An important goal at MOPS is to give moms a much needed break. We want MOPS to be a morning where you can spend quality time with other moms and have a few moments to recharge and refuel. In order to accomplish this, we ask that all moms use the excellent childcare that we provide. Thank you for your cooperation.

MOPS, FEBRUARY 1 AGENDA

WELCOME

ANNOUNCEMENTS

ICE BREAKER

TAKING PICTURES
&
MAKING MEMORIES
Tom Brodigan

DISCUSSION
QUESTIONS

CLOSING

Upcoming

MOPS meeting schedule:

March 7 – *Spa Day for Moms*

April 4 – *Easter Preparations*

MOPS
Mothers of Preschoolers

BETTER MOMS MAKE A BETTER WORLD

St. Mark's

MOPS



The Lighter Side of Motherhood *Surprise Greeting*

As a working mother with an office in my home, I pride myself on maintaining a professional image.

One key to that image is my answering-machine greeting, which is often the first contact clients have with me. I worked on making it sound upbeat and enthusiastic, and thought I had succeeded until a friend left this message: "Judy, this is Pam. I love your greeting, but do you know that you can hear your little boy in the background saying, 'Mommy, I gotta go potty?'"

--Judy Gaskill, *Reader's Digest*

Mom—a simple little word that conjures up fond memories, warm feelings, and a sense of wonder at all she manages to accomplish.

--Rebecca Germany

Inspiring Giggles featuring Alexis Campbell

Jennifer Shah, creator of *Inspiring Giggles Party and Event Planning services*, was, in fact, inspired by giggles. Making her two children smile and laugh was easy, and putting together extraordinary parties and events came naturally to her. But Jennifer was keenly aware that not all parents have a sense of know-how when it comes to planning parties and are easily overwhelmed. By providing parents with party plans, outlines, and simple ideas, Jennifer and her team are 'inspiring giggles' for children of all ages.

Jennifer and Alexis Campbell will be joining the MOPS moms on Wednesday, February 1, to share some desserts and tablescapes for Valentine's Day. So leave your creative juices at home, just bring an open mind and an empty tummy and let Inspiring Giggles do the rest!

INSPIRING
giggles
~~~~~



God doesn't want us to be shy with his gifts, but bold and loving and sensible. -2 Timothy 1:7



Meet

## Catherine Geremia

*Steering Committee Hospitality Director*

Catherine Geremia is a woman with a full plate. In addition to being in charge of Hospitality with MOPS, Catherine is working to establish the SHINE team at St. Mark's (using children as greeters), and she just moved her family into a new home.

But all this work doesn't keep her from focusing on her most important role—the role of mom. Catherine's daughters, Natalie (3 years) and Aubrey (9 months), keep Catherine on her toes both day and night. Helping her out is her husband, Eric, a valuable teammate in the parenting game. "We always work together and back each other up when one of us makes a rule. I believe teamwork in a marriage and in parenting is very important."

Though she has lived in Florida for 14 years, a slight accent highlights her original home of Absecon, New Jersey. Catherine moved to Palm Beach County with her family in 1998 and hasn't looked back. A social butterfly, Catherine was quick to meet new people and make new friends in Florida, a trait that serves her well as Hospitality Director. And on the days she is feeling especially outgoing, ask her to sing you a song. Few people know about her hidden vocal talents!

### Catherine's Best Motherly Advice

Do what you think is best for your child, not what everyone else says is best.



### ***CROCK POT CORNER***

#### ***Fall Off The Bone Ribs***

***6 pounds pork ribs***

***5 cups BBQ sauce***

***3/4 cup dark brown sugar***

***1/4 cup honey***

***2 T Cajun seasoning, 1 T garlic powder, 1 T onion powder***

***Mix all ingredients but ribs. Reserve one cup BBQ mixture for dipping.***

***Place ribs in crock pot, cover with sauce. Cook on low for 8 hours.***

I have the strength to face all conditions by the power that Christ gives me. –Philippians 4:13

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*For more information on becoming a sponsor, contact any member of the steering committee.*

## The St. Mark's MOPS 2011-2012 Steering Committee

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### Membership has its privileges:

\$65.00 for an annual membership

includes *MomSense* magazine, weekly mom e-mails, a MOPS reusable shopping bag

Scholarships available for those in need of assistance.

Contact any steering committee member for details.

*To join MOPS, just speak with one of the steering committee members listed above!*

St. Mark's MOPS meets at 10:00 am the first Wednesday of each month at St. Mark's new Youth Center/Gymnasium, 10635 Gardens East Drive, Palm Beach Gardens (across from St. Mark's Church, 3395 Burns Road). ALL mothers of infants through kindergarten age children are invited! Our MOPS is open to moms throughout the community. Plan on joining us at our next MOPS meeting, Wednesday, February 1. Child care and brunch for moms provided!