

St. Mark's Episcopal MOPS



MOPS.org
MOPS@stmarkspb.org
www.stmarkspb.org
561.622.0956

ISSUE 6
March 2012



AAAAHHHHH.....

Despite hearing advice from doctors, health professionals, and even Oprah herself, we moms rarely take time out for ourselves. We know that we'll be better moms if we are refreshed and well-rested, but still we resist. But this month, the St. Mark's MOPS can help.



Join us as we gather to focus on our health and wellness in a spa-like environment. We will have drawings, tastings, and sweet smelling take-aways for you to feel refreshed and ready to face the dawn of spring!

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, MARCH 7 AGENDA

WELCOME

ANNOUNCEMENTS

ICE BREAKER

SPA AND WELLNESS
ACTIVITIES

DISCUSSION
QUESTIONS

CLOSING

Upcoming

MOPS meeting schedule

March 8 – *Game Night at
Julie Ronan's home*

April 4 – *Mommy
Roundtable*

May 2 – *Final Gathering
of the School Year*



BETTER MOMS MAKE A BETTER WORLD

St.
Mark's

MOPS



The Lighter Side of Motherhood The Baby Sitter

A young man agreed to baby-sit one night so a single mother could have an evening out. At bedtime he sent the youngsters upstairs to bed and settled down to watch football.

One child kept creeping down the stairs, but the young man kept sending him back to bed.

At 9pm the doorbell rang, it was the next-door neighbor, Mrs. Brown, asking whether her son was there. The young man brusquely replied, "No."

Just then a little head appeared over the banister and shouted, "I'm here, Mom, but he won't let me go home!"

-Broadcaster.org.uk

*A mother is she who
can take the place
of all others but
whose place no one
else can take.*

--Cardinal Marmillod

Spa and Wellness

In an effort to help you relax and take a few moments off, the March MOPS gathering will offer a variety of spa and wellness tips and activities! Below are just some of the exciting things MOPS has arranged.

***Melanie Lynch and Krista Singleton will be sharing their delicious and healthy smoothies. Visit www.healthybet.net for more information.*

***Massage Envy will provide a gift card for a free massage.*

***Moms will collectively be creating homemade, all-natural sugar scrubs to take home for soft, luxurious skin.*

***Edmond James Hair Stylists will be available for advice and consultations, based on your face shape and hair type.*

***Mary Kay consultants will be on site to discuss products and skincare.*



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



Tiffany's Best
Motherly Advice

Enjoy every single moment of it, because it goes fast!

Meet

Tiffany Cohen

Steering Committee Finance Director

Life for Tiffany Cordes Cohen is never dull. In addition to being a mommy to one-year-old Rylee, she is wife to Ken, owns two rescue dogs, and considers marathon running a hobby. And on top of all that, she holds a full-time job with FPL as a manager of nuclear cost recovery.

Even before her settling into her life here in Palm Beach Gardens, Tiffany had always set her sights high. Tiffany graduated from the University of Alabama with a degree in Finance/Accounting and a minor in Russian Studies, with the hopes of becoming an agent for the FBI. Waiting until she turned 25 (the age requirement for agents) led Tiffany to discover new hobbies and interests, and ultimately led her to her husband. In 1999, Tiffany had an interesting client while working in public accounting in her native New Orleans—her future husband Ken. After 10 years together, they tied the knot in 2009.

After leaving New Orleans and settling in Charlotte, North Carolina, for five years, Tiffany and Ken moved to Palm Beach Gardens to be closer to family. It was especially easy to think about adding a new baby to the mix, and Tiffany's daughter, Rylee, was born just over a year ago. Though running several half and full marathons is in line with Tiffany's self-proclaimed type A personality, she is finding a relaxed peace in being a mother. Said Tiffany, "I have learned that the laundry can wait. Playing with my daughter is more important!"



CROCK POT CORNER

Delicious Roast

1 chuck roast

1 jar of gravy

½ bottle your favorite BBQ sauce

Trim the roast, and place it in slow cooker. Pour gravy and BBQ sauce on top of roast. Cook on Low for 5-6 hours or until roast is cooked.

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

Thank You to the 2011-2012 Sponsors

OUR SPONSORS

ECW (Episcopal Church Women)

ECW information: Janet Tracy, 561.626.8804
jantracy@comcast.net

Hard Exercise Works

www.hardexerciseworks.com
561.743.4400

Natural Medicine Clinic

www.nmcwellness.com
561-627-5816

Versatile Gas Company

www.versatilegas.com
561.845.9421

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

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

Julie Ronan
Coordinator
julie.ronan@gmail.com

Leni Bane
Mentor
lenibane@aol.com

EJ Crittendon
Mentor
Ejcrit1@yahoo.com

Tiffany Cohen
Finance
Tiffany.cohen@fpl.com

Catherine Geremia
Hospitality
Heyyou102@aol.com

Heather Lockett
Mentor
hslock@aol.com

The Rev. Holly Ostlund
Ministry
hollyostlund@stmarkspbg.org

Leslie Quinlivan
Publicity
lesliequinlivan@gmail.com

Lori Tylander
Creative Activities
ltylander@me.com

Membership has its privileges:

\$60.00 for an annual membership (reduced rate of \$43)
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.

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! Expectant moms are invited too! Our MOPS is open to moms throughout the community. Join us at our next MOPS meeting, Wednesday, March 7. Child care and brunch for moms are provided!