

Mothers & Others, Autumn 2009, Mondays, 9:30-11:30 a.m., Koinonia Room

September 21st Welcome Back

Join us for a brunch hosted by the *Mothers & Others* Core Team along with a sharing circle of summer events.

September 28th Maren Ostergard, Early Literacy/Outreach Librarian, King County Library System

What do kids need to learn before they can read? How can you be more effective in reading with your young children? What activities will help engage school-age children in reading and literature? Maren will teach us the skills and show us the resources!

October 5th Robin Rothenberg, Program Director of The Yoga Barn in Issaquah

Can practicing yoga help your parenting skills? Robin will instruct us on the benefits of yoga and lead us in basic breathing and movement techniques. Namaste.

October 6th Mom's Night Out!

Truly Mediterranean at 7pm by the Crossroads Mall. After our fill, we can catch a movie or bowl at Eastgate's AMF Sun Villa! RSVP Jane jane@wasell.com or 425.614.3510. Night of event Q's 425.269.3930.

October 12th Sharing Circle: Back-

to-School Issues and Halloween Costume Exchange

Share your "How-To" on getting kids back in the school groove. Recycle your outgrown Halloween costumes.

October 15th Thursday Core Team Meeting, Social 7 p.m., Agenda 7:30p.m., Rooms JKL

All members are welcome to attend our monthly meetings where we discuss and plan upcoming events. Send agenda items to Marcia dietzinaustin@yahoo.com.

October 17th & 18th Autumn Bake Sale

Calling all bakers! We need YOU. Looking for your homemade, autumn-inspired breads, pastries, cookies and desserts. Bake Sale will be held after all St. Madeleine Sophie masses. Contact Marcia dietzinaustin@yahoo.com or 425-502.8215.

October 19th Autumn Outreach Event & Nursery Toy Cleaning

Bring your gently-loved stuffed animals to send to an orphanage in Colombia. We will also clean the nursery toys to help keep our little ones as healthy as possible during the winter months.

October 26th Halloween Craft

Have a fun Halloween treat you'd like to share? Dress your kids in their Halloween costume for a kid's parade and lots of ghoulish fun!

November 2nd Jewelry Care with

Regina Aiello, Ben Bridge Jewelers

Put the zing back in your bling! Learn how to clean, store and preserve your timeless treasures.

November 9th Women's Health

Issues with Stephanie Hoener,

N.D., Licensed Naturopathic

Physician

Feeling blue? Moody? Fatigued? Learn the top health issues affecting women including the action of our hormones and how we can treat these naturally.

November 10th Mom's Night Out!

Purple Café and Wine Bar in Bellevue at 7pm. This location will open in October. Check out the rave reviews from their other Seattle area locations! RSVP Jane jane@wasell.com or 425.614.3510. Night of event Q's 425.269.3930.

November 16th Stylish Soirees and

Easy Entertaining

Tired of chips and salsa and beer?? Bring your recipes (samples welcome!) for creative, quick and easy party pleasers. Share ideas on fun and practical ways to entertain.

November 19th Thursday Core

Team Meeting, Social 7 p.m.,

Agenda 7:30p.m., Rooms JKL

All members are welcome to attend these monthly meetings where we discuss and plan upcoming events. Send agenda items to Marcia.

November 23rd Eileen Vierra,

Creative Memories

Add a personal touch to your holidays with festive gift tags and cards!

November 30th Advent Spirituality with Anne Frederick

How do you make Advent a special time for you and your family?

December 7th Annual Bite of

Christmas and Ornament Exchange

Bring your favorite holiday brunch dish to share and a wrapped tree ornament (\$5.00 maximum value) for an ornament exchange. Advent candle lighting will precede the meeting.

December 14th Gift Wrapping and

Christmas Outreach Event

We are wrapping the gifts of the lucky winner from the St. Madeleine Sophie Parish silent auction last Spring. Stay tuned for specific outreach event details.

December 10th Annual Cookie

Exchange at 7p.m.

The Christmas cookie exchange is a wonderful *Mothers & Others* tradition. This year's event will be held at Christy Grabowski's house. Festivities begin at 7 p.m. Bring six sets of half a dozen cookies to exchange (plus the recipes!) and an appetizer to share.

RSVP Marcia 425-502.8215 or

dietzinaustin@yahoo.com.

Mothers



& Others

Autumn 2009

**St Madeleine Sophie Church
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Mothers & Others

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What is Mothers & Others?

Mothers & Others is a parent support group located at St. Madeleine Sophie Church and open to the community. We warmly welcome mothers, fathers, nannies, grandparents and others who nurture children of all ages. The mission of this peer-support ministry is to build community by focusing on:

- ◆ Mutual support and networking
- ◆ Parenting and family education
- ◆ Outreach to families with children
- ◆ Spiritual growth

Mothers & Others meets on **Mondays** throughout the year from September to June, from 9:30 to 11:30 a.m. in the Koionia Room of the church.

At each meeting, there is quality childcare available beginning at 9:15am. Babies and young toddlers play in our well appointed nursery, while older toddlers and preschoolers work on crafts, play games and hear stories in age-appropriate settings. Nursing babies or a quiet child may stay in the meeting room.

Our group also plans a monthly "Mom's Night Out", an annual Christmas party, and a spring weekend retreat. These events are not only a great way to further friendships but also provide participation opportunities for those unable to attend our daytime meetings.

To pay for our childcare, guest speakers, and outreach projects, we ask our members to pay nominal annual dues and participate in our fundraisers. "Drop-in" members pay \$7 per meeting. For those not needing childcare, the "drop-in" rate is \$5 per meeting. **All are welcome.**

Since 1994, *Mothers & Others* has become like a family for many members. Strong and lasting friendships have formed and much has been learned through sharing the challenges of parenthood. We invite you to take advantage of our diverse program offerings and look forward to meeting you soon!