



# MOTHER WIT

NEWSLETTER August/September 2011



**"A mother's love is like a circle. It has no beginning and no ending. It keeps on going around and around, ever expanding, touching everyone who comes into contact with it."**

Unknown

## *Celebrate Fall!!!*

- ✚ Reminisce about your summer, make plans for the fall.
- ✚ Be a good friend to your friends.
- ✚ Celebrate your family.
- ✚ National 5-a-Day Week (9/11-17)
- ✚ National Student Day (9/20)
- ✚ Be a good neighbor (9/25)

## *How Sleepy Are You?*

It was January 1990..... I can't remember the exact date, but it was sometime during that month 21 years ago that I had my last really good night's sleep. I found out that I was pregnant with Aundrea and my sleep pattern has never been the same.

Of course once I found out that I was pregnant my excitement was combined with worry- will I have an uneventful pregnancy, will my baby be born healthy, will Johnny and I be good parents, etc. etc. etc.

As I reflect over the past 21 years of being a wife, a mother, a daughter, a sister, an aunt, a gainfully employed woman, a stay at home Mom, I can remember how there was always something I tended to worry about and ponder during the night time hours that was related to one of these roles, especially Mom.

Finally, after 21 years I'm turning over a new leaf:

***"At day's end, I will turn my problems and worries over to God...He's going to be up anyway."***

***"I'm going to make it a practice every night of letting my burdens drop off my shoulders into God's hands. I'll sleep better if I let God be in charge of all that's worrying me."***



**So how about you?** How often do you either go to bed with something on your mind, wake up in the middle of the night burdened by something, or wake up bright and early in the morning concerned about the approaching day and what it may bring?

Let's you and I get a good night's sleep for a change. Our pledge each night will be:

***"I will lay down in peace and sleep, for you alone, O Lord, will keep me safe."***

*Psalms 4:8 NLT*

### **Kids' Rules for Life....**

Thou should believe in God because He's still there if you believe in Him or not  
-Lily, 10

Thou shall not talk back to anyone older than thyself.  
-Caleb, 12

Make nice! Just because God makes us different doesn't mean He wants us to fight about it.  
-Christina, 10

Always try your best. And if that doesn't do it for you, I know just how you feel.  
-Matthew, 9

Listen to your Mom. If your friend tells you one thing and your Mom tells you a different thing, go with what your Mom said.  
Julianna, 7



The only place where your dream becomes impossible is in your thinking.

*Robert Schuller*

The future belongs to those who believe in the beauty of their dreams.

*Unknown*

## **FIGHT...FIGHT...FIGHT...FIGHT**

**H**ave the courage to fight for what you know is right. Take off the white gloves and put on the boxing gloves. Fight tooth and nail on behalf of the children. Fight for the woman you never met who was raped and was then called a liar. Fight for the end of intolerance. Fight alongside women who just want to earn a livable wage. Who just want to stay at home and raise their children. Who just want to get through a day without the fear of being beaten, shot, or killed. Fight for freedom everywhere. Support the battles of people who seem different from you-and realize they're not different at all. Fight with your words, with your money, with your influence, or simply with your presence. Fight by clapping your hands, by raising your hands in the air, by holding hands. Choose your fights carefully, fight to win, and fight to end the fighting once and for all.

365 Words of Well-Being for Women  
Rachel Snyder

## *In the Spotlight*

Full Name: **Amy James**

Current Residence: **Illinois**

Family Includes: **Husband –Craig, Son-Dillion-5, Daughters-Mya-3, Megan-3**

Birthdate: **March 12**

Favorite Color: **Green and any shade of blue**

Favorite Room in Your House: **My bedroom**

Favorite Dessert: **Chocolate Chip Cookies**

Favorite Comfort Food: **POTATOES!!!**

Would you rather eat fruits or vegetables: **Fruit**

Dream job: **Fashion designer**

Which would you prefer to view from your windows-mountains, ocean, park : **Mountains**

You're going on vacation, what would you choose to do: **All things Orlando, Florida**

Favorite season: **Winter**

Would you rather swim in the ocean or in a pool: **A swimming pool**

You have \$500 in cash to spend, what would be the first thing you would buy or do: **Buy a little black dress**

Favorite TV Show: **The Closer**

Best girlfriend: **Jennifer**

Do you keep a journal: **No, although I think that I should**

If you had to choose-New York City or Los Angeles: **New York City**

Your favorite piece of technology: **DVR, I watch a lot of shows with my children, so I have to set my DVR to watch my shows**



## Chocolate Therapy for Women Presents “MIND YOUR BUSINESS”

Got an idea? Why not turn it into a business?  
Already own a business?  
Why not take it to the next level?

Our panel of engaging speakers (local experts)  
will share information on:

- How you can turn your idea into a business
- The “money” side of running a business
- Marketing ideas to take your business to the next level

### Calling all women business owners!!!

Come prepared to give a 60 second elevator speech about your  
business.

**Saturday September 24, 2011**

**11:30 a.m.-2:30 p.m.**

**Cost: \$30\***

**Prairie State College**

**Business & Community Education Center**

Vollmer Road and Halsted Street  
Chicago Heights, Illinois

Register online at

[www.chocolatetherapyforwomen.com](http://www.chocolatetherapyforwomen.com)

A girl’s day out, a networking opportunity,  
or more importantly, a few hours away to  
“treat” yourself to some *chocolate therapy*.....

(\*Register before September 16, 2011 and get the early  
bird discount. Discount code is Savvy104.)

## Caught Up in the Web



### ➤ 48 Days

<http://www.48days.com/>

“Our mission at 48 Days is to foster the process of imagining, dreaming and introspection, to help people find their calling and true path, and to translate that into meaningful, purposeful and profitable daily work.”

### ➤ Bizzie Mommy

<http://www.bizziemommy.com/>

Balancing work, life and motherhood in a digital world.

### ➤ Common Sense with Money

<http://www.commonsewithmoney.com>

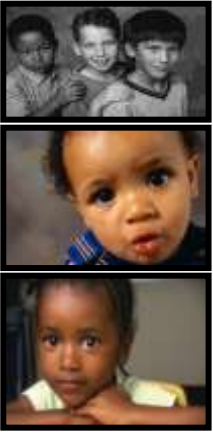
Mercedes is helping other people live better, spend less, and save more. She combines simple frugal living tips and smart shopping techniques to help moms across the U.S. become better home economists.



A teenage girl brought her new boyfriend home to meet her parents. They were appalled by his appearance: leather jacket, tattoos, and multiple earrings.

Later, the parents pulled their daughter aside and expressed their concern. “Dear,” said the mother diplomatically, “he doesn’t seem very nice.”

“Oh, please, Mom,” replied the daughter in exasperation. “If he wasn’t nice, why would he be doing 500 hours of community service?”



# Kid's Corner

*I* have to admit that most of the time I am singularly focused on my children, their lives and their future. Since they are getting older, I've been thinking more about other children, especially those who have not experienced the unconditional love and support that my two children have had. I came across this poem a few years ago, and I often think of it and the message it provides:

We **pray/accept** responsibility for children who sneak Popsicles before dinner, who erase holes in math workbooks, who can never find their shoes.

And we **pray/accept** responsibility for those who stare at photographers from behind barbed wire, who can't bound down the street in a new pair of sneakers, who never "counted potatoes", who were born in places we wouldn't be caught dead in, who never go to the circus, who live in an X-rated world.

We **pray/accept** responsibility for children who bring us sticky kisses and fistfuls of dandelions, who hug us in a hurry and forget their lunch money.

And we **pray/accept** responsibility for those who never get dessert, who have no safe blanket to drag behind them, who watch their parents watch them die, who can't find any bread to steal, who don't have any rooms to clean up, whose pictures aren't on anybody's dresser, and whose monsters are real.

We **pray/accept** responsibility for children who spend all their allowance before Tuesday, who throw tantrums in the grocery store and pick at their food, who like ghost stories, who shove dirty clothes under the bed and never rinse out the tub, who gets visits from the tooth fairy, who don't like to be kissed in front of the carpool, who squirm in church or temple and scream in the phone, whose tears we sometimes laugh at and whose smiles can make us cry.

And we **pray/accept** responsibility for those whose nightmares come in the daytime, who will eat anything, who have never seen a dentist, who aren't spoiled by anybody, who go to bed hungry and cry themselves to sleep, who live and move, but have no being.

We **pray/accept** responsibility for children who want to be carried and for those who must, for those we never give up on and for those who don't get a second chance, for those we smother with affection and for those who will grab the hand of anyone kind enough to offer it.

Adapted  
from Ina J. Hughes

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friends, family, co-workers.

## To Do List Fall 2011

- ✓ Exercise regularly and eat incredibly well
- ✓ Be devoted to excellence in everything you do
- ✓ Be a positive and passionate person
- ✓ Chase your dreams
- ✓ Take the time to build and nurture relationships
- ✓ Focus on adding value to the lives of other people