

# Mother Wit



February 2012



There is no way to be a perfect mother, and a million ways to be a good one.

Jan Churchill

## *A Mom's Affirmation*

### **I Will**

- ❖ Know that nothing I do for my children is wasted.
- ❖ Believe my children are the world's most valuable natural resource.
- ❖ Believe my children are like Crackerjack boxes, there's a prize in every one of them.
- ❖ Feel that to touch my child is to touch tomorrow.
- ❖ Remember how much Jesus loves the children.
- ❖ Periodically evaluate my parenting methods.
- ❖ Touch my children often and lovingly.
- ❖ Do all I can to understand my children.



## What Do You See?

The holidays are over and hopefully you've taken down your decorations and the house is back to its normal decor, you are back into your daily routine of getting up and getting everyone else in the house up and to their various destinations and you to yours-your "other" job, your kids school to volunteer, running errands, etc.



We all know that we have to do "life"- we have to cook and clean; help with homework; encourage our husbands; be a good daughter, sister, aunt, friend, co-worker, volunteer, employee; coordinate schedules; make plans for spring break and of course the list goes on and on and on. Before we know it

summer will be here, which means 2012 will be half over.

I've been reading a book entitled *Grace for the Pace* and the author asks the question: "Do you have a vision or a plan for your life? Family? Career? Do you have a plan for this year? This month? This week? Today?" Now I know that we have all probably set goals for ourselves for the year, but do we have a **vision** for what we want our lives to look like? The author suggests that we write our vision down in such a practical way that when we read it we are motivated to run with it?

So..... what do you see yourself doing for the rest of this week, the rest of this month, the rest of this year?

Do you see yourself exercising three times a week for 30 minutes? Taking a class? Letting your nails grow?

Write your vision down. Keep it simple. Strategic. Practical. This can become your personal roadmap to help you to see where you want to go. Good Luck!!!



I waited patiently for the Lord; he turned to me and heard my cry.  
Psalms 40:1

The Lord is good; he protects his people in times of trouble; he takes care of those who turn to him.  
Nahum 1:7

Let us come boldly to the throne of our gracious God. There we will receive his mercy; and we will find grace to help us when we need it.  
Hebrews 4:16

He gives power to the tired and worn out, and strength to the weak.  
Isaiah 40:29



## DREAM

as though you have nothing to lose

## BELIEVE

as though anything is possible

## LOVE

as though your heart knows no bounds

## LIVE

as though there is only today

## Linger...Linger...Linger...Linger...Linger...Linger...

Stop rushing. Just stop. Sip the last drops of your tea instead of gulping them. Finish your conversation before running to the next item on your calendar. Pause and watch the woman who sings opera on the street, the woman who stir-fries the Chinese food, the young girl playing the violin as though she was born with it in her hand. Look at the sky a little bit longer before you get into your car. Pick a leaf of mint or sage; before continuing on, rub it between your fingers and smell how delicious it smells. Look into someone's eyes just a bit longer than you thought you could. Linger over coffee, linger at the newsstand, linger over lunch. Linger longer in the bed, in the park, on the river. Of course, linger longer at love.



# Kid's Corner

## Heart Healthy Living for Kids

**Did you know that** childhood obesity rates are higher than ever, kids are getting less exercise than their parents did and diabetes type 2, formerly an adult-onset disease, is being found in children?

Use the **5-2-1 Almost None** program in your family:

- Eat **five** or more servings of fruits and vegetables per day.
- Spend no more than **two** hours a day in front of a screen (TV, computer, video games, etc.)
- Get at least **one** hour of physical activity per day.
- Drink **almost no** sugary beverages (like soda and sports drinks).

For more information:

Healthy Children [www.healthychildren.org/](http://www.healthychildren.org/)

BAM! Body and Mind <http://www.bam.gov/>

CDC-Websites for Kids and Teens  
<http://www.cdc.gov/family/kidexpress/index.htm>



## You!

original, generous, clever, kind, brave, determined, thoughtful, spontaneous, lovable, optimistic, ambitious, caring, considerate, extraordinary, grateful, witty, successful, energetic, hopeful, dynamic, compassionate, happy, unique, inspiring, creative, daring, passionate, imaginative, fabulous, confident, intelligent, friendly, fancy, gorgeous, independent, strong, loving, insightful, positive, gracious, beautiful, adventurous, joyous, loyal, incredible, precious, brilliant, honest, genuine, loyal, talented, wonderful, fearless, amazing, courageous

## Bee Healthy, Bee Well

### February is *Heart* Month

**Heart disease includes a number of problems affecting the heart and blood vessels in the heart. Among all U.S. women who die, 1 in 4 dies of heart disease. African American and Hispanic/Latina women tend to have more risk factors for heart disease than white women.**

**Heart disease has no symptoms. But chest or arm pain or discomfort can be a warning sign of a heart attack. Other sign include shortness of breath, dizziness, nausea, abnormal heartbeats, and feeling very tired.**

For more information: [womenheart.org](http://womenheart.org); [womenshealth.gov](http://womenshealth.gov); [americanheart.org](http://americanheart.org)

### Take steps to lower your risk of heart disease:

- ✓ Know your blood pressure.
- ✓ Don't smoke, if you smoke, try to quit.
- ✓ Get tested for diabetes.
- ✓ Have your cholesterol and triglyceride levels tested. Your doctor may advise you to lower them.
- ✓ Maintain a healthy weight.
- ✓ Limit alcohol to no more than one drink a day.
- ✓ Find healthy ways to cope with stress.

# Chocolate Therapy for Women

presents

## “Second Act”



**What's next for you? Do you want to:**

*Change your career?*

*Turn your passion into profit?*

*Learn something new?*

*Stephanie Anderson-Stephanie's Delectables*

*Julie McNeil-McNeil and Associates, LLC*

*Jan Sabey-Evilena's Red Dresser*

Come prepared to be inspired, motivated and encouraged as you think about your “Second Act.”

**Saturday March 10, 2012 10:00 a.m.-12:30 p.m.**

Cost: \$20

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)

### Something to Do



- Tell 5 friends how they can fight heart disease.
- Shop Go **RED** at [shopheart.org](http://shopheart.org)
- Join the BetterU program, a FREE 12-week online nutrition and fitness program that can makeover your heart. ([goredforwomen.org](http://goredforwomen.org))

### Something to Make you Smile/Laugh



- Baby pictures of you and/or your children
- Getting the giggles when you know you shouldn't.
- The **e-trade** babies on television commercials

### Something to Think About



- Are you a glass half empty or glass half full person?
- Do you think children should go to school year around?
- Do you have one person in your life who brings out the best in you?
- What new thing(s) would you like to try?

**Publisher: Helena B. Rogers**

**E-mail: [hbrog87@ameritech.net](mailto:hbrog87@ameritech.net)**

**Website: [www.amotherswit.com](http://www.amotherswit.com)**

**Join Mother Wit on  
Facebook**

**Feel free to share the newsletters with your friends, family,  
co-workers.**