



# MOTHER WIT NEWSLETTER

October 2011



**“I affirm my profound belief that God’s greatest creation is womanhood. I also believe that there is no greater good in all the world than motherhood. The influence of a mother in the lives of her children is beyond calculation.”**

James E. Faust

## One Little Thing...Every Day

I can’t believe it’s October!! About this time of the year I begin to panic because the year is almost over and I have to think back to the goals that I set in January to see what I have and have not accomplished.

I think that my mistake comes when I set a goal for the year and I figure that I have 365 days to accomplish it, so I keep telling myself that I have plenty of time.

### Not a good idea!!!

Don’t get me wrong, I have accomplished a few things this year, but there is more that still needs to be done. I was thinking about this a few days ago and instead of giving up on a few of my seemingly impossible goals, I decided that I would take two of my goals and do “one little thing...every day” to help me reach the goal by December 31<sup>st</sup>.

Now realistically, I know that I may not accomplish these goals, but I will be on the path to do so.

It is said that there are usually two things that keep us from accomplishing our goals-a lack of focus and a lack of motivation.



With a little more than 60 days left in 2011, you and I are going to be focused, we are going to be motivated and we are going to do “one little thing....every day” to move us towards our goal.

We have to either write it down in our journal, draw a picture and put it on our mirror, or tell a friend what we are trying to accomplish...whatever it takes.

It may not happen in 2011, but before we know it, we will be healthier, our fingernails will have grown, we will be enrolled in that class, we will look at the glass as half full, rather than half empty, we will have a new job, or have started our own business.

.....All because we did “one little thing...every day.”

## Think *Pink*

*October is Breast Cancer Awareness Month*

### Did you know that:

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Over 200,000 women will be diagnosed with breast cancer this year.
- When breast cancer is detected early (localized stage), the 5-year survival rate is 98%.
- Over 30% of women are diagnosed after breast cancer has spread beyond the localized stage.

### Did you know that you can:

- **Make a donation to an organization that has a mission to help in the battle to fight breast cancer.**
- **Celebrate milestones in your life while helping to save the lives of others by asking for donations in lieu of gifts.**
- **Remind a friend or relative to get a mammogram.**
- **Pray for those women who have been diagnosed with breast cancer and those who are breast cancer survivors.**
- **Continue to promote breast cancer awareness throughout the entire year.**



Your identity is the result of neither circumstance nor accident. You are who you are because of God's loving design. He wanted you to be *you*, and no one else.

Darlene Sala

## BLOSSOM

*When* it's time, when you can't wait another moment, unfold your petals and display your grandeur. Do it when you're twenty-eight or when you're fifty-three or when you're eight-four. Open up to the world with a glow and an attitude that says, *Yes, now I'm really here*. Pick up a paintbrush, a hammer, a baseball. Go to law school, learn to drive, take swimming lessons, run for office. Because now your time has come and the world had better make room for you like never before. Just like a magnificent flower, you'll go from tightly closed and protected to full and fragrant and open and unforgettable. Whether you're an early bloomer or a late bloomer, one thing is sure: you'll feel as though you've waited forever, only to burst forth "overnight" when you least expect it.

365 Words of Well-Being for Women  
Rachel Snyder

## In the Spotlight

Full Name: **Janelle P.**

Current Residence: **Illinois**

Family Includes: **Sons-Joshua, 10 and Patrick, 7**

Birthdate: **June 15**

Favorite Color: **Orange**

Favorite Breakfast Food: **Omelets and bacon**

Favorite Dessert: **Ice cream!!!**

Favorite Store to Browse In: **Home Depot or Menards**

Would You Rather Eat Steak, Chicken or Fish: **Fish**

Favorite Restaurant: **Pappadeaux's**

Favorite Actor/Actress: **Johnny Depp**

You're going on vacation, what would you choose to do: **Go on a cruise**

Favorite Magazine: **Real Simple**

Favorite Piece of Clothing: **Do shoes count? I love shoes!**

Are you an Early Bird or a Night Owl: **Night Owl**

One Item Found On your Nightstand: **Alarm Clock**

On Television, Do You Prefer-Sitcoms, Dramas, Reality Shows: **Dramas**

Hobby: **When I have time I like making jewelry**

Your Favorite Piece of Technology: **iPad. I just got one**

What Was Your First Job: **Working in a library**

An Expert to Come and Stay in Your House for a Week: **A Chef**



## Chocolate Therapy for Women

Presents

### “Where Did I Put My.....?”

As Moms, sometimes our lives spin out of control...our lives are hectic as we try to fit everything into our busy schedules.

Clutter begins to take over our kitchen counters, our bedrooms, our family rooms.

Come hear professional organizers provide information on practical ways to get our lives back on track, to get our lives more organized.

**Saturday October 22, 2011**

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

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

## Caught Up in the Web



- **The Well Mom**  
<http://thewellmom.com/blog/>  
A space for moms to gain encouragement and advice on nurturing themselves as well as they care for everyone else in their lives.
- **SuperCook**  
<http://www.supercook.com>  
A new recipe search engine that finds recipes you can make with only the ingredients you have at home.
- **Start Up Princess**  
<http://startupprincess.com/>  
An international network committed to empowering women entrepreneurs by offering resources for women in business to support, mentor, collaborate, learn from, and inspire one another.



Dining out one evening, a man noticed six teenagers boisterously celebrating an event at a nearby table. Toward the end of their meal, one of them pulled out a camera.

“Hey, wait a minute,” one of her companions said. “You have to be in the picture too.”

The man asked if he could help, much to the delight of the camera owner. He snapped a picture of the group, but not being completely familiar with the camera, the man said, “Do you want me to take another picture in case that one doesn't come out?”

“Oh, no, that's OK,” the teen replied. “I always get double prints.”

## Helping Your Children Succeed



1. Help children choose their own goals.
2. Help children visualize the positive results of achieving their own goals and the negative results of not reaching their goals.
3. Remember the power of praise.
4. Expose children to a variety of activities.
5. Expect children to do things right.
6. Believe that your children can achieve great things.
7. Help children develop a positive self-image.
8. Reward your children.
9. Use the ol' "You can do it, can't you?" principle.
10. Be persistent.
11. Be enthusiastic.
12. Develop strong inner convictions.
13. Notice and affirm when your children do well.
14. Find strengths related to every weakness.
15. Downplay criticism. When you have to criticize, focus on the action rather than the child.
16. Point out something positive about frustrations.
17. Help children solve their own problems.
18. Teach your children to evaluate their actions.

Compiled from Karen Dockery and Gary Smalley

*Kid's Corner*

### TRY GOD.....

When troubles are deep and your world is dark, Don't give up hope.....TRY GOD.

When life turns sour and you've lost your way, Don't give up hope.....TRY GOD.

When fear stacks up and you're sure no one cares, Don't give up.....TRY GOD.

When temptation comes knocking and your struggle so, Don't give up hope....TRY GOD.

Publisher: Helena B. Rogers








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*Facebook*

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

### *Celebrate October*

-  Family History Awareness Month
-  National Pizza Month
-  National Apple Month
-  Teen Read Week (10/9-10/15)
-  Boost Your Brain Day 10/18
-  Make a Difference Day 10/22
-  *Celebrate you*