

# the garden

-a monthly newsletter for moms who desire to blossom in their roles of being a mom, wife, and woman-  
"For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign Lord will make righteousness and praise spring up before all nations." Isaiah 61:11



## Sowing the 'Seed of the Word' in our Daily Lives... Practical, Biblical Encouragement for Moms

As busy moms, I think we all can relate to desiring balance in our lives... prioritizing what's most important and living daily in a way that reflects those priorities. I know I can get overwhelmed with all the demands of life that fly at me everyday... take the mail for example. It seems like I'll work & work on my "piles" (you know those fun piles of things that you need to read/process that accumulate so fast!) ...only to have a fleeting moment to enjoy the "victory of its defeat". Then the mail arrives with more things to read/process/use up my precious time! I guess that's just part of life, but I want to offer my personal experience & biblical advice on prioritizing our time.

Just as a gardener seeks balance of color in their garden, so should we seek balance in our lives. This past summer, I analyzed and critiqued the "balance" of my new flower bed. I did my best to try to balance the color when I planted the plants, but there were a few surprises as they blossomed. -Like the 2 plants that bloomed yellow flowers... right next to each other. It took me

awhile to see that there could be a better way... that with a little uprooting and replanting, I could obtain better balance and therefore a more beautiful garden. I just didn't have "peace" until I took the time to "fix" the unbalance. If you know me at all, that's not a big surprise. :)

*"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."*

Hebrews 12:11

After I switched a couple plants around, I was very pleased with the balance and could enjoy my garden without my eye going to the area of "discord", so to speak. I love how God wants to teach us daily little lessons... how He brings things together to impart wisdom and to see Him loving us enough to work in our lives to grow us. You see, I can compare this very situation to us as moms, trying to find that balance that leads to greater peace. I look around and observe so many moms/people "spinning"

like a gerbil on a wheel, trying *desperately* to keep up with "life". The days, weeks, months, and years keep spinning on, but are we *really* accomplishing the things of importance... the things God would have us do? Are we fulfilling our purpose and growing closer to the Lord Who knows the best pathways for us? It's so easy to allow the world to set our priorities... money, material possessions; a "certain" kind of car, home, or clothes; a job that takes too much time away from what's most important to us... God and our family; spending precious hours watching too much t.v.; having our kids in numerous extra-curriculars, or even reading things of no "eternal" value *in place* of the Bible or a Christian book that would add to our character, teach us more about God, and better equip us to face life... in essence our "life-line" in a world where we really need it. What's your "distraction of choice"? What's keeping you from realizing the balance you so desire in your life?? Take a moment to really think about this... honestly.

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October 2007  
e-newsletter of:



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

Founder/Editor: Wendy Lempner

[wendy@momsinbloom.com](mailto:wendy@momsinbloom.com)

Co-Editor: Jenny Flakne

[flakne1@aol.com](mailto:flakne1@aol.com)

Moms in Bloom strives to help equip moms to grow in the Lord & blossom where we're planted. We believe that mothering is one of the most important jobs there is, and through support of each other and God's Word and a relationship with Him, we can better fulfill that role... and enjoy the journey together!

We hope this e-newsletter is a blessing to you, & we desire to reach more moms with encouragement & hope. Please forward these on to moms you know, & they can receive them directly each month by emailing Wendy (above). Pass it on!



## This Month's "Pick" ...Health Tip of the Month

To be all we need to be as moms, we need to take time for us/our bodies

I don't know about you, but there's something about this cooler fall weather that makes me want to eat "everything pumpkin"! I love to eat pumpkin bread, muffins, pie, cake, ice cream, flavored coffee, bars, pancakes, etc. Maybe you're the same. Well, although the foods I've listed are basically desserts, the pumpkin in them packs an amazing nutritional punch! Rich orange fruits and vegetables, such as pumpkin, sweet potatoes, carrots, and cantaloupe are very high in beta carotene, a key nutrient the body can convert to vitamin A. Carotenoids like beta carotene are potent antioxidants—natural substances that prevent cell damage from excess oxygen. Antioxidants help protect the body against cancer and strengthen the immune system. Aim for *at least* one serving a day of a carotenoid-rich fruit or vegetable for healthier vision, bones and skin. So good news about this fall harvest... it contains delicious, comforting, & great ways to boost your nutrition! Check out the recipes on p.2! -WL, R.D.

## Sowing the 'Seed of the Word' in our Daily Lives ... cont'd from page 1

It's even possible to get too busy with too many "good" things that can crowd out what really matters... God and the relationships in our lives. Have you heard this before?: "If the devil doesn't make you bad, he'll make you busy." That's something to ponder! Feel like you don't have enough time in the day for everything? *Maybe* some of what you're doing is nothing He ever wanted you to do. I've learned to pray about how I spend my time/what I do... "good" things and all. Let's follow *His* lead in all we do.

I encourage you to take a few moments to step back and analyze the "to do list of your life". Are you working toward the really important things that matter most, or have you gotten in a routine that doesn't include them... which can be easy to do if we're not being "intentional". Are you *actively* working on the all-important relationships in your life... with God, family, and others? In Mark 12:30-31, Jesus tells us the 2 most important commandments: to love the

Lord our God, and to love others as ourselves. I've discovered that it takes discipline to nurture these relationships so they grow and blossom. For example, I've had "finish reading the Bible" (an old section) on to do list for very important, but I important it aside. I took some



***Make time daily for the things that really matter... if you can't, maybe you're doing too much, or not what you're meant to.***

down and re-evaluate my life and priorities. I'm so glad I did! I made an *intentional* plan to finish that section... 4 pages a day (a realistic, obtainable goal *for me*) in order to finish *this* month! I asked God to help me have the discipline to stick

with it, and He's done just that! It feels so good to spend time with Him each (almost!) morning in His Word... what a great start to my day. I find a greater sense of peace and His leading in my life when I'm in His Word. We all want that! I've also been assessing the relationships in my life... established ones and new ones, and intentionally working on making them a priority somehow each day. With God's help, a little planning, & reminder notes (!), God is working through my efforts & the time I spend "growing" me & my relationships. When we do this, we are better equipped and "in place" to bless others, which ultimately blesses our life. I've personally found that I'm most happy and fulfilled when I focus on God and others. It's opposite from what the world would have us think... but so true!

What is God laying on your heart right now? Please listen to Him and follow His lead. He'll lead you to a beautiful harvest of righteousness and relationships! Dig into real life! WL



## Kitchen Connection ...Sharing Recipes Our Families Love

Got a recipe you're glad to have?? Don't keep it a secret... email it to Wendy at [wendy@momsinbloom.com](mailto:wendy@momsinbloom.com)!

**Pumpkin Bread** -Cindy Bradbury's kitchen (Loveland, OH)

Enjoy some warm pumpkin bread on a cool fall day!

3 cups sugar	1/2 tsp baking soda
1 1/2 tsp salt	1 tsp ground cloves
1 tsp cinnamon	1 tsp nutmeg
3 1/2 cups flour	1 cup oil
1 cup water	2 cups pumpkin
4 eggs	

Mix all ingredients well. Pour into greased and floured loaf pans, and bake at 350 degrees for 1 hour. Makes 2 loaves.

**Pumpkin Layer Cheesecake** -Wendy Lempner's kitchen (Morrow, OH)

An easy, yummy, and impressive dessert... great with a cup of coffee!

2 pkg. (8 oz. each) cream cheese, softened- low fat works too!  
1/2 cup sugar  
1/2 tsp. vanilla  
2 eggs  
1/2 cup canned pumpkin  
1/2 tsp. ground cinnamon  
Dash each ground cloves and nutmeg  
1 ready-to-use graham cracker crumb crust (6 oz. or 9 inch)

Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Stir pumpkin and spices into 1 cup of the batter; pour remaining plain batter into crust. Top with pumpkin batter. Bake at 350 degrees for 35-40 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight. Makes 8 servings. Yum!!

## Craft Corner ...Seasonal Craft Ideas: "Spooktacular Candle Holders"

### Supplies:

- \* Glass jars with mouths wide enough for a tealight or votive candle
- \* Orange acrylic paint
- \* Black acrylic paint
- \* Painter's tape
- \* Paintbrushes of various sizes
- \* Black craft wire
- \* Wire cutters

### What to do:

Paint the inside of a clean and dry glass jar using orange acrylic paint. Experi-



Here's a fun fall craft to do with your little one(s)! I'm sure your kids will love it & you can tell them how God wants us to be a shining light for others!

ment with different techniques like using paintbrushes or just pouring the paint in and rolling it around to get a less streaky effect. Use painter's tape on the outside of the jar to create jack-o-lantern faces (you can free-hand paint the face as well) with the black acrylic paint. Cut wire long enough to wrap around the mouth of the jar and use a pencil to curl the wire around into a handle. Fasten at both ends. Let paint dry completely before using as a candle holder. Happy glowing!  
-Jenny Flakne



## Nourishment for the 'Soil' ...Sharing the Fruit of God's Work in our Lives

*"the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop." Luke 8:15*

For everything there is a season and that goes for harvesting pumpkins, too. For several years my husband has planted a vegetable garden which included planting pumpkin seeds. How excited we were to think we would have pumpkins to share with family and friends in the fall.

We did not know there is a "right" time or season for pumpkin seeds to be planted. Ecclesiastes 3:1-2 says: *"To everything there is a season... a time for every purpose under the sun... a time to plant and a time to pluck (harvest) what has been planted."*

We had planted the pumpkin seeds too early. They were growing in the wrong season, requiring us to pluck them at the wrong time because they were rotting.

At the advice of a dear friend, we found out that we needed to plant the pumpkin seeds later. Isn't this the way it is in our

lives? We want something before God's timing, so we jump ahead only to find out that things were turning out kind of rotten.

We moms sometimes love to think way ahead of where we are with our children, only to find out later that we are missing the mark on God's timing. I am now a grandmother and look back at a time when I jumped ahead. Our daughter was in grade school, and I became very involved in church work. Good seed, but bad timing. One night I was leaving for one of the *many*

church meetings I attended, and my daughter said: "do you have to go?" What a wake up call that was! No, I really didn't have to, and I didn't. I had a pastor who once said "Tending to your family is the most important church work you can do." What a wise man of God he was! So moms, don't burden yourself with too many activities... even church work. You are in the greatest serving ministry of your life... your FAMILY!

-Jennie Peter

*"... the [older women] can train the younger women to love their husband and children, to be self-controlled and pure, to be busy at home, to be kind..."*

Titus 2:4-5

## Babes in Bloom ...Moms Aren't the Only Ones Blooming!

Moms share fun things to do, parenting tips, funny things they said, teachable moments, etc.



### Christians are like Pumpkins!

Grab this teachable moment! We can tell our children how being a Christian is like being a pumpkin...

God picks you from the patch and brings you in and washes off all the dirt on the outside that you got from being around all the other pumpkins. Then he cuts off the top and takes all the yucky stuff out from inside. He removes all the seeds of doubt, hate, greed, and all those other bad things. Then he carves you a new smiley face and puts his light inside of you to shine for all to see! It is our choice to either stay outside and rot on the vine or come inside and be something new and bright!

### This Halloween, be a shining light in the darkness!

We may truly love the Lord and want to share Him with others, but we just don't know how to do it. Who needs to hear about the hope we have in Jesus, and how can I share it? Well, we have an opportunity coming where the people... the little ones... will be coming to us! This Halloween, we can share Jesus' love for all of us in a simple and non-threatening way. Prayerfully consider handing out something of eternal value with your sweet treats this year. You can make a simple note on your computer and roll it up like a scroll with an orange ribbon, or you can purchase "tracks" from your local Christian store. You can even make a cute little sign that says "There are no tricks with Jesus!" What will you do?



## Calling on God ...the Powerful Prayer of a Woman, Wife, Mother

Don't miss the opportunity to connect with God daily. Tap into His power in your lives!

### For yourself:

Lord, I do seek more balance in my life. All too often, it seems as if I'll never achieve it. There are just so many demands facing me each day. With Your help and guidance, though, I know that You will lead me on the best pathway, and to the things in life that You have planned for me to do... the things that will have an eternal impact, glorify You, & bless me & others. I desire to accomplish Your plan for me and my life. Amen.

### For your husband (if applicable):

Lord, As I ponder how to better prioritize the things in my life, I lift up my husband to You and pray that You will work in him to help him make what's really most important in life top priorities to him. He's so busy with work and providing for our family that it can be difficult to make time with you and others in his life. Help him be efficient and intentional in making time for what You would have him do. And Lord thank You for my husband and all he is and contributes to our family. Help him handle all the pressures he faces daily & help us make time for each other. Amen.

### For your child/children:

Lord, The autumn is such a wonderful time of year! Help my children continue to develop an awe for You & Your creation... show me ways to daily point to You as the source of all that's good. Also, please guide me/us in choosing which activities You want our children to be a part of. There are endless choices, but they obviously cannot be part of everything! What experiences do You want them to have? Where do you want us to invest our time/money? Who do You want us to meet? How can we live out our purpose? We look to You! Amen.



## How Does Your Garden Grow?... Have a Garden? Share it & Your Story Here!

What does your garden or flowers mean to you and your family?

As some of you know, I'm an avid gardener. Although I'm somewhat sad to see summer come to an end, for this reason, there are still fun ideas to do in the garden. Some ideas for autumn plants are pansies, asters, a wide variety of mums, anemone, and cabbage/kale. But my most favorite to decorate with in the fall, are all the many different colors and shapes of pumpkins and gourds. (Check out Morrow's own Blooms 'n Berries.) Take the kids along and let them pick out the most outrageous pumpkins they can find and let them help you decorate. To make these last through Thanksgiving, wipe them with a rag using 1/2 water and 1/2 rubbing alcohol; let dry, and spray them with a clear acrylic matte coating found at Hobby Lobby. Autumn is also the time to start planning your spring garden. October is the month that you'll want to plant your spring bulbs. When doing so, you will want to keep in mind that we can get late frosts, so you'll want to plant bulbs that will bloom mid to late season. A great website to order your bulbs from is [www.colorblends.com](http://www.colorblends.com). What beautiful shades they have, and it will also inform you as to when they bloom and how to plant them. They also have great prices!!!

Happy Harvest to you all!!! -Stacey Berg



October's Feature Garden: Stacey Berg's



## Family Traditions... Fun, Seasonal Ways to Teach our Children about God

Share your family's traditions that create memories and pass down important values here.

For me & my family, there's no better way to get the most out of fall & to enjoy God's glory than to go to fall festivals and pumpkin patches! We try to fill each October weekend with those traditional sights, smells, tastes, & activities that we all know & love... the glorious array of red, orange, & yellow leaves, the pumpkins, gourds, mums, warm cider, hayrides, corn mazes... It's so fun to show the kids all of God's creation that He provides for our enjoyment... show them all the variety in pumpkins & gourds... He's very creative! In Ohio, we are blessed with many places to go for fall fun. I bet wherever you are, you have special places, too... just go "googling". Here are a few of our favorites...

-Shaw Farms-Milford, [www.shawfarms.com](http://www.shawfarms.com) 1737 St. Rt. 131. Open daily 9-6 thru Oct. 31st; pumpkins, gourds, hands-on entertainment, weekends: hayrides, corn maze, face painting, etc.!

-Blooms n' Berries--Loveland, [www.bloomsandberriesfarmmarket.com](http://www.bloomsandberriesfarmmarket.com) 9669 St. Rt. 48. Mon. - Sat. 10am-6pm & Sun. 11am-5pm pumpkins, gourds, mums, corn maze, animals, fall activities, fall decorations, food, hayrides, and more!

-Pumpkin Fest- Hamilton Township, at Crosspointe Community Church, 10208 Cozaddale Murdock Rd., [www.pumpkin-fest.com](http://www.pumpkin-fest.com) Oct. 5th 6-11pm & Oct. 6th noon-10pm. Hayrides, pumpkins, hay castle, carnival rides/games, pony rides, petting zoo, expo fair, food, live music, & even fireworks Sat. night.

-Ohio Sauerkraut Festival- Waynesville: Main Street, [www.sauerkrautfestival.com](http://www.sauerkrautfestival.com) Oct. 13 9 am-8 pm & Oct. 14 9am-6 pm, sauerkraut foods and creations, arts & crafts, live ent., games & more. The quaint town is sure to be very "fallish"!

...and so many more. Enjoy this fall with your family! -WL

## The Harvest... Share the Fruit of What You've Sown

What "praises" do you have? What fruit do you see in the lives of your children? Encourage others!



### "It Takes a Village?"

So says a book written by an author and politician. However, we as Christians must be very cautious in whom we rely on for help and support in raising our children. The book mentions support from the secular community & government programs. As we well know, rarely does the secular world, much less the government, have the best interest of our children in mind! Imagine your child, being lovingly and patiently molded by you. You raise them up with Christian values... in a stable home with church friends & family. You stand back and look at this precious little thing you are raising for God, and when you turn to get a look from a different angle, you realize that there are cracks and tears in what you have worked so hard on. Society has been busy chipping away at all of

*"Train a child in the way he should go and when he is old he will not depart from it".*

Proverbs 22:6

your hard work! We try to ignore the influences that movies, tv, music and even billboards play on our kids. If those things weren't so influential, the media wouldn't be spending millions of dollars trying to reach our kids. We have to be tenacious in our goal to raise children to be godly men and women. Satan knows that he cannot "have" us. We are children of God, and thanks to His glorious sacrifice, nothing can change that. But Satan will spend a lot of time trying to destroy our witness, and planting doubts in the minds of our children. We must be a stronger influence on our kids than the secular temptations that face them every day. My pastor men-

tioned in a recent sermon about the influence of 2 parents attending church; the kids are much more likely to stay in church as adults than if only one parent attends. The statistics become even more bleak if neither parents attend church. Of course, our children will stumble and fall. They will make choices with which we will not agree, and that are not pleasing to God. Our job is to redirect with love, discipline, and prayer. Having a prayer partner, a Christian friend in whom you can confide, is vital. We need to remind them that while we can help them up and "brush off their skinned knees", some choices they make now can have lifetime consequences. Proverbs 22:6 (left) has much wiser words than any other parenting book has ever offered. And we have the Author's word on it! -Deb Jones