

# MDPC Women

CONNECT WITH FRIENDS

CONNECT WITH JESUS



# A Prayer to Begin...

by Amanda Grace Caldwell



Lord, Thank you for pouring out water on the thirsty land and streams on the dry ground. As we begin this new season, I know there are women longing to be satisfied. I know there are women whose thirst needs quenching. And I know there are also those rejoicing at seasons overflowing. I pray that wherever each of us is, that you continue to satisfy the longing soul and fill the hungry soul with good things.

We are expectant of what you will do for each of us, for our families and our communities this fall. I pray that we daily believe the Truth about you and about who you have made us to be.

Spirit of the Living God, fall afresh on us. Amen.

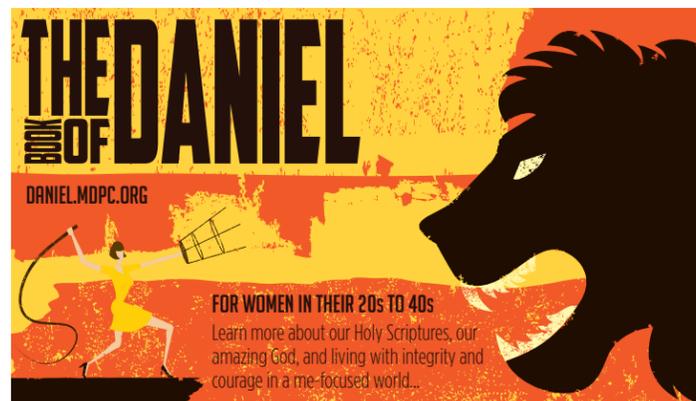
## Calendar:

- **September 7** MOPs begins (meets through May)
- **September 14** Daniel study begins (meets through November)
- **September 27** Living Well begins (meets Sept.-April)
- **October 6-7** Proverbs 31 Women's event with Lysa Terkeurst/Ellie Holcomb (@ Second Baptist)
- **October 18** The Well
- **November 18** Women's Spiritual Retreat
- **November-December** Christmas for Kids
- **December 5** Christmas Coffee
- **February 9-11** Girls' Getaway
- **April 11** The Well



## Interested in Joining a Women's Bible Study or Small Group?

- **Grace Circle**  
Member's Home | Tuesdays, 10:00-11:30 AM  
Contact: cihollow@gmail.com
- **Ladies Lunchtime**  
Parlor | Thursdays, 11:45 AM-1:00 PM  
Contact: cihollow@gmail.com
- **Westchase Outer Loop**  
Member's Home | Wednesdays, 7:00-9:00 PM  
Contact: ginny481@yahoo.com
- **Women's Dinner and Discussion Group**  
Member's Home | Tuesdays, 6:30-8:00 PM  
Contact: sstone@mdpc.org
- **Bible Study Discussion**  
Sundays, 9:45-10:45 AM or 11:15 AM-12:15 PM | Co-ed  
Wednesdays, 5:00-6:00 PM | Co-ed  
Wednesdays, 6:30-7:30 PM | Women  
Thursdays, 9:30-11:30 AM | Women
- **The Book of Daniel (A Beth Moore Study)**  
Summit Room | 2nd and 4th Thursdays, 9:30-11:00 AM



Michelle Collins, LPC, CCTP, M.Ed, Mom of 2 toddlers

## The Power of Play

Play is one of the most important things you can do with your child! Research shows that play is crucial to brain development. Play is so important to optimal child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child.

Here are some easy ways to integrate play into your everyday life:

- Take 15 minutes after getting home from school and get on the floor with your kids (build blocks, race cars, play with the dollhouse)
- Create fun games in the car like I Spy, or sing songs in different voices, etc.
- When walking to and from buildings, hold your child's hand and challenge them to take different sizes of steps or walk like different animals.
- Take a power struggle such as refusing to put on clothes and make a game out of it. Put some pants on your head and dance around, get your own pants out and see who can put their pants on fastest.
- While waiting in waiting rooms, draw on each other's backs (shapes or letters for little ones), see how many things you can spot that are brown, etc.

\*\* *The sillier you can be, the better. Getting on their level and making eye contact as much as possible is key during these play times\*\**

## Tips for An Easy Drop-Off

As summer comes to an end, the idea of school routines, new teachers and classrooms can trigger worries in a lot of kids.

If your child struggles to leave you during drop off or you dread leaving them each morning, here are some tips to help with the process:

- Engage/ play with full attention with your child 10 minutes before getting in the car and 10 minutes after they get home. Creating these moments can meet their needs for connection and soothe their nerves.
- Establish a consistent caregiver who will engage with your child right away when you leave. This should be the same person each time and someone who can spend time soothing them and easing them into the activities in the classroom.
- Give your child a transition object to buffer the goodbye process. This can be a lovey, stuffed animal, small toy... anything your child is attached to. Have the caregiver engage with them and this transition object.



- For smaller children, whenever possible, go into the classroom with them and put them on the floor/table instead of handing them to a caregiver. Sit with

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## Fall Afresh

by Sara Kuhn

Do you know the hymn, “Spirit of the Living God?” It is one of my favorites and gets stuck in my head often. As we approach the Fall Season, I think about the spirit of God falling afresh on us – a new harvest is available. There have been times when my relationship with Jesus has been a little routine or stale. I would do the same devotionals, my prayers seem rote, I lacked the inspiration to really worship our amazing Lord. A friend challenged me to try 12 minutes of focused prayer time every day. She had read that it actually changes the chemistry in the brain and of course it is just a good thing to do. I accepted the challenge. That simple 12 minute practice helps me know the Spirit of our Lord in a fresh way. I have to battle the earthly distractions and parameters for these 12 minutes. It takes practice and discipline to train the brain and the heart for a more personal and in depth conversation with God. Through this challenge the Spirit of our loving and amazing Lord is more alive and real to me....it is fresh!

Okay, back to the song. The part that catches my attention is: “Melt me, mold me, fill me, use me.”

Melt me. For me this means melt the hardened parts of my heart; those places in my heart that block me, make me guarded and distance me for God and others. One of our pastors used to talk about worship being a time to chip off the crusty edges of our hearts. I can see our gentle, loving and craftsman-Savior with chisel in hand chipping away.

Mold me. This is where we learn to let the Word of God define us and shape us. It requires us to let the master do His work and for us to let go of the control. Our son, Samuel, is a gifted pottery maker. I wonder what his creations would look like if the clay was

unwilling to be worked and shaped in his capable hands. The process is messy, but the product is beautiful.

Fill me. This is where our true faith and trust shows up. Do we really believe He will fill us and are we willing to let Him? We all have times when we are called to do something we feel we are not equipped to do. Sometimes it is little things like introducing ourselves to new neighbors, signing up to be a volunteer or sitting with an ailing friend. Sometimes it is big things like intentionally parenting our children, sharing the gospel with a co-worker or facing life changing circumstances. We all have doubts, but when we allow Him to fill us we unleash God’s unlimited power and love.

Use me. In today’s world, the word “use” can have a negative connotation. “I feel so used.” “You are just using me to get what you want.” When I think of it from a heavenly perspective it is an honor to be used! My husband, Eric, and I are different in this area. Eric likes to be used. It gives him purpose, meaning and significance. For me, I am humbled that God would use me for any part of His plan and so I serve Him quietly with gratitude. Both positions honor God and He himself wired us in these different ways. I pray He will continue to find us worthy to do His work and that He will call us to His purpose.

We are told that we will reap what we sow (2 Corinthians 9:6, Galatians 6:7). I look to the Fall with great anticipation for the harvest ahead. I also wonder what each of us will sow this Fall for a harvest in the future.

*Spirit of the living God,  
Fall afresh on me.*

*Melt me, mold me, fill me, use me.*

*Spirit of the living God,  
Fall afresh on me.*

## Fitness Tip

by Christine Gentil

As we approach the fall, many of us are ready to start afresh even when it comes to fitness. Kids will be back at school and this often means more consistent routines.

So how do we create an exercise routine?

1. Put exercise on your calendar. Look at your week and schedule your workouts. Is it first thing in the morning? Maybe during lunch? How about a walk after dinner?
2. Find partners. Make a date to run, walk, or go to a class with a friend. You are more likely to go if someone is depending on you.
3. Go to a fitness class. You will feel part of something which will motivate you to continue going.
4. Sign up for an event. Do you enjoy running? Sign up for a 5k, 10k or maybe even a half or full marathon.
5. Try something new. Take a golf lesson, take a dance class, go to new yoga class. You may be surprised by what you can do.

Use this fall to start fresh and create some new habits.



## Corn Pudding

by MDPC Chef, Bernadette Loweree

- 8 oz. Sour Cream
- 1/4 cup Milk
- 1 cup Cheddar Cheese
- 1 can Corn
- 1 box Jiffy Mix (see above)
- 1/2 cup Onion, finely chopped
- 1 stick Butter, melted
- 2 Eggs

Preheat oven to 350.

Mix all your wet ingredients. Add corn, cheese, onion, and jiffy mix.

Pour into a greased square pan. Bake for 30-45 mins till the middle is not gooey.

Option: add more grated cheese on top for the last 5 minutes

*Great for tail gates, pot lucks, side dish with most anything, or under chili. Kids love this creamy corn pudding – it’s a comfort food!*

## Store Review

by Mona Williams

Bags & More “Unique Boutique & Gifts” is the best-kept secret in Memorial!

Hidden in plain sight and modest store front on I-10 between Campbell & Voss is the most adorable boutique in town! My absolute favorite go-to shop for special gifts for baby, girlfriend, grads, men, wedding – you name it, there are so many treasures to be found. I have often stopped by looking for that special something and have been greeted at the door, found the perfect gift, grabbed a card and had it wrapped while I find a darling top to wear to the party.

Definitely my favorite thing about Bags & more is the friendly staff who are truly happy to help. They definitely fine tune the latest styles and help me find what works best



for me. Bags & more carries beautiful clothing lines like Alberto Makali, Boho Chic tops, Fabrizio Gianni jeans and Lisette pants. I love the attractive selections of apparel and accessories to choose from and always find something cute. Did I mention fabulous jewelry and luscious handbags?

Since I am amongst friends and sharing secrets, I’ll let you in on

another one. Bags & more is relocating after 24 years to a beautiful new location in 2018. The new location will be just down the street @ Brogden and I-10, and they not only have outgrown their modest little store front but also their name. Pretty Please Boutique and Gifts is coming soon ... Shhh – okay go ahead and tell, it’s between friends.

## Restaurant Review

by Laura Benes

Ciao! Looking for a fun Italian night out? Look no further. North, a delicious restaurant off Post Oak (behind new Whole foods) offers unique authentic Northern Italian cuisine that won't disappoint.



Reservations are recommended as this place is very popular. North is a trendy spot so pull out your cutest outfit, but jeans are always acceptable. To start try the white truffle garlic bread and Italian meatballs. These appetizers complement each other and truly melt in your mouth. The thick crusty bread is smothered in ricotta and mozzarella cheese. Try topping it with a meatball for a truly delicious bite! Don't fill up though as there are more tasty options to try. Our favorite pizza is the Funghi. Don't let that deter you; Funghi is a roasted mushroom pizza with cipollini onions, creamy mozzarella cheese and herbs to complement the flavor. Also, the margherita pizza is always a safe bet.

For a main course the Strozzapreti pasta is truly divine - rich pasta mixed with roasted mushrooms, spinach, chicken and parmesan cream. Another

favorite among diners is the Pasta Bolognese if red sauce is more your style. But alas, save room for dessert as the options abound. As a true dessert aficionado I would try both the Italian donuts and the hazelnut torta. They complement each other well by offering both sweet and tart flavors. The donuts are sugared spheres with the perfect Meyer lemon curd and vanilla mascarpone to enhance the sweetness. And the torta is chocolate heaven, with hazelnut toffee and salted caramel gelato to boot.

North is a perfect date night spot or a great birthday option. The crowd is young and hip but the cuisine is classic and exquisite.

## Easy Drop-off

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them and play for 1-2 minutes to show them you feel safe and trust the environment. The floor is a buffer of the transition to the caregivers and allows them to accept the environment before being taken away from you.

- Establish a goodbye routine. And keep it SHORT. It can be as simple as a hug and a kiss or a phrase.
- After the goodbye routine, leave the room. Don't give extra hugs, don't come back in to check on them. This is THE HARDEST PART. But doing these things only confuses your child and makes the transition to their new caregivers even tougher. They learn that if they cry hard enough or hold on long enough, mom will come back and rescue them. Teachers will let you know if your child is struggling an abnormal amount. Teachers are experienced and more often than not, your sweet baby will be fine in 2-3 minutes after mom/caregivers leave.
- Speak positively about the school and remind them of fun things about their teachers. They pick up on your anxiety, so if you show worries about leaving them, they will also struggle to feel safe.

This newsletter is published bi-annually by The Women's Ministry of Memorial Drive Presbyterian Church, and edited by Amanda Grace Caldwell. To submit content, or for more information about the ministry, contact Amanda Grace at [acaldwell@mdpc.org](mailto:acaldwell@mdpc.org) or 713-490-0931. Information on other MDPC events may be found at [mdpc.org](http://mdpc.org).