

MOM TO MOM GROUP

November 2014

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November Stillness



*I*t is the beginning of November and I am making it a point to slow down this month and not get swept up

in all the flurry of Holiday preparations and pay close attention to the stillness that lays in the air when I go outside into our garden.

It has become hard to escape all the daily noise in our lives, especially around the Holidays, one can rarely find a few minutes of complete stillness. When was the last time you drove in the car without the radio on or checking facebook or e-mail on your phone while at

your sons or daughters soccer game?

We take our music wherever we go, we can share pictures, menus, and every random thought or opinion in minutes with the whole world.

We have become increasingly afraid of stillness, just being alone with our thoughts for a few minutes, day-dreaming.

Where do you seek your silent moments?

UPCOMING HOLIDAYS:

- Veterans Day (Nov. 11)
- Feast Day of St. Martin (Nov. 11)
- Last Sunday of Pentecost (Nov. 23)
- Thanksgiving (Nov. 27)
- 1. Advent (Nov. 30)

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Our Fall Nature Table

As some of you may know, we have a tradition of keeping a nature table in our house where the kids can bring in their new found items that reflect the rhythmical cycle of nature outside.

The children all like to play with the items they collected and add to them continually, even if it is mostly our youngest these days who adds to the collection they both share in the beauty of the table display. Sometimes during the year we add some homemade goods to the table scenery, like little felt or wax figurines that play in a wood scene by a pond.

This is how our nature table looks like now:



Autumn Fires

Supplies Needed:

- a small fire
- various items from the fall garden
- hot cocoa (optional)

Bonfires during the last days of autumn must count to my favorite things of this season.

We love to light a small fire and establish a good bed of hot ambers, where we can than burn from a safe distance small objects that we have found in the garden and maybe even some from our nature table that are being exchanged for a winter scenery.

We feed them into the fire one by one and they burn in varying ways - some with a bright red flare, others with golden sparks or a crackle.

Acorns, when not pierced with a knife can go off like little fire crackers. Dry pine cones burn bright with a golden flame.

We all enjoy these fires, where we can cozy up in chill of the last autumn days.

The evening is often ended with a hot cup of cocoa. Sometimes even with some smores that could not be eaten during the summer months.



Prayer for November

These verses may also be sung to a tune such as:
“The Old Hundredth”

I Know That My Redeemer Lives

I know that my Redeemer lives,
and on that final day of days,
his voice shall bid me rise again:
unending joy, unceasing praise!

This hope I cherish in my heart:
to stand on earth, my flesh restored,
and, not a stranger but a friend,
behold my Savior and my Lord.

Next Months Topic

Our topic for the month of December will be:
“Advent Preparations - How can we inwardly prepare ourselves for the coming of our Lord?”- guest speaker
Bishop Emeritus McCormack

Please Note

- November 21st 2014: Craft Group Meeting – “Christmas Crafts for the Family” at 7pm in the church hall with music and cookies

For more information contact the Cathedral Office or Maggie at Mom2Mom@kaska.net

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