

June-July-Aug 2011

St. Anne's Circular

St. Edward the Confessor, Moms Group

Summer Park Days!

Looking to get out of the house with the kids?

Join other SAC moms at Sea Canyon Park and let your kids play without messing up the house!

WHEN: Tuesdays 2:30 - 4:30pm.

WHERE: Sea Canyon Park

located behind Dana Hills High school. Take Acapulco Dr., Left Caracas, Right Santiago.

Bring your snacks, coffee or water and join us at the grass area facing the play area.

Look for the SAC Banner.

We will begin Tuesday June 14th

Join our yahoogroup for park days updates and to know who's coming

sacparkdays@yahoo.com

In the event of poor weather we will not meet.

Questions?

Contact Ale Baker 949 690 7315
or Charis Williams 949 481 6194

Hope you can join us!

Attn Committee Members,
This Year's & Next!!
IT'S TIME TO PASS THE
TORCH!

Letter from the President

Hello SAC Friends,

This year, it has been great to be co-president and new member contact. In my role as new member contact, I have been fortunate to email and chat with many of our new members. It is wonderful to hear about all the new little ones in our midst. I hope to get to know you even better. As co-president, I have enjoyed so many aspects of our group this year. I have used Susan Peterson's "Fun and Education Places to go with Kids in Southern California" quite a few times, made many recipes from the cooking with Trader Joe's cookbooks, and enjoyed all our programs. Stephanie and AJ did such a great job letting the moms in our parish know about these events and I know many moms got a lot out of the topics from Red Hot Monogamy to Dr. Ann Corwin's parenting advice.

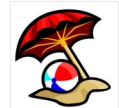
I had so much fun at our mom's and couple's night out events as well as our family activities – the Halloween party, caroling and the Easter egg hunt. Our charity events this year were also wonderful; from making the bags to give out to the homeless to gleaning and valentine's with seniors – it was great to have opportunities to help others. It was also great to serve our own parish soup during Lent. Our sunshine committee is always a joyful ministry and together we welcomed 7 babies with meals for their families. Of course our monthly newsletter is fantastic and helps keep us connected. I hope you have enjoyed them each month as much as I have. Jill's spirituality topics this year have really been a blessing for me – so many of her recommendations from taking kids to mass to book ideas have really been great. Rosary on the bluff is one of the opportunities for prayer that I look forward to and enjoyed in May with several of you.

Of course our children's programs, membership and hospitality volunteers have made our program meetings go smoothly for us and our children with tasty food for all! And of course, our vice president and treasurer help everything to stay organized and on budget – two very important tasks. Sheila opened her home every month for our committee meetings (even when they ran late with wine, snacking and chit chat!) and we had a lot of fun while getting things done.

We have had such a wonderful year and it would not have been possible without the fabulous women who shared their time with us. Thank you so much to our committee members this year, Kumari, Rosalinda, Stephanie, Christina Schreiber, Lisa, AJ, Debbie, Ale, Tara, Evonne, Laura, Kathleen, Anne, Kimberley, Christina Heal, Jill, Pam, Karrie, and Gwen. Your efforts made the president role much easier for Sheila and me.

Thank you for allowing me to serve you this year. Have a wonderful summer!

Charis



Join us **Thursday, June 16th at 7:00 PM**. Come have dinner and celebrate all of your hard work this year, or learn about your new position for next year. Free food and lots of fun! Thank you for a great year!!!! Look for an invite soon with the location. Current Committee members, please bring your red folders and/or any information you think will be useful to next year's committee member.



Mom's Favorites...

Dinner & Movie at Aliso Viejo, Town Center?

Try **Native Foods** for a casual meal. It's not your average Vegan restaurant. Nachos, Sweet Potato Taquitos and dairy free cheesecake are for the pickin'.

Looking for a one of a kind gift, car seat cover, personalized stationary or home decor?

etsy.com is where it's at! A site where people buy/sell handmade goods. I can't say enough about it. Check it out & see for yourself!

Check this out....

Touchybooks.com— A five star free bookstore app for kids that is interactive, fun & educational for iPhone and iPad!

Inexpensive, healthy & fun summertime treats



Make homemade **popsicles** using that over ripe fruit you have, add in good stuff like protein powder, ground flax seed, fruit juice or make it a creamy-sicle and use milk.

Keep up with local events this summer by checking:

www.orangecounty.net/html/



For Sale

Girl's Purple Princess Bike

Featuring Cinderella, Jasmine, and Ariel
Good condition and a good bike to learn to ride
16" wheels – suggest ages 4 – 7
\$45.

Plastic Pink & Purple Girl's Playhouse

4' x 4' Little Kitchen, table and 2 chairs
Suggest ages 3 – 6
\$45.

Call to see/get more info **Kathryn 369-1517**



Overview for the Month

The month of June is dedicated to **The Sacred Heart of Jesus**. The entire month falls within the liturgical season of **Ordinary Time**, which is represented by the liturgical color green. This symbol of hope is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. It is used in the offices and Masses of Ordinary Time. The last portion of the liturgical year represents the time of our pilgrimage to heaven during which we hope for reward.

Not just another Mom's Night Out

Thanks to Christina Heal and goldstar.com we enjoyed a fun, dancing in the aisles evening as we watched Girls Night: The Musical at The Laguna Playhouse in May.

Parish Ministry Fair

June 5th, 2011

Following 7:30a.m.,9:00a.m.,11:00a.m.,12:30p.m. Mass Services.

On the Bluff.



A time to gather as community,

A time to learn about our Parish Ministries,

A time to enjoy the weather & admire the view!

Refreshments will be provided by our Hospitality Committee.

Join us!

Managed by the Welcoming Committee. Want to help? Contact Charis at cnarkun@yahoo.com if you can help at the SAC table.

To all the Ladies:

Thank you for your newsletter contributions this year. It's been a pleasure to be your local "Town Crier". You allowed me to learn more about our SAC members, our children and interesting Catholic information that I may have never come across. I hope I was able to provide some new, fun and informative news to each one of you.

Thank you for letting me be of service.

Have a beautiful, safe and spiritual summer.

Kimberley Kenney



Mom's Favorites...

Need a dentist?

See **Dr. Tessier!** His hygienist is great with children and they do laser dentistry, which helps eliminate drilling and anesthesia. He is in Rancho Santa Margarita but the trip is worth it!

Want to serve something fun & different at your next BBQ?

Make **Watermelon Granita Stuffed Limes** (you don't have to stuff the lime if you don't want too!). See web for full recipe.

<http://www.foodnetwork.com/recipes/gale-gand/watermelon-granita-stuffed-limes-recipe/index.html>

Non Toxic cleaner for your kitchen and eating surfaces

Try vinegar & water (1:3 ratio) in a spray bottle. Works like glass cleaner but safe for those granite counters, highchair trays, stainless steel appliances, glass and more... plus it's cost effective & safe if your kiddos get in their hands!



Kids Eat Free

M—TH: Round Table Pizza— All you can eat pizza & salad \$3.99 Adults & Kids, San Clemente

T: Ruby's Diner kids eat free after 4 PM, San Juan Capistrano

W: Avila's El Ranchito kids eat free, San Clemente

TH: Hennessy's kids eat free with an adult entrée all day, Dana Pt

Foolproof Beef Burgers

- Ground beef CHUCK (not ground beef)
- Shallow wells in the top of each patty (to prevent over plumping)
- Season with salt & pepper
- Grill 4-5 minutes each side on a med -high grill



BFF

By Jacy Bowers

While giving my kindergartner a bath one night, I decided to ask her about her friends at school. Since she was comfortable, relaxed, and had my full attention, I hoped she might be more forthcoming than usual about how things were going with her little girlfriends.

In the past couple of months, we've talked about her friends playing or not playing with her. I was amazed to hear how the little girl problems start so young. Best friends made and broken in a day's time, cliques, and the pressure to be a certain way – all existed already for my 6-year-old.

"I started explaining how Jesus would never leave her or be mean to her."

That night in the bath, I listened as she expressed her sadness over not having a best friend and the various reasons other girls had turned her down for such a role. I sat quietly for a minute, wondering how to make her feel better. I thought of all the times I'd been hurt by friends myself, wishing I could protect her from all the meanness in the world. Instead, I started explaining how Jesus would never leave her or be mean to her. That he is there in the space left empty from others' harsh words, insensitivity, or betrayal. I will never be able to fully protect her from the hurts of this world, but as she nodded and smiled at me, I realized I had at least armed her with the assurance that she'll never face them alone.

Dear God, thank you for being the best friend that never lets us down. Help me teach my children this truth so they will want you as their best friend too.

The Chief Commandments or Laws, of the Church

- I. To assist at Mass on all Sundays and holy days of obligation.
- II. To fast and abstain on the days appointed.
- III. To confess our sins at least once a year.
- IV. To receive Holy Communion during the Easter time.
- V. To contribute to the support of the Church.
- VI. To observe the laws of the Church concerning marriage.



Mom's Favorites...

Craving healthy Mexican food?

La Sirena is healthy Mexican in Laguna, across from Montage and Lang Park

Is there a Doctor or Optometrist in the house?

Try **Dr. Sears Pediatrics** in Capistrano Beach & Optometrist **Dr. Robyn Rakov** Laguna Hills— see their websites for more info.

Summer Movies for \$1

Regal Cinemas announced their Summer Express lineup. Every Tues. & Wed. they show movies for \$1.

<http://www.regmovies.com/summermovieexpress/default.aspx>

Don't forget your local Library & Vacation Bible School

Checkout the Library summer reading-log program for kids & **San Juan Capistrano Community Presbyterian VBS** and summer preschool.

Love going to the Theater or Sporting Events?

Checkout **Goldstar.com** for discount tickets— 50% off!

As seen on TV!

Checkout this site for Positive parenting Tips. Seen in the NY Times, Today Show, Martha Stewart, etc.

Yum! Yum! Yum!



Prayers for Children and Families

At the Dinner Table

Come Lord, Jesus

Be our guest,

Let this food to us be blessed.

Amen.

*

To the tune of "Where Is Thumbkin?"

God our Father, God our Father,

We thank you, we thank you,

For our many blessings, for our many blessings,

Amen, Amen.

*

To the tune of "Twinkle, Twinkle Little Star"

Thank you for the food we eat,

Thank you for the world so sweet,

Thank you for the birds that sing,

Thank you God for everything



Rules of Love

- » Spend daily quality time
- » Eat a meal together
- » Get to know in-laws
- » Say, "I love you." "I am sorry."
- » Cleanse your life of that which hurts or offends the other
- » Share interests
- » Share future plans

Excerpted from Archbishop Thomas M. Dolan

Car Games



Virtual Hide and Seek

Pick a place inside your house to hide, and imagine you are there. You can be any size, so you can hide in the silverware drawer, inside the toilet, in the dryer, wherever you can imagine! The others ask yes/no questions only, ie "are you in the kitchen" until they narrow it down to the room, area and then....find you! Kids love this game because it's so fun to hide in places you'd not really fit into. You may have to clarify no hiding between walls and in plumbing!

<http://www.momsminivan.com/bigkids.html>

Summer dessert recipe from The Barefoot Contessa, Ina Garten.

It is perfect for the summer when stone fruit (plums, peaches, apricots) come into season. The recipe calls for plums but you can substitute any stone fruit and even strawberries. It is so popular in our family that as soon as Memorial Day Weekend rolls around everyone requests it at family gatherings. - Pam Tupy

Plum Tart

Ingredients:

- 2 cups all-purpose flour
- 3/4 cup finely chopped walnuts
- 3/4 cup light brown sugar, lightly packed
- 12 tablespoons cold unsalted butter (1 1/2 sticks), diced
- 1 egg yolk
- 2 pounds firm, ripe Italian prune plums, pitted and quartered lengthwise



Directions:

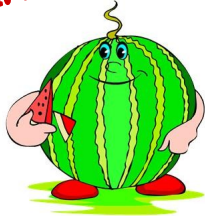
Preheat the oven to 400 degrees F.

Combine the flour, walnuts, and sugar in a large bowl. Add the butter and the egg yolk. Mix, either by hand or with an electric mixer, until crumbly.

Press 1 1/2 cups of the crumb mixture in an even layer into the bottom of a 9 1/2-inch spring form or tart pan. Arrange the plums in the pan, skin side down, to form a flower pattern; begin at the outside and work your way in.

Sprinkle the rest of the crumb mixture evenly over the plums. Bake the tart for 40 to 50 minutes, or until it's lightly browned and the plum juices are bubbling. Remove from the oven and cool for 10 minutes. Remove from the pan and transfer the tart to a flat plate. Serve warm or at room temperature.

But wait... there's more!



Mom's Favorites...



It's not just any ole Mom Book.

I LOVE-LOVE-LOVE this idea....I saw this article in the May issue of Real Simple Magazine. If you have a chance read it! You can make this book a tradition in your family for Mom, Dad, Grandma or anyone who has a special child/children in their life.

<http://www.realsimple.com/work-life/family/kids-parenting/homemade-gifts-for-mom-0000000057435/index.html>

More local Vacation Bible School

St. Edward VBS— www.stedward.com/school/index.html

Mission VBS is the first week of August, more details see: <http://www.missionparish.org/>



Unwholesome Talk

By Alex Kuykendall



Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. - Ephesians 4:29

I sat in a basement playroom in a circle of women, watching our new crawlers scoot about in the center. This group of moms and babies had all been part of a hospital class, and at our "graduation" we decided to continue meeting weekly, rotating houses. Every week I returned, hoping to discover genuine friendships. I'd left behind my closest friends in my cross-country move.

The mom chatter was going when I made a side comment about my husband and his cluelessness in all things mothering. Everyone laughed. Liking the sudden attention, I continued, thinking more about the affirmation I was feeling than the direction of the conversation. The laughs kept coming, further spurring my joke telling. It felt good to laugh, to have fun. I'd been so lonely the past few months that I relished any moment that felt like a connection.

"I resolved to go into the group the next week with a different attitude."

Later, as I buckled Gabi into her car seat, I started replaying my comments in my head. They had been made in fun, but I started hearing them through the ears of people who didn't know Derek. Would I have used the same words if he'd been in the room? How would my husband have interpreted what I said? I didn't like the answers.

Driving away, I resolved to go into the group the next week with a different attitude. I would set a new tone to the conversation, one of gratitude - especially to my husband who is doing his best at parenthood.

Lord, may my conversations honor others, especially my husband.

Devotional by Alexandra Kuykendall originally appeared in Daily Guideposts: Your First Year of Motherhood and is reprinted with permission from Guideposts Books and Inspirational Media, Guideposts.org.

Need a quick snack, dessert in a pinch and determined NOT to leave the house and run to the store in search of a solution? Seriously, even if you NEVER cook or bake, anyone can do this successfully--- which also means it is a great recipe for kids to help with! - Stephanie Matthews

Cinnamon Sticks (aka Churros)

Ingredients

- 1/4 cup sugar
- 1 tablespoon ground cinnamon
- 1 sheet defrosted puff pastry dough
- Dulce de leche, for dipping



Directions

Preheat your oven to 375 degrees F.

Line a baking sheet with parchment paper and set aside. Mix the sugar with the cinnamon in a small bowl and set aside.

Sprinkle some cinnamon sugar on your work surface and place the puff pastry in an even, single layer on top.

Brush the pastry lightly with water and sprinkle generously with cinnamon sugar. Flip the pastry over and repeat on the second side. Cut the pastry into 1/2 to 3/4-inch wide strips. Place them on the prepared baking sheet, twisting the ends of each strip so it looks like a corkscrew. Bake until they're puffed and golden brown, 20 minutes and set aside to cool completely.

Serve with dulce de leche dipping sauce.

Here's another for a savory cheese version of the same puff pastry sticks:

<http://www.foodnetwork.com/recipes/paula-deen/parmesan-puff-pastry-recipe/index.html>

And more & more...



Fun events at the SC Library

STORYTIME

Tuesdays at 9:30 am in the Library
(All ages welcome! No sign-ups required.)

SUNSHINE READERS

Join us for an hour of fun and stories told by the dynamic and entertaining Sunshine Readers!

JULY 5, 12, 19 & 26
AUGUST 2 & 9

Generously provided by National Charity League, Laguna Chapter



One World, Many Stories @ San Clemente Public Library Summer Reading Program July 1st to July 31st



ENTERTAINMENT EVENTS

Thursdays at 10:30 am in the Community Center

- July 7th CRAIG NEWTON** (musician): Stories in song from throughout the world.
- July 14th WILDLIFE COMPANY** (Jessica Leigh, animal expert): Exciting and educational animals from seven continents.
- July 21st RICHARD WOLOSKI** (puppeteer): "The Wrong Way Home" one world, many stories.
- July 28th ALLEN OSHIRO** (magician): A well polished act with live rabbit and doves. Lots of audience participation.
- Aug 4th WILD WONDERS** (Jackie Navarro, animal expert): Journey around the world to meet fascinating wild life.
- Aug 11th ANIMAL MAGIC** (John Abrams, magician): Comedy, magic and live exotic pets with lots of audience participation.

Programs provided by San Clemente Friends of the Library & Jr. Women's Club of San Clemente

Welcome to SAC

ALL ABOUT YOU!

Name: Michelle Merkel

Address: _____

Phone: _____ Cell: 972714821

Email: mamerkel@aol.com

Birthday (MM/DD): _____

Present job/employer: Stay at home mom

Past job/employer: Teacher

Interest/Hobbies: Sports, beach, ocean activities, traveling etc

What do you listen to in the car? country songs these days

Who is your role model/inspiration? too many to begin

What lesson do you most hope to teach your children? faith, honesty, & a lifelong desire to learn & be active

What do you treat yourself to when you have the opportunity? a massage

Most memorable family activity from summer: lots of beach time, trip to SD, and moving

What is your dream vacation? Italy

YOUR FAVORITES

Day of the Week: the weekend - our family time

Part of Motherhood: the smiles, hugs, and watching her learn & grow everyday

Season: summer

Website: _____

Scent: ocean

YOUR GUY

Husband's name: David

His job/employer: Finance

What did you do on your first date? _____

Year and place married: 2003 - San Diego CA

Favorite Sport/Activity: Football, tennis, skiing, golf

Favorite TV Show: _____

His Hobbies/Interests: see above

YOUR KIDS

Name	Birthdate	Nick name	Favorite Toy/Book/Activity	Favorite Food
1 Kaitlyn	09/03/2009		Charges all the time	
2				
3				
4				

Recent funny kid's moment: when she told our doggy "Bad Bad Bad!!!" after she showed some of her food in the dog's mouth.

