



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Beginning in February
 Women's Bible Studies
 Tuesdays 9-11 a.m. & 6-8 p.m.
 & Thursdays 9-11 a.m.
 Sign up at The Hub



February Birthdays

Kathleen Cardona- Feb. 19th

Jesse Welch- Feb. 12th

Happenings Around Cornerstone Age Group 18-24—

Sunday nights @ 6 p.m. meet at the church for free dinner, discussion, and fellowship.
Thursday nights meet at the Meuth's house for games and a movie.

More info:

john@cornerstoneshiloh.org

Highschool Age Group—

Sunday mornings @ 11 a.m. Bible Study at the church
Wednesday nights @ 6:30 p.m. worship service at the church
Feb 5th Super Bowl Party

More info:

jeff@cornerstoneshiloh.org

Please read the chapters in the book for each meeting listed....lies we tell ourselves...

- ☐ February 2 – Speaker from Zion Luth. Church –
 Topic: Early Childhood Parenting Discipline with Love and Logic
 Chapter 14 – I Will Never Be Enough
- ☐ February 16 – Next MOPS Mall
 Chapter 15 – I Can Love People...Convenience
- ☐ February 23 – Steering Meeting
- ☐ March 1 – Spa Night!
 Chapter 16 – I am in Control of My Destiny

You Know You're a Mom When:

You know you're a mom if you never call a pacifier "a pacifier."

You know you're a mom if you find yourself singing Old MacDonald in the car...alone!

You know you're a mom if everything you ever need is on the floor of your car.

You know you're a mom if you think singing 'Rudolph the Rednosed Reindeer' at bedtime every night year-round is completely rational ... because it works!

You know you're a mom if you have ever held out your hands to catch vomit.

You know you're a mom if upon noticing a stain or wet patch on your clothing you no longer ask "hmm, what is that?"

You know you're a mom ifyou show up at church with your very cutely dressed family and you're still wearing your slippers.

You know you're a mom if you find yourself locked in the bathroom with a piece chocolate cake telling your kids "mommy just needs a minute"

You know you're a mom when your child has more clothing than you do, and you are proud of that!

You know you're a mom if the news of any child in pain brings you to tears.

*Evening, morning, and noon
I cry out in distress,
And he hears my voice.
Psalm 55:17*

Learn How to Have a Fair Fight

Conflict is a normal part of close relationships. Simply put, a conflict is a difference in opinion. Strong families are not those which never experience conflict, but those which successfully manage conflict when it does arise. One constructive approach to dealing with conflict is to agree to disagree *fairly*. **The rules of fair fighting:**

Identify the issue. This is difficult because most conflicts involve more than a single issue. Participants may differ as to what the central issue is. Little progress can be made until each person involved knows how the others define the conflict. Where there are multiple issues, agree on which one to tackle first, then try to understand how they are all interrelated.

Stick to the issue. Don't let related points sidetrack or diffuse the major issue.

Don't bring up the past. It's tempting to dredge up past hurts and complaints. Deal with each conflict as it arises so you don't have to fight - or re-fight - old complaints.

Don't hit below the belt. Verbal attacks on areas of personal sensitivity are prohibited. For example, a reference to weight or a reference to stinginess may be a hit below the belt. Call the foul aloud and move on to the real issue.

Take the other seriously. Ridiculing or laughing at the other person during a fight is inappropriate.

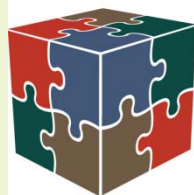
Express anger non-abusively. Physical abuse is never the way to deal with anger. Remember that anger is a personal choice and cannot be blamed on anyone or anything.

Don't play games. Don't be a martyr, feign weakness or neediness to get others to do it your way.

For more tips on fighting fairly, check out the book [The Family: A Christian Perspective on the Contemporary Home](#) by Jack O. Balswick and Judith K. Balswick

Complete Dinner Made Easy Menu: Baked Chicken Breasts, Roasted Red Potatoes, Salad

1. **Spray baking dish with non-stick spray. Place chicken breasts in pan. Brush with olive oil and sprinkle with favorite herbs (use an herb blend, or use basil, salt, and pepper). Bake at 425 for 20-25 minutes.**
2. **Scrub potatoes and cut into quarter-size pieces. In bowl, combine 1 Tbsp olive oil, 1 Tbsp melted butter, 1 tsp garlic powder, 1 tsp parsley, ½ tsp salt, ½ tsp paprika. (If measuring ingredients is too much work for you, just eyeball the amounts). Toss with potatoes.**
3. **Place potatoes in microwave and oven-safe dish. Microwave on high, stirring occasionally until potatoes are tender. Then, bake until golden, about 6 minutes.**
4. **Salad—raid your vegetable drawer and quickly chop whatever you can find and throw together. To keep it exciting, splurge on a “fancy” dressing in the produce department of your grocery store.**
5. **For an even more well-rounded meal, add another vegetable or add a “dessert” of fruit salad (raid your fruit bowl) and a dollop of yogurt or whipped cream.**
6. **Enjoy your easy, home-made meal.**



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