



St. Martin of Tours Mom's Group

January – March 2009

Welcome

As mothers, we accept a sacred mission of nurturing, guiding and caring for the children of our community. Mothers can be an invaluable source of support to each other during pregnancy, in the weeks and months after childbirth, and throughout early childhood and adolescence.

The St. Martin of Tours Moms Group aims to be a source of support and nurturing for the women of our parish who serve as mothers, wives, sisters and daughters. We aim to provide opportunities for spiritual reflection and community building for mothers with all different ages of children.

We invite you to join the St. Martin of Tours Moms Group and find friendship, support and social opportunities. We hope to see you soon!

Sonya Arriola, 2008-2009 Chair
415-516-2272 (cell)

To Join the Moms Group

To find out about Moms Group events, contact Sonya Arriola at sonyacotero@yahoo.com to be added to our email list.

We welcome mothers of children of all ages, as well as expectant mothers.

Strollers and Coffee



Join us for a brisk walk and coffee! We **meet at 10 AM at Campbell Park** (E. Campbell Ave and Gilman) for walking and then end up at Orchard Valley Coffee (349 E Campbell Ave at Central) for coffee and conversation. Bring your babies and your walking shoes!

- * Thursday January 22
- * Tuesday February 24
- * Thursday March 19

In the event of bad weather, we will meet at the Valley Fair play structure and walk inside.

Upcoming Events

January 27 - SMT School Open House

All classes, K-8, will be open from 8:30-11:30 a.m. followed by a Kindergarten Information Meetings at 9:00 and 11:00 a.m.



New Arrivals

Congratulations to the newest members of our parish!

Heidi Druist welcomed her twins on October 10, 2008. Elizabeth Claire Druist: born 4:46 PM 5lbs, 18" long. Stephen Patrick Druist: born 4:49 PM 5lbs, 8 oz, 18.25" long.

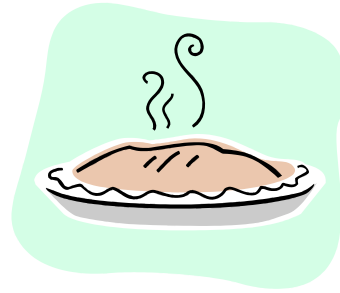
Tracy Hughes had her son on August 1 - Nicholas Harrison weighed 8 lbs, 9 oz and was born at 10:52pm. He was 19 3/4 inches long.

Lucas Jude Arriola was born on August 6 and was 7 lbs 10 oz, 21 inches and born at 11:15 PM.

Please contact us if you are or know someone who is expecting. SMT Moms are here to offer our support!



Chicken Pot Pie Recipe



Ingredients

- 2 -3 chicken breasts, boiled and chopped
- 1/2 medium onion, diced
- 1 clove garlic, diced
- 16 oz. bag frozen peas and carrots
- 1 can Cream of Mushroom soup
- 1/2 cup milk
- 1 tsp. salt
- 1/2 tsp black pepper
- 2 pie crusts

Directions

Heat oven to 375°.

In saute pan, sauté onion and garlic in olive oil until soft.

In large bowl, combine cooked chopped chicken, vegetables, cooked onions and garlic, soup and milk. Add salt and pepper. Mix well.

Transfer mixture into pie shell. Cover with other pie crust. Poke holes in top crust for venting.

Bake at 375° for 35 – 40 minutes.