



MARCH NEWSLETTER

2022 VOLUME 4

WHAT'S INSIDE

Message from Co-Executive
Director
Winter Activity
Spring Craft
Healthy Cookie Recipe
Our Newest Community
Partner



May your troubles be less and your
blessings be more,
And nothing but happiness come
through your door.



Message from NL P-CMGP, Inc
Co-Executive Director , Chantal Rodgers

Spring is almost here with the long cold winter nearly past!
As we feel the sun grow warmer with each new day, we are hopeful.

Hopeful for better weather, beautiful flowers, and walks in the woods. Hopeful that we are at the end of the CoVid-19 pandemic and that our lives will begin to feel a little more normal.

Spring of 2022 is about new beginnings. It's been a long road for all of us dealing with everything CoVid-19 has thrown our way. But we are now at a point where things look a little brighter in our small part of the world. While we have all managed to stay connected through Parent-Child Mother Goose, singing and bouncing our way through rhymes, songs and stories, we are now closer than ever to experiencing our wonderful program in person again! We are so looking forward to seeing all our families, and all those beautiful and curious little faces. And of course, we are looking forward to sharing a cup of tea and a snack!

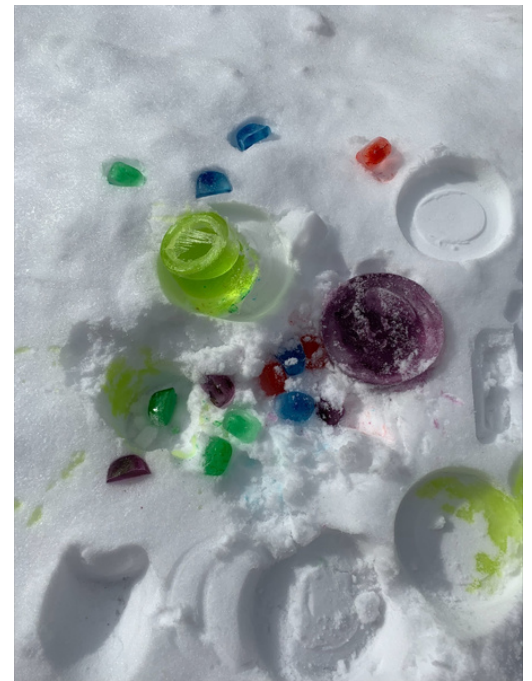
Enjoy the last remnants of winter (with any luck) and look ahead to the spring and summer that is awaiting us all!

And remember, "The promise of spring's arrival is enough to get anyone through the bitter winter." Jen Selinsky

**May the hinges of our friendship
never grow rusty!**

Winter Craft

Even though we are looking forward to Spring, Winter is not over. Here is a simple activity that you can enjoy outside, especially when the days are cold.



Fill ice cube trays and various shaped containers with water; add food coloring; freeze; take them outside and throw them in the snow; see if your children can find these beautiful colored jewels!!

May the wind be always at your back!

Coffee Filter Butterflies



What you will need:

plate, coffee filter, clothespin, food colouring, pipe cleaner

What to do:

Drop food coloring on a plate; add coffee filter; watch the filter absorb the colors; let it dry; bunch the filter together with clothes pin; add pipe cleaner; and...VIOLA!

**May you live as long as you want,
and never want as long as you live.**



Healthy Oatmeal Cookies



INGREDIENTS

- 1 cup quick oats
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 cup grated carrot (about 1 large)
- 1/2 cup grated apple (about 1 medium)
- 1 cup raisins
- 1/2 cup sunflower seeds, chopped walnuts, or chopped pecans (optional)
- 1/2 cup coconut oil (melted and slightly cooled)
- 1/3 cup honey (or maple syrup)

Mix all ingredients together in a bowl. Spoon out 1 tablespoon of dough on greased cookie sheet. Bake for 18-20 minute at 375F.

MMMMMM...Delicious!!

Good humour comes from the kitchen.

Cornerstone Ministry Centre



Cornerstone Ministry Centre is a community church located in the heart of St. John's and they are determined to bring the message of hope to the downtown area.

Cornerstone conducts its own community outreach through their Coffee House, Supper Bowl and Prison ministries, and they also provide a home base for three non-church, community-oriented organizations. These community programs include Strong Harbour Strings, Circus Arts and Narcotics Anonymous. In order to truly help a community, you have to help all of its parts. They are one of our newest partners providing us with space to run the Parent-Child Mother Goose Programs®.

Website: <https://www.cornerstoneministrycentre.ca>
Facebook: Cornerstone Ministry Centre