



Our theme for 2009-2010 is *Together on Planet Mom*. The MOPS Experience equips women for the joys and challenges of their lives as moms. One key factor in the MOPS experience is the relationships built within a group. Time and time again, MOPS moms share that the friends they make in MOPS are significant for this season of their life and on into their future. God created us for relationship! It's one of the defining parts of being human.

However, when you become a mom, all your relationships change. It's like you have landed on a different planet—*Planet Mom*—and the relationships on Planet Mom don't look like the ones on your previous planet. Your relationship with yourself is different—you are a mom! Your relationship with your husband, girlfriends, extended family, community and God have all changed. Many of these changes are positive, some are not. Even positive change requires adjustments on your part. During the 2009-10 MOPS year, we will explore how to thrive in relationships *Together on Planet Mom*.

The theme verse for *Together on Planet Mom* is **Matthew 18:20: "Where two or three come together in my name, there I am with them."**

This verse says that Jesus is with us when we are gathered in His name! He is in the room with us! This year's theme is based on relationships we have as mothers—many are new to us. We will look at how we were designed to be in relationships, how to thrive in relationships, and how we need relationships.

**For More Information...**

Contact: MOPS Coordinators,  
Erin Hildreth (815) 543-6543  
erinhildreth75@msn.com

or

Tammy Anderson (815) 980-8202  
tammyianderson@yahoo.com

First Free MOPS Web site:  
[www.firstfreewomen.org](http://www.firstfreewomen.org) (click "MOPS")

MOPS International Web site: [www.MOPS.org](http://www.MOPS.org)

First Evangelical Free Church  
Women's Ministries



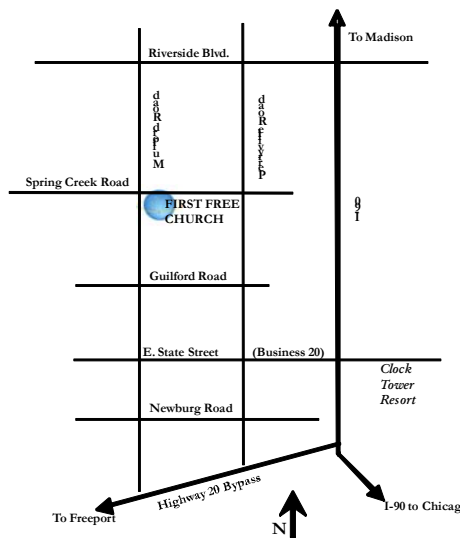
Better Moms Make A Better World



**Map and Directions to First Evangelical Free**

2223 N. Mulford Road, Rockford, IL

First Free is located on the southeast corner of Spring Creek and Mulford Roads. MOPS moms should park in the lot by Entrance B on the Mulford Road side to easily access our childcare program.



MOPS International exists to encourage, equip, and develop every mother of preschoolers to realize her potential as a woman, mother, and a leader in the name of Jesus Christ.

*First Evangelical Free Church Mission:*

*To bring people into a life-changing and growing relationship with Jesus Christ as Savior and Lord.*

## MOPS @ First Evangelical Free Church

*Is MOPS for Me?* Mother of Preschoolers (MOPS) is for all mothers of all walks of life who have children ages birth through kindergarten (if you are pregnant with your first child or are in the process of adopting, you are welcome, too!). You do not have to be a “church-goer” or a specific denomination to join. MOPS meets together in Fellowship Hall of First Evangelical Free Church every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month (September through May) from 9:00 – 11:15 a.m. MOPS is a place where moms can go to be encouraged and supported by other moms in the same season of life, make friends, express your creative talents and abilities, and grow as a woman and a mom.

Register online at  
[www.firstfreewomen.org](http://www.firstfreewomen.org)  
Click on the MOPS Link!

### Session Explanation and Fees

*Note: Advanced Registration and Payment for Meeting Childcare Fees are Required*

Session Fees Table:

Required Fees	Session 1 (September 09–January 2010)	Session 2 (February 2010–May 2010)
MOPS Mom Fee:	9 meetings @ \$4.00 per meeting	7 meetings @ \$4.00 per meeting
MOPPETS Childcare Fee:	9 meetings @ \$3.00 per child per meeting	7 meetings @ \$3.00 per child per meeting
MOPS Int'l Registration Fee:	Annual \$23.95 fee to register with MOPS International	

If you are registered for a given session, all fees are due in full regardless if you do not attend all the meetings.

Fees are non-refundable and must be paid in full by designated deadlines.



### Additional Information

**MOPPETS Childcare:** Registration in our MOPPETS childcare program is available on a first-come, first-serve basis. If we reach room capacity in each room, we will start a waiting list. It is never our intention to close a room; however, in some cases, it is necessary for the safety of our children.

**Scholarships and Payment Plans** are available on limited basis to assist with the fees and are based on need. Recipients of scholarships must be willing to serve in an area of MOPS. Please contact this year's coordinators Erin Hildreth (815) 543-6543 or Tammy Anderson (815) 980-8202 for information on scholarships and/or payment plans.

**Summer Play Dates!** Take a break with us at our Summer Play Dates. Pack a lunch, some sand toys, and sunscreen and drop by various local parks with your kids at 10:00 a.m. to play and hang out with fellow moms. We meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month at the following parks:



June: Aberdeen Park, Belvidere | July: Price Park at Silo Ridge subdivision off Mitchell Rd, Roscoe | August: Alpine Park, Rockford. Mark your calendars and see you there!