

FIRST EVANGELICAL
FREE CHURCH

2008-2009
MOPS
STEERING
TEAM

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REMINDERS:

Please turn your cell phone ringer off or on vibrate. If you have to answer a call please exit

Babies 3 months and younger are welcome during the meeting. Older children should be in

The food drop doors will be open again this session. Look for the "D" marked

Services at First Free:
Saturday: "Alternative"
Borderlands @ 5pm
Sundays: Traditional
@8:30am and Contemporary
@10:15am

Dear God,
Instill within my child a creativity and vitality for life that can only come from a relationship with you..

Join The Adventure!

VOLUME I ISSUE I

TUESDAY, SEPT. 9, 2008



ADVENTURES IN MOTHERING

"... how wide and long and high and deep is the love of Christ..." EPH 3:18

Welcome to the Adventures in Mothering MOPS year! I can't believe it's already here, but I am so glad it is. I hope you all had a wonderful summer and are happy to be here as I am. This summer our family had quite an adventure of our own. We Purchased a Sea-doo or Wave runner. We took it to various lakes and yes we even took it out on the Rock River. At first I was a little hesitant to go super fast or even try any daring tricks or sharp turns on it. I would just keep going straight pretty much. However after my fourth or fifth time I became a little more brave each time. I would be kid-free of course and then I would make a sharp turn to the left, or right, and marvel at the water spray that I left in my trail. I was going so fast one time that I thought my elbows would cave in and I would lose control. I do enjoy cruising though, where fear is kept at a minimal; as well as enjoying the scenery. My experience on the sea-doo this summer reminds me of this years theme, Adventures in Mothering, since so

Moppets Information

If you have a child 0-18 months we ask you to bring a box or refill of wipes for their classroom. If your child is 18months—5 years please bring a bulk snack item (ie. a big box of goldfish or bag of animal crackers). Please NO individual packages for snacks. All nametags will continue to be kept outside your child's room until the new system is put in place. We all know we are in the midst of flu season. To keep all of our children healthy, I cannot stress how important how

often the first trip home from the hospital is much like I was on the sea-doo at first, hesitant and extremely cautious. I remember it like it was yesterday, driving home with Paige, my oldest child who is now nine; we were so nervous to drive on the six lane freeway with her in San Diego. We drove like 40mph in a 65mph area. I remember bundling her all up and covering her with like 3 blankets, you know how brutal those California winters can be? Another adventure began as I went back to work when she was only six months old, and how I cried. As I think back at when my second child, Noah was born who is now five; I was worried about Paige adjusting to Noah and worried that Paige would get jealous. I have had my share of sleepless nights and days where I have felt like pulling out my hair; days where I ask myself, "Why did I choose to be a mother anyway?" I wish that I would have received a Mothers Manual to get me started and carry

important this is, we ask you to please wash your child's hands with soap and water before entering their room. All children and staff are asked to refrain from attending when ill. Children should not be admitted into class with any of the following symptoms and/or illness; fever or vomiting in the last 24 hours, impetigo, runny nose (unclear), rashes, skin infection-boils, ringworm, measles, mumps, conjunctivitis, diarrhea, coughing/croup, head lice ,including

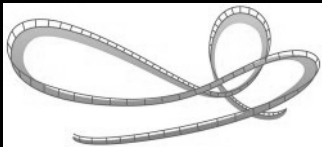
me through. I can remember thinking before kids that life would be just the same as always, I would just have kids. WOW was I wrong! You can never plan for the stomach flu, or the nightmares that can come at any given moment... you never know that joy of being a mother until you hold your own baby for the first time. It is truly an adventure that requires a lot of faith and perseverance and love. Although I don't need much perseverance on the sea-doo I do need it to be a good mom. We are on a ride of a life time as moms, and I love that we don't have to go it alone. I love to ride alone on the sea-doo, because then I have complete control. I wonder how many of us as moms try mothering that way? That is why MOPS is so great we don't have to do this alone, we can be surrounded with other moms that are right where were at. We can learn to let our theme verse this year also help us with our Adventure in our mothering, it says, "...how wide and long and high and deep is the love of Christ..." Eph. 3:18. My faith and hope in God, along with his love, have definitely helped me so far in my adventure as a mom.

the presence of eggs or nits. Remember to label all diapers, bags and sippy cups or bottles. If you ever have any questions or concerns., please see one of your steering team members or Teresa Hubbard. FYI - we have a pager system. If you'd like to use it is located in the baby room. Just leave your keys. If you are needed the childcare workers will page you!



Visit our web site at
www.firstfreewomen.org

“...how wide
 and long and
 high and
 deep is the
 love of
 Christ...”
 Eph. 3:18



Upcoming Meeting Info

School Panel

Are you wondering where you should send your child to school currently or in the near future? Home school? Private? Public? Well we have the meeting for you.... On September 23 we will have three Moms that will answer some questions that you may have in regards to schooling for your child or children. Please be thinking about the questions that you may have so that this meeting will be most beneficial for you!

Sell Stuff? Need Stuff?

If you need to get rid of something that you no longer need just let us know we can help you do just that through our classified ads in our Newsletter. Let Jax know by emailing her at her email address on the front of this Newsletter. Same goes if you are in need of something...Please let Jax know if you would simply like to donate something too.. See Jax with any questions.

Recipes Anyone?

Jax would also love to get any yummy recipes that you may have that you are willing to share in our Newsletter . Please email her with those as well...

Moms Vendor Booth

Do you have a business that you would like to promote? We will have a booth set out at every meeting where you can do just that! We cannot sell anything at the meetings but you can promote your businesses...sign up for a date with Tammy at the Ticket Booth.



Managing

(from MomSense Mag.)

Follow the clutter combat rules for kids.

Help your preschoolers learn to declutter their room and play areas by teaching them to:

- Keep food out of their bedroom.
- Throw dirty clothes in the laundry basket or hamper.
- Pick up any dangerous items such as balls, plastic building pieces or scissors.
- Put away the toys they're finished playing with before

taking out something new.

- Clean up their play area every night before going to bed.

Practice the power of ten minutes method for cleaning.

When you can't devote large blocks of time to cleaning your house, maximize your time by cleaning something every day for at least ten minutes

- Clean the TV and computer screens as well as the mirrors in your bathrooms.

- Dust part of your bedroom or at least get the dust bunnies under the bed and spot clean picture frames.
- Clean the top of the refrigerator.
- Clean one cabinet or one drawer and have tidy, clean storage space in no time.
- Straighten a shelf or two in a linen closet.
- Sweep, vacuum or mop the kitchen or bathroom floor.
- Vacuum the staircase.

Things That Never End

Better Moms Make A Better World.

I believe that who we are as moms really does shape our world in such a huge way. What we instill in our children will continue to be instilled in our children's children. We have a opportunity to leave a legacy with our children. I think about my mom and the values and morals she instilled within me and now I can in turn give that to my children as well. It is so rewarding and fulfilling to see our children begin to possess those values and characteristics that are pleasing to us and most of all God. When we

truly realize who we are as women and mothers we can make a better world. I love that MOPS International exists to encourage, equip, and develop every mother of preschoolers to realize her potential as a woman, mother, and leader in the name of Jesus Christ. I remember when I first came to MOPS and I was very hesitant to come because I only knew one person. I enjoyed the speakers and the friendly people that were here. I have met a lot of people over the years here at

MOPS. I think that God has used MOPS in my life to to help me to realize my potential , and also to increase my confidence as a woman and mother and a leader. MOPS helps us to realize that were not alone in this Adventure Of Mothering. We are all on the same ride so to speak and we need to hold on and not let go of our faith that keeps us moving. Andrew Murray said, "The secret of home rule: first being ourselves what we want our children to be."