

FIRST EVANGELICAL  
FREE CHURCH

2008-2009  
MOPS  
STEERING  
TEAM

Ericka Yancey  
eeYancey@sbcglobal.net  
(815) 282-3465  
Coordinator

Erin Hildreth  
erinhildreth75@msn.com  
(815) 543-6543  
Co Coordinator

Kathy Langan  
kathylangan@comcast.net  
Mentor Mom Coordinator

Shelly Dippel  
shellyathome99@yahoo.com  
Discussion Group  
Coordinator

Sandy Aarvig  
sandyaarvig@comcast.net  
Hospitality Coordinator

Jax Anderson  
miloatodessa@hotmail.com  
Creative Activities  
Coordinator

Tammy Anderson  
tammyianderson@yahoo.com  
Finance Coordinator

#### 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 off doors will be open again. Look for the door marked "D".

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

Dear God,  
In his moment to moment day give my child evidence of your character and your actions on his behalf.

# Enjoy The Ride!

VOLUME 1 ISSUE 5

TUESDAY, NOV. 11, 2008



Have you ever felt like you were "Gonna Blow?" I mean let's be honest, we all have had those moments when we feel like were going to burst, right? Well I will be the first to admit that I have. Anger by definition means, to make strongly displeased. Have you ever felt "strongly displeased" with someone who has been angry with you, using words that pierce you, or yelling loudly at you, becoming so angry that it becomes abusive? It's a scary thing, that when unchecked can be very harmful in so many ways. I have to say that I try really hard not to lose it with my

kids. It is hard though since they do cause my blood to boil from time to time. I know that I have yelled a little too loudly at them and I am not proud of that at all. I usually feel horrible when that does happen and I apologize to my kids and ask for their forgiveness, as well as Gods' provision in my life in regards to this issue. I grew up in a house that was loving sometimes but also sometimes not so loving. Anger was alive in our home from time to time. I remember feeling so unsettled and scared if something would be said out of pure anger. It really made me feel on edge over time because of the hovering tension of not knowing when another bolt of anger would strike. I think that children need to know that they are safe, and anger can turn into hurtful words and ultimately a feeling of inadequacy and lack of control. It is challenging sometimes to maintain that level of self control, when our kids are

fighting or choosing to use selective hearing when we have told them to go to bed several times over, and they still don't listen. I have learned that the only way to deal with the bumps that I come in contact with is to seek God and his word and then ask him for direction and guidance in how I need to react to my kids disobedience. I heard it once said that it takes like twenty praises to make up for one negative thing said to a child. *Fathers do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord (Eph.6:4).* The next time you feel like your "gonna blow" maybe say a little prayer and meditate on this truth; *Know this my beloved brothers, let every person be quick to hear, slow to speak, slow to anger, for the anger of man does not produce the righteousness of God (James 1:19-20).*

## 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

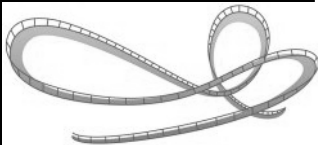
important this is, we ask you to please wash your child's hands with soap and water before entering their room. All children and staff are asked to refrain from attending when ill. Children should not be admitted into class with any of the following symptoms and/or illness; fever or vomiting in the last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

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 Website @  
[www.firstfreewomen.org](http://www.firstfreewomen.org)

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



## WHO IS JULIE BARNHILL?

Julie Barnhill is the “Refreshingly Relevant” voice of authentic living for women across the globe. Armed with a razor-sharp acerbic wit, Julie dedicates herself to Proclaiming the sublime, sentimental, and sometimes subversive, truths of life, home, and family. Coupled with a disarmingly charming self deprecating sense of humor,

She unapologetically sets herself apart as **Author, Spokesperson, International/ National Speaker, Popular Media Guest and Mothering expert.** Julie was born in Torrance California, and is married and has three children. She graduated from Hannibal-La Grange College and has taught the fourth grade.

Julie now resides in western Illinois in a small village. Julie tackles subjects from the sublime (learning to embrace ones cellulite) to the very serious and provocative (motherhood, anger, and abuse) and successfully melds wit and humor with bold expert directives.

### The Serenity Prayer

GOD, grant me the serenity to accept the things I cannot change, Courage to change the things I can, and the wisdom to know the difference. Living ONE DAY AT A TIME; Enjoying one moment at a time; Accepting hardship as the pathway to peace.

Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen

Reinhold Neibuhr-1926



### 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 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.”