

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 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,
Hold my child safe in your arms.

Enjoy The Ride!

VOLUME 1 ISSUE 8

TUESDAY, JAN. 13, 2009

Not So Fun House



Depression affects each one of us at least one time in our lives. When my mom passed away I am sure that I went through some sort of depression. It was hard to deal with the loss of her and realize that she was gone. I know this Newsletter is a lot different from our last one on Joy; but the fact is that 18 million Americans suffer from depression. It affects both sexes, but it is more common in women. The days and months following the Holiday season can also be a hard time for people who suffer from depression. I'm sure that it would be hard too, if you were alone during the Holidays to fight depression. The causes of depression aren't completely understood. Current research suggests possible genetic, familial, physical, psychological and social causes. People may have feelings of hopelessness and vulnerability, anger, and pessimism, and low self esteem. There are also some biological factors can create depression such as, Lack of sleep, insufficient exercise, the side effects of drugs, physical illnesses, and improper diet. Thousands of women experience depressions

Other physical influences, like neurochemical malfunctioning, brain tumors, or glandular disorders, are more complicated creators of depression. There is evidence that depression runs in families and may have a genetic basis. Some cases of depression may be caused by chemical imbalances. If that is the cause, then antidepressant drugs may be the answer. This may help the sufferer to reach the place where they can tackle some of the other issues; such cases might require medication, at least temporarily. However, any medications should be used with caution. Virtually any medicine has some side effects. Drugs can mask the symptoms, allowing you to ignore root causes. Some people may use antidepressants to avoid approaches that require you to deal with unresolved issues. It seems easier to pop a pill. A general rule of thumb is to try other strategies first, unless the depression is so severe that the person endangers themselves or finds themselves unable to participate in other therapies. Depression is a complex area, and severe problems of depression deserve the attention of a pastor or other counselor. (info from,

www.christiananswers.net.) When I think back to when my kids were born, I can remember experiencing a little bit of the baby blues. It wasn't that extreme but I did feel a little out of sorts at times. This leads me to believe that it must be a chemical imbalance, since I know my hormones were way out of wack, after having a baby. It was then that I really leaned on my faith and prayed a lot for his grace to bring me through. I did not feel like medication was needed in my particular situation however in some cases it may be. I believe that God can help us with whatever we're facing in life and that he will carry us through and provide peace and resolution during the trials that we may face. *The Lord is thy keeper; the Lord is thy shade upon thy right hand (Psalm 121:5).* God is aware of everything we are going through, nothing is hidden from him. *Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God (Psalm 42:5,6).*

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

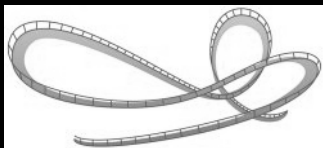
important this is, we ask you to please wash your child's hands with soap and water before entering their room. All children and staff are asked to refrain from attending when ill. Children should not be admitted into class with any of the following symptoms and/or illness; fever or vomiting in the last 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 Web site @
www.firstfreewomen.org

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



Our Speaker: Greg Speck

Today we have with us speaking on the topic of depression, Greg Speck. Greg is Youth and Family Communicator for Bethel University. Greg has been married to Bonnie for 31 years, and has 4 kids. Justin(27) he is a missionary in South Korea; Julia(25) a Seminary Student; Kelly(22) college student; Garrett (20) college student. Greg and Bonnie are expecting their first grandchild in late June early July; Justin and his wife are expecting. When asked how he became a Christian he said. “As a Senior in High School I went forward at Fair Oaks Baptist Church in Concord, California to ask Jesus Christ to be Lord and Savior of my life. Exodus 33:11 is Greg’s favorite Bible verse; *The Lord would speak to Moses face to face as a man speaks with his friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.*

Greg enjoys sports and considers it a hobby of his. The only prior speaking or teaching experience Greg has is when he spoke to old people once but they all fell asleep. When asked if there is anything else that MOPS should know about him he said , “I need money, lots of money!” We are in for a treat in having Greg Speck with us today. Please make him feel welcome as he speaks to us today.



How Exercise Helps Depression (www.webmd.com/depression/guide/exercise-depression)

Many studies indicate that people who exercise regularly benefit with a positive

boost in mood and lower rates of depression. Regular exercise has been proven to help: reduce stress, ward off anxiety and feelings of depression, boost self-esteem, as well as improve sleep. Exercise also has these added health benefits:

strengthens your heart, increases energy levels, lowers blood pressure, improves

Muscle tone and look fit and healthy. Research has shown that exercise is an effective but often underused treatment for mild to moderate depression. Improved self esteem is a key psychological benefit of regular physical activity.

When you exercise, your body releases chemicals called endorphins. Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other

parts of your body and are released in response to brain chemicals called neurotransmitters. Examples of moderate exercise include: biking, dancing, gardening, golfing, jogging, low-impact aerobics, tennis, walking, swimming, yard work, and housework.

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.”