

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,  
Teach my child that her most difficult times will be when your power is strongest.



# Enjoy The Ride!

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TUESDAY, JAN. 27, 2009

## Haunted House

I remember going to haunted houses as a teenager. We would kind of laugh and then jump at a few mildly scary objects and then it was over. I do not enjoy, I repeat **DO NOT** enjoy Scary movies. I'm the type of person that when a scary movie preview comes on the TV, I just have to turn my head; I don't enjoy feeding my mind all of that "Fearful" stuff. My kids have taught me that being fearful is caused by what is observed or learned through, television, books, news, movies, phobias, videogames, and relationships. When Noah was born he would fall asleep anywhere by himself and he didn't have a care in the world, hence the saying "sleep like a baby". The scene changed though as he became older; first he asked to keep the light on, then lay down with him, only to have him at our bedpost at three in the morning. He would say "I'm scared can I sleep with you?" Barney was another source of his gripping fear that would cause him to lose sleep at night. Noah had a dream that Barney, yes "purple" innocent Barney came to life in our basement (of course) and wanted to eat him. He was clearly distraught from this and demanded that I "throw Barney in the back of my car and take him to the poor kids" (meaning Salvation Army).

This was the start of his fear of ALL of Noah's stuffed animals coming to life in the middle of the night. Slowly one by one he would toss a harmless cotton filled animal down the basement stairs. Somehow doing so allowed for a better nights sleep. Paige has also commented that she just feels "safer" in mom and dad's room at night.

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

Although she does not sleep in our room; every now and then she gets frightened and will come and sleep on our floor. I can remember as a child being afraid to sleep by myself at night; I would feel so much safer with my mom by my side. If you asked me what initially made me start to fear sleeping alone, I couldn't tell you. It may have been something that I saw on TV or maybe a movie, or perhaps some frightening



news story that caused me to to fear the unknown. I know that when I read or hear about something disheartening, I immediately start to fear that happening to me or my family. In saying that it must be true that what our kids see or hear will spark the same fear in them. I heard an acronym once said that really holds some truth; **FEAR**— False Expectations Appearing Real. Noah really thought his dream was real and that Barney was really going to do him harm. As an adult I struggle with fear, fear of safety of my family,

for their health and mine, and for fear of the unknown sometimes. I know that if I didn't hear "bad" news or see disturbing things then my fear would be lessened; so I can only conclude that the same is true for my children. It is our responsibility to guard their hearts and minds against the images that might cause them to have fears. The Bible has many truths in it that we can utilize to help eliminate the fears that we may have or our children have. Just as I need to remind myself that God is the one that keeps me as well as my family safe, not the bolts on our doors; our kids need to know and hear God's promises as well. *Do not be afraid of those who kill the body but cannot kill the soul. Rather be afraid of the one who can destroy both soul and body in hell. Matthew 10:28*

My prayer is that I can model the proper kind of fear that we are to have as a mother. God is the one we are to fear and to respect through our daily lives and in order to do that we must examine our own hearts and minds, and actions. *Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Proverbs 31:30* This doesn't mean that we will go through life with the absence of our fears becoming reality of course; it means that we know the promise of what is to come and that no matter what happens we know that God is going to carry us through whatever we are faced with. May God grant us with the peace of that promise that comes in a relationship with his son Jesus Christ.

## Moppets Information

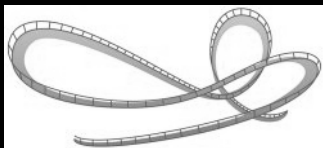
important this is, we ask you to please wash your child's hands with soap and water before entering their room. All children and staff are asked to refrain from attending when ill. Children should not be admitted into class with any of the following symptoms and/or illness; fever or vomiting in the last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

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



## Our Speaker:

Dr. Rachel Ward is a Clinical Psychologist with a specialty in children and families. Rachel has been married for 17 years to Bill who is the Minister at Westminster Presbyterian Church. Bill and Rachel have two sons: Will who is 14 and Jon who is 11. Raised in a Free Methodist church and attending a Lutheran grade school and a catholic high school Rachel was brought up in a Christian family. Rachel says that her faith commitment has always been Bible based and she classifies herself as an Evangelical. Rachel's life is everything but uneventful in that she helps to run the kitchen at her mid-week children's program, attends a women's Bible study, as well as weekly Sunday school class, teaches the senior high Sunday school class on occasion, and we can't forget her commitment to do the Pastor's (her husband's) laundry and wash his kitchen floors. After graduating from

college Rachel taught high school for three years; since then Mrs. Ward has taught college courses and spoken for various churches and private school groups. Hebrews is her favorite book in the Bible and she added that Psalm 133 has become one of her favorites as well; especially being the mother of two talkative, opinionated sons. Rachel enjoys reading, cooking with her sons, jogging when time allows, and she loves to eat late at night. Rachel explained, "It is an honor to speak to MOPS. I feel very privileged to work with other Christians to support parents and raise up children of faith." Today the topic is Childhood Fears. Thank you very much for being here today Rachel!

### Rockford Area Pregnancy Care Center Maternity Home needed items:

#### Toiletries

toilet paper  
 toothpaste  
 toothbrushes  
 mouth washes  
 bar soap  
 body/bath soap  
 towels (bath, hand, and wash clothes)  
 lotion  
 lotion for pregnant, stretching skin  
 combs  
 brushes

pony tail holders/hair clips/  
 headbands

#### Cleaning Supplies

toilet cleaner  
 kitchen & bath cleaner for counters, sinks, tubs  
 paper towels  
 reusable cleaning towels  
 floor cleaner  
 cleaning gloves  
 1-2 buckets for cleaning  
 laundry detergent  
 laundry softener for the washer, dryer sheets

#### Misc. Items

napkins  
 coffee (decaf & caff.  
 tea  
 RAPCC Baby Boutique needs new & used cribs—must have all parts, screws, etc. with nothing missing. They cannot take cribs with slats farther apart than 2 3/8" due to gov't regulations (a pop can should not fit through the slats).



### 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."