

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
shelly@home99@yahoo.com
Discussion Group Coordinator

Sandy Aarvig
sandyaarvig@comcast.net
Hospitality Coordinator

Jax Anderson
miloatodessa@hotmail.com
Creative Activities
Coordinator

Tammy Anderson
tammyanderson@yahoo.com
Finance Coordinator

REMINDERS:

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

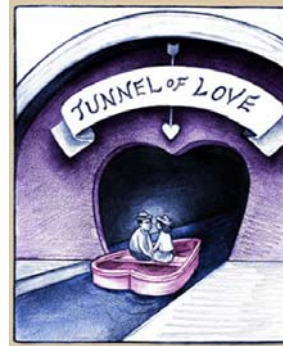
Babies 3 months and younger are welcome during the meeting. Older children should be in

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 Contempo-

Dear God, thank you for the innocence of our childhood, help me to teach my child to grow in your ways.

Marriage can feel much like a roller coaster ride at times can't it? I mean from the moment you take the "plunge" so to speak the twists and turns never end do they? One moment you're at a really high point and then at the next you're feeling not so blissful and romantic at all; so much so that it feels like you are zooming downhill fast. We all can remember our wedding day I am sure right? The scene was perfect, every body looked good and smiling faces were everywhere; there was endless dancing maybe, and crying, happy crying, and then of course the gifts; oh how we love the gifts! Then the reality sinks in maybe 9 months to a year later, and life creeps in. We realize maybe some imperfections that our spouse may have, habits that we were not familiar with before. I love my husband dearly but sometimes he doesn't wash all his whiskers down the sink; I never realized how frustrating a lid left off of a tube of toothpaste would become to me. Well I have learned to not only buy the toothpaste with the lid attached to it, but to deal with the habits as best I can so that I don't start any unnecessary squabbles. The thing about marriage is that we share our whole life with this other person and often times they get to see the good the bad and the ugly. Much like a roller coaster at a theme park we often times don't know what to expect. Our marriage hasn't been perfect by any means, in fact it has had trying times in it; times when I wondered maybe where God was in all of it. We have had our share of arguments and disagreements, just like any



marriage I'm certain. We just never know what the issue may be that throws us twisting and turning round and round; it may be: finances, children's health, your health, loss of a loved one, caring for a parent, your spouses health, employment issues, adultery, addictions, abuse, distrust, fear, dishonesty, lack of romance, and loneliness to name a few. A tunnel of love it does not feel like at times in a marriage does it? Maybe a tunnel of fright, or uncertainty maybe of how to put the other persons needs before your own. I mean think about it, we get married and then we may have kids, and we are just learning how to take care of our spouses right? Then we have kids and then we are still supposed to put the needs of our spouse before our children. The fact is that our kids will be gone one day and we will be with our spouse still. The

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

once noisy sound of running children, laughing and screaming will be replaced by the sudden realization that it is you and your spouse together alone again. I have to admit sometimes that day can't come soon enough on some days. I recently saw the movie, *Fireproof*; I loved the part in the movie that talked about how when you get married you only know as little about your spouse as a high school graduate. Over the years you should make it your goal to know more about all of who they are; where you gradually will say that you have a college degree in who they are. We should never cease striving to know everything there is to know about our significant other; date nights, or even a weekend getaway will help to rekindle your relationship. God gave us each a great gift in our spouse and only He can hold any marriage together in a fulfilling way. Divorce is so common these days and even in the church; fifty percent of marriages end in divorce. There isn't any marriage exempt from the ups and downs of circumstances, just like a roller coaster will have unexpected movements. I know with my own it has been through the grace of God that our marriage is thriving and still very much alive. Prayer has played a huge role in where my marriage is today; never underestimate the power of prayer. *And God created man in His own image, in the image of God He created him; male and female He created them...For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh (Genesis 1:27& 2:24).*

by, Ericka Yancey

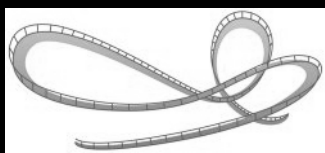
the presence of eggs or nits. Remember to label all diapers, bags and sippy cups or bottles. If you ever have any questions or concerns, please see one of your steering team members or Teresa Hubbard. FYI - we have a pager system. If you'd like to use it is located in the baby room. Just leave your keys.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

**“It will be gone before
you know it. The finger-
prints on the wall appear
higher and higher. Then
suddenly they disap-
pear” (Dorothy Evslin).**



Our Speakers: Brandon & Keri Early

Brandon and Keri Early will be speaking to us this evening for our Valentines Dinner on the topic of marriage. They have been married for eight years, and they have two sons, Owen who is 4, and Miles who is 1½. Miles is cutting teeth as well as clinging to mom, and Owen is pushing his limits and irritating his brother, according to Keri. Brandon is the pastor of Student Ministries here at First Evangelical Free Church; where he speaks for the Jr. and Sr. high students. Brandon sometimes preaches for all services at First Free, and he travels as well, to speak to students and youth workers. One of his hobbies he said is sitting at Starbucks with his boys. Brandon described how he became a Christian, “I was lost looking to fit in anywhere...was invited to church by a friend then started going to Youth for Christ meetings, heard the gospel many times; finally prayed for Christ my Jr. year in high school.” Deuteronomy 6:4-9 are Brandon’s most liked passages in the Bible.

Keri is a mother, and a Speech-language Pathologist. She is also involved with the Jr. high and Women’s Retreat here at First Free. Keri has spoken for the Jr. high students and more often in her small groups; she also gives a lot of announcements. Keri is currently studying the life of Paul and is enjoying the book of Acts currently, and all of Paul’s letters. “I wish I enjoyed cooking, cleaning and exercising, but I’d have to say planning and organizing events and researching anything on the internet,” Keri explained when asked what hobbies she enjoys. Keri asked Jesus Christ into her life in the midst of a thunderstorm as a little girl; them rededicated her life to Christ in the sixth grade. Over the past four years her faith has been ignited and deepened through women’s Bible study and godly friendships. Thanks for being with us tonight Brandon and Keri!



20 Ways to Love Your Husband

(After Kids) by Cindy Sigler Dagnan from Mom Sense magazine

- ♥Send him a love letter in the mail.
- ♥Hold hands as you fall asleep.
- ♥Brag on him when others can hear you.
- ♥Shave your legs.
- ♥Buy satin sheets and initiate a surprise passionate encounter.
- ♥Buy his favorite ice cream.
- ♥Pray for him.
- ♥Keep his confidences.
- ♥Be hospitable to his friends.
- ♥Keep a list, or even better list things he wants or would like to do—and whenever possible, do something from the list for him.
- ♥Send him a cookie bouquet at work.
- ♥Laugh together, especially at your own private jokes.
- ♥Spend an afternoon reminiscing about your courtship.
- Begin to treat him that way again.
- ♥Write a list of the top ten things you love about him & leave it on his pillow.
- ♥Encourage him to have a guys night out.
- ♥Write his mother a thank you note for raising such a wonderful son.
- ♥Place a single rose or one made of molded chocolate under his windshield wiper while he’s at work.
- ♥Make a reservation at a bed and breakfast—kidnap him for the weekend.
- ♥Watch him play with the children and compliment him on being such a good father.
- ♥Accept him unconditionally!

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.”