

FIRST EVANGELICAL  
FREE CHURCH



# Enjoy The Ride!

VOLUME 2 ISSUE 2

TUESDAY, FEB. 24, 2009

2008-2009  
MOPS  
STEERING

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## REMINDERS:

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

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

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, watch over and protect my child when I cannot.

## HOUSE OF MIRRORS

Imagine that we are about to enter two very different "Houses of Mirrors." We'll call the first, God's and the next the World's. As we slowly enter the "World's" House, we begin to feel the need to gaze into the many mirrors surrounding us on every side. Several quotes illuminate as we glance into the mirrors: "Gorgeous Hair," "Blast Fat Fast," "Get Your Dream Body," "Be Happier And More Confident Today," "Think Yourself Happier," "Love The Skin Your In," "His #1 sex fantasy," Sound familiar? We turn the corner and we see our image in a mirror and we somehow look years younger, the sunspots are gone, and the wrinkles lessened. Immediately after that we start looking into the next mirrors; suddenly we are wearing the latest fashions and our hair is perfectly styled. The constant reminder of the importance of our outer appearance becomes more apparent as we make our way through the maze of reflecting glass. We start to feel pressured and inadequate as we see the women who are beside us and gaze on their reflections with jealousy and look at ourselves with dissatisfaction. "If only I had a body like this, or skin like that, then I would be happy," we say to ourselves. Bright lights capture our attention as we turn to the left and we see more quotes in the mirror's. "didn't graduate from College," "the bigger your house the better you are," "The more money you have the happier you will be," "popularity is everything," and, "the one with the most toys wins." As we near the end of our

journey through this house we notice some disturbing quotes that distort our self image: "you're worthless," "you have nothing to offer anybody," "you will never amount to anything," "nobody wants to be your friend," "you're stupid," "you're ugly," "you can't do anything right," "I should cut myself," "I need to vomit after I eat," "I can numb the pain through drugs or alcohol," "I should just give up on my appearance," "why bother living," you finally can't take any more and decide to leave. We realize that hurtful words can pierce like a sword and leave us feeling very abused. Suddenly our confidence has decreased drastically and our self esteem feels very low. We depart from the house and then we decide to enter into God's House of Mirrors; we instantly feel a much more calm feeling and somewhat more accepted vibe. On the first mirror we begin to read this scripture together, "...do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart"(1 Samuel 16:7). To our surprise and almost relief we can see ourselves' in the mirror only, nobody else, just us. "So God created man in his own image, in the image of God he created him; male and female he created them (Genesis 1:27), we read to our amazement and are assured that God has created us in his own image. Not the image of Hollywood, or in the image

of someone else's opinion of us, or in the image of what society says we should be. These quotes begin to fill our hearts with joy and happiness, "you are loved," "you are a child of God," "you were fearfully and wonderfully made," trying to hold back the tears we feel God's presence now even more as we are each looking at ourselves in our separate mirrors; we can see our image and then we begin to read another verse that promises, "What matters is not your outer appearance—the styling of our hair, the jewelry you wear, the cut of your clothes—but your inner disposition. Cultivate inner beauty, the gentle gracious kind that God delights in(1 Peter 3:3-4). God lovingly advises us down the maze of mirrors as we read scripture after scripture: "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body(1 Corinthians 6:19). We read on, "Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture (Psalms 100:3). Many of us as mom's may feel like our "self image" has been altered since having children; especially our bodies right? We may have had situations that have given us a low self image and self worth; we can rest in the fact that God loves us unconditionally and he wants what is best for us, and he wants to use us to fulfill our God given purpose that with which we were each created to do for his kingdom.

By, Ericka Yancey

## 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

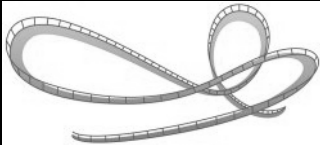
important this is, we ask you to please wash your child's hands with soap and water before entering their room. All children and staff are asked to refrain from attending when ill. Children should not be admitted into class with any of the following symptoms and/or illness; fever or vomiting in the last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

Our Speaker today is Beth Johansen, Beth has been married to her husband, John for 23½ years. They have two children, Jonathan-13, and Elena who is 9. Beth has been an RN for 26 years and most recently was the school nurse for Rockford Christian until this year. Beth now works as a contract RN for the Winnebago Health Dept. giving flu shots and drawing blood. Beth became a Christian when she was 21 after a revival held at Midway Theatre. Prior to that she had been a faithful church attendee and very involved there. “However, I didn’t ask Christ to be my Personal Savior until that time. It was that “12in. From head to heart “ that was missing,” Beth said. Beth attends Community Bible Church,

Where she was the Youth Leader for many years and now serves as a Worship Leader and Bible Study Leader. Beth was in BSF for 12 years, and served there as a discussion leader and substitute teaching leader where she was required to lecture 2 times a year. Her most recent speaking includes teaching once a month to a group of women on various issues using the Bible as her guide. Ephesians 2: 8-10 is Beth’s life verse; *for it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s workmanship,*

*created in Christ Jesus to do good works, which God prepared in advance for us to do.* Beth’s family spent 3 weeks in Nigeria in 2006 as Medical Missionaries and their family verse is Joshua 1:9; *“Have I not commanded you? Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”* Beth enjoys gardening, travel, skiing and spending time with her kids; she loves to hear them laugh! “Being a mom is the most important job in the world and the most difficult one. However, if you can look at the big picture and not get caught up in the “little things” like dirty houses, temper tantrums, lack of gratitude, and other things that can ruin a day...those precious little gifts that God has given us are our future and will be the loves of our life,” Beth explained.

### Ways To Praise A Child

Way to go ~ Remarkable~  
 You’re fantastic~ You’re a  
 treasure~ I love you~ You’re  
 perfect~ You’re wonderful~  
 You’re beautiful~ Awesome~ I  
 respect you~ You are fun~  
 You figured it out~ Great  
 discovery~ You make me  
 laugh~ Exceptional perform-  
 ance~ Nothing can stop you  
 now~ You’re a winner~ You  
 care~ You’re a good friend~  
 You’re special~ You’re sensa-  
 tional~ Bravo~ You’re on top  
 of it~ You’re incredible~

You’re special~ You mean the  
 world to me~ I trust you~  
 Outstanding performance~  
 You made my day~ You’ve got  
 a friend~ You’re catching on~  
 You’re growing up~ You mean  
 a mean a lot to me~ You make  
 me happy~ You belong~  
 You’re a joy~ What a good  
 listener~ My buddy~ You  
 mean the world to me~ That’s  
 correct~ Good job~ You’re  
 spectacular~ I knew you could  
 do it~ You brighten my day~  
 Well done~ Nice work~

### ADORABLES

**Be sure to purchase your  
 10X13 portrait for \$10.00.  
 You can pay cash or a  
 check made out to MOPS.  
 Tammy Anderson is coor-  
 dinating the fundraiser this  
 year. Just fill out an Ador-  
 able’s coupon and give the  
 bottom half to Tammy,  
 along with the \$10.00.  
 Pictures will be taken on  
 March 7th at First Free;  
 deadline is March 2nd.  
 Any questions contact  
 Tammy Anderson.**

### 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.”