



The Mom's Almanac

Feeling Busy?

Did you notice the larger font in this column? No, I didn't do it for those of you who are aging (like me) and are becoming a little less nearsighted. I did it because I am busy. Today (Monday) was a busy day. What I thought was going to be a day to lounge around in my PJs, hanging out, and writing this newsletter turned into a day of crazy busy-ness! Doctor appointments, kindergarten registration, shopping, driving kids here and there filled my day. Here I am at 9 o'clock at night finishing up the newsletter I was supposed to have done days ago. Do you ever feel this way? Do you ever have those

days where the day you thought you were going to have ends up in a day of chaos? Where you feel you are running around in circles, with never a moment to breath? I once received an e-mail about



how the devil likes to keep us busy and distracted with things that don't really matter to keep our focus off of God. I know what my first mistake was this morning. My first mistake was not to start it off in prayer surrendering my day to God. When I do

that, when I give everything up to God, to have Him prioritize my day, to give Him thanks for another day and spend time with just Him in the morning, before all of the craziness beings, my days go God's way and not my own. Let me tell you, God's way is always better than my own. My prayer for both you and I is that we refocus on God, that we let Him prioritize our days and take our eyes off of this world and onto His. Our time in this life is fleeting, our time with Him will be everlasting. Blessings and peace to you and yours this year.



Just For Women at First Free....

Some events that are planned just for women at First Free Church...

- "Anointed, Transformed and Redeemed" by Kay Arthur, Priscilla Shirer and Beth Moore. This bible study will be held on Tuesdays from 7-8:30pm; January 5-February 16. The leader is Kari Young (a former MOPS mentor) and

hosted at Andrea McBee's (a former MOPS coordinator) home. Her address: 11874 Galloway Drive, Belvidere. If interested please call Andrea at (815) 885-3130

- "Me, Myself and Lies" (just for MOPS moms) by Jennifer Rothschild will be held Wednesdays 6:30-8pm;

February 17-March 31 and will be lead by our own mentor mom: Robin Seuring and held at Melodie Mull's home at 10661 Whispering Pines Way, Rockford.

- Bible Studies are also held from 6:30-8pm on Wednesday nights and 9-11:30 Thursday mornings at FF.

2009-2010 MOPS Steering Team

Tammy Anderson
Coordinator
tammyanderson@yahoo.com

Erin Hildreth
Coordinator
erinhildreth75@msn.com

Kathy Langan
Mentor Mom Coordinator
kathylangan@comcast.net

Paula Broski
Discussion Group Coordinator
paulabroski@gmail.com

Lexi Plesic
Hospitality Coordinator
lexiplesic@hotmail.com

Lindsey Kromm
Hospitality Coordinator
lkromm@solidlinemedia.com

Laura Nothnagel
Finance Coordinator
mrsreading@yahoo.com

Tiffany Kirchner
Fundraising/Publicity Coord.
tagcmore@yahoo.com

The Scroll Bookstore

- Bring in this newsletter and receive a **20% discount** on any one item.
- Located at the main entrance of First Free across from the church office.
- Open on Tuesdays during MOPS!
- Wide variety of Christian books, music, gifts, cards and kid stuff.

MOPS Annual Valentines Dinner

- When?** Tuesday, February 9th from 6-8:30p
- Where?** Here, in Fellowship Hall, at First Free
- What?** A night to get out with your loved one (or go dutch!) for a great dinner, childcare and to listen to some great speakers.
- How?** You can buy the tickets (today \$3/person or \$6/couple; after today \$5/person and \$10/couple) and reserve your childcare spots!
- Why?** Just for you and your loved one to celebrate Valentine's Day!

This year the dinner will be an Italian themed meal catered by Café Belwah in Beloit. It will include several Italian dishes and a dessert table will be provided by our steering team. Nothing says love like an Italian dinner and

chocolate, right? Our speakers will be Josh and Wendy Reese. They are members at First Free where Josh is the Worship Arts Director for the *borderlands* service. They have preschoolers (including a set of twins!) and are very involved here at First Free. Their love for each other and for our God is very evident in everything they do.



So, if your husband has ever wondered what it is exactly that you do at MOPS and after you have explained it to him he looks back at you with a blank stare this is the perfect opportunity to introduce MOPS to him. Don't worry, we won't be making any crafts or playing any games! We'll just be hanging out, chatting, eating, and learning a thing or two about being a team with each other. Your husband might even glean a thing or two!

To see copies of past newsletters and view our speaker/topic list for this year visit our website at:

www.firstfreewomen.org

follow the MOPS link.

Hitting Your Stride...Walking in Rhythm with Christ

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you will recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or anything ill-fitting on you. Keep company with me and you'll learn how to live freely and lightly." Matthew 11:28-30, The Message

You are invited to First Free's Annual Women's Retreat held February 26 & 27th, 2010.

The cost is \$40 from January 3rd—31st and \$50 January 31st—February 19th.

The retreat will be held at home, within the walls of First Free this year! ALL WOMEN over the age of 18 are welcome. You are encouraged to bring your friends, family, neighbors...any women you know that could benefit from a fun, fulfilling, uplifting and challenging weekend. Friday night the retreat will begin at 7pm with fun activities, worship and a speaker, Heather Dellamater (one of our former MOPS coordinators!). Friday evening will end at 10pm and the retreat will begin again at 8:30am Saturday morning with activities, workshops and more from Heather. The retreat will close at 3:30pm on Saturday. The first 50 women to register will receive a free tote bag!

"Where two or three come together in my name, there I am with them."
Matthew 18:20

Doesn't this sound like a great weekend to get together with girlfriends, re-fuel and re-connect with God? For more information on the retreat, workshop info, the registration form or to pay on-line visit our website at www.firstfreewomen.org and follow the 'Annual Retreat' link. Hope to see you there!



Things you need to know ...

- The childcare rooms open up at 8:45am. You are welcome to come at that time, drop off your children, and join us in the meeting room for coffee and conversation before MOPS begins at 9am.
- In case of bad weather, MOPS will be cancelled if Rockford Public School District 205 is closed.
- In an effort to protect the safety of our little ones, the childcare doors (entrance B) will be closed and locked at 9:45am. If you are later than 9:45am use entrance A.
- To keep all of our children and staff healthy please wash your children's hands with soap and water before placing them in his or her room.
- Refer to the childcare Health and Wellness Policy sheet in your folder when your child is ill and for items to bring.
- Babies 3 months and younger are welcome during the meeting. Children older than 3 months should be in childcare.
- Please turn your cell phone ringer off or on vibrate. If you have to answer a call please leave the room quietly.
- When bringing food, you are welcome to drop it at the entrance D where someone will be waiting for you.

The Mission of First Evangelical Free Church is to bring people into a life-changing and growing relationship with Jesus Christ as Savior and Lord.

First Evangelical Free Church, 2223 N. Mulford Road, Rockford IL Phone (815) 877-7046 www.firstfreerockford.org