



**2009-2010  
MOPS  
Steering Team**

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## MOPS General Reminders

- **Registration has begun** for the second session. Please register yourself and your child/ren to reserve your spot and your childcare spot(s). When registering remember not to include the MOPS International fee of \$23.95 if you have already paid it for session one.
- Our Next meeting, which is on Tuesday Feb 9th, begins Session 2. Please register asap.
- The **Valentine's Dinner is on February 9th** (our next meeting) from 6-8:30pm. **YOU MUST PURCHASE TICKETS IN ADVANCE FOR THIS DINNER.** Childcare is available. Husbands are welcome and encouraged to come. The childcare rooms open up at 5:45pm.
- We are still collecting items for the RAPCC Maternity house; items such as new baby clothes, diapers, cleaning products, non-perishable food items, and toiletries. These items can be placed on the round table near the entrance and will be dropped off at the RAPCC for you.
- RSV, H1N1 and Pneumonia are running rampant right now. If your child is sick, please stay home. We will miss you dearly, but for the sake of your child, you and the other children in child care we ask you to keep your child home. No one wants to be sick or have sick babies.
- If you are willing and able, extra help is needed in the kitchen after our meetings for clean-up. A lot of organization and hard work go into each of our meetings and your help is greatly appreciated!
- We are still collecting old electronics, phones, ink cartridges, cameras, etc. We get donations for all of your old, no longer needed items.



- We'd love to have you visit First Free on a Saturday night or Sunday morning! Service times are: Sat 5pm, Sun 8:30 & 10:15a.

## ....Just For Us Ladies

- "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.
- First Free Women's Ministry 2010 Retreat, February 26-27. \$40 Early registration until the end of January. The retreat will be held here, in Rockford, at First Evangelical Free Church. For details visit our website [www.firstfreewomen.org](http://www.firstfreewomen.org)
- Thursday Morning Bible Studies will begin a new study on February 4th at 9am with "He Speaks to Me" by Priscilla Shirer. The cost is \$15 for the book, childcare available at a cost.

### Did You Know...

([www.happyworker.com](http://www.happyworker.com))

7,300: The average amount of diapers changed by your baby's 2nd birthday.

2 min 5 sec: Average diaper changing speed for moms.

A preschooler requires moms attention once every 4 minutes or 210 times/day.

\$242,070: The average cost for a middle-income family to raise a child until 18 years of age.

Having kids may make you smarter.

## What's a Mom Worth???

A study done by Salary.com states that a mom is worth \$138,095 a year based on the jobs she does at home in a normal week. The job description that salary.com used to determine a mom's salary includes 10 jobs that moms do in an average day: housekeeper, day care center teacher, cook, computer operator, laundry machine operator, janitor, facilities manager, driver, CEO and psychologist. They also averaged in 52 hours of overtime figuring the mom works a 92-hour work week, with more than half the work week in over time. I once heard Dr. Phil tell a guest on his show that a stay-at-home mother's work is equal to two full time jobs. AND The more children you have the more work

you have! This is all the more reason, I believe, that us moms need to take care of ourselves—physically and mentally, spend time taking a break (at MOPS), and find our identity outside of being “Mom”. I love my children, I think they are the greatest and I wouldn't trade them for the world but I have also realized that I am a better mom when I take time for myself. I can pour into them the love, stability and care that they need when I am fully rested, re-charged and not stressed. One of the non-child activities I have taken up is volleyball. Tuesday nights I get out of the house while my husband stays home with the kids. I get to hang out with a couple of my girlfriends, get a little exercise and re-charge

on the volleyball court. It has been a great release for me—and my husband has noticed that I am happier, less stressed and very thankful for the night off. I highly suggest taking some time for just yourself, your whole family will benefit!

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

[www.firstfreewomen.org](http://www.firstfreewomen.org)

follow the MOPS link.

## Supporting the Rockford Area Pregnancy Care Center (RAPCC)

Last year we, as a MOPS group, decided to support a local non-profit organization that is relevant to our group. MOPS exists to support, encourage and equip mothers from pregnancy to the school aged. The Rockford Area Pregnancy Care Center supports women who are pregnant and not sure if they want to keep their babies, those who are keeping their babies but have no where to go, and those who have chosen to have not to keep their babies. The RAPCC needs our support now. They provide pregnancy test, ultra sounds, and counseling all free of charge but each one of their

services cost them money. Remember the day you first saw your little one on the Ultra-sound screen and immediately fell in love with that blob with a beating heart? We want moms who aren't sure what to do now that they are pregnant to have that same experience. We can help moms outside of our MOPS group! Today, we are handing out baby bottles. These baby bottles are for you to take home, keep on your counter top and fill with loose change. Even our change can help those moms who need help at such an important time in their lives. Please take a bottle (or two) home, tell your

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

children about the bottle and what the money is going towards, fill it with some change everyday and bring it back by our February 23rd meeting to be turned into the RAPCC. We have 50 bottles to give away today—I hope they all go! Thank you!

## 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](http://www.firstfreerockford.org)