

FIRST EVANGELICAL
FREE CHURCH

2007-2008
MOPS
STEERING
TEAM

Erin Hildreth
Coordinator

Ericka Yancey
Co-Coordinator

Kathy Langan
Mentor Mom Coordinator

Dana Loner
Discussion Group
Coordinator

Laura Nothnagel
Discussion Group
Co-Coordinator

Sarah Brockman
Hospitality Coordinator

Deb Smits
Finance Coordinator

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 doors will be open again this year. Look for the marked doors.

Dear God,
Thank you for always watching over my child. Bless them with good health, and protect them from physical danger.

Dwelling Well

VOLUME 1 ISSUE 5

TUESDAY, NOV 13, 2007

It's THAT Time Of Year

WOW! It's been quite a while since we were last together! I hope no one showed up last week thinking it was a MOPS Tuesday. But if you did, don't be embarrassed, it's happened before! Not to mention any names (myself), but your not alone!

It's good to be back. I had to miss the last meeting since I was at my dear uncle Norm's funeral and I really missed you all!

Since then my family and I have been reaping the benefits of the (flu) season. First the baby, Henry, got the stomach flu, greeting me each morning for 4 days with a bed full of his previous night's dinner. Then my two older ones got it. That was an experience my husband will not soon forget! Elijah and Rylen both came down with the flu within a few hours of each other

while they were at Daddy's work having dinner. I was here at church for a training workshop completely unaware of the chaos that was ensuing across town. My husband is a great dad, though. He caught Rylen's sickness with his bare hands trying to spare my carpet! That night after they were put to bed with their bowls and towels they continued to get sick so my husband and I



were up every 20 minutes with one of them. The next morning we were exhausted, they were exhausted and the house was a quarantined. Thankfully, the boys all got over there flu's just in time

to catch the next little cold bug going around! Sometimes, it seems, that is never ends. If it's not one thing it's another. What are we to do as moms? Keep the kids home, away from all the germs that lurk about or take them out into the open exposing them to every kind of bacteria or virus there is (it's boost their immunity right?). Or should we blow up that nice plastic bubble and put them in there for the next 3 months. No germs, no bacteria, no viruses and no need to use antibacterial hand gel every five minutes and the house would stay clean at least.

Bev Ralph, who has been a nurse for many, many years, is here today to tell us about what we need to really worry about and what we shouldn't sweat. She also has tips on how to keep a healthy (and happy) home this winter (flu) season. She couldn't have come at a better time!

MOPPETS INFORMATION

As of now our MOPPETS rooms are closed. We cannot accept any more children into the childcare classrooms unless we are able to hire new workers. Any new moms are welcome to join our MOPS group as long as they make other arrangements for childcare. We will be happy to put any child on a waiting list to see if any spots open up. If you know of someone who would be interested in working the childcare contact Teresa Hubbard.

It's lovely **flu season** again! To keep all of our children healthy 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.

Please 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!

November 27th—Advent Calendar



For more information
about the women's
ministry here at First
Free visit:
www.firstfreewomen.org

*"...he lives
with you and
is in you."*

John 14:17

Remember
to use our
food drop
system at
the door
marked "D"
- it's the one
closest to
Spring
Creek Dr.



When I was a child during the entire month of December I woke every morning excited to open the next window in the advent calendar my mom hung in our kitchen window. It meant that we were that much closer to Christmas!

Which is why I am so excited for our next meeting! Kelli Sabin, one of our wonderful mentor moms, has been working hard on the advent Calendar we will be making for our craft that day.

Since this is an extremely involved craft we will be working on it for most of the meeting. Of course, will be eating and having fellowship but our main focus is the calendar.

There is also a lot of preparation work that will need to happen before the meeting. So, if you are willing and able to help out, we need 6-8 people to cut fabric next Tuesday night the 20th from 7-9pm at Kelli Sabin's house. Kelli lives in the Red Oak subdivision very near First Free. If you can

help call me, Erin, at (815) 543-6543 for details and directions. Also, if you have a sharp pair of fabric scissors and/or a shirt box please bring them. The shirt box will be helpful to transport your advent calendar home without messing up all of your hard work. It is going to be a fun day be sure to be here!

ONLY 41 Shopping Days Left Until Christmas!

Does that freak you out? Or are you like me and get the main part of you shopping done the three days before Christmas? I work best under pressure.

My husband and I L-O-V-E Christmas. We start decorating the outside of our house on Thanksgiving, hunt for and cut down our own Christmas tree at the

same tree farm in Poplar Grove every year, we drive around critiquing our neighborhood's Christmas lights (shame on us!), we go to parades, drive through the Festival Of Lights at Sinnamon Park, go downtown Chicago for a day and so on and so on. Every time we do something new it turns into a tradition.

As I write this newsletter I realize that I really want to write about you, the moms of MOPS, so for the next newsletters I'd like to hear you favorite Christmas memories and traditions. I'll try to get as many in as possible. So send, e-mail, or call me with your best memories, funny stories and touching moments from the Christmas season.

Why I Love MOPS and First Evangelical Free Church

When I first moved to Rockford I had no family or friends in the area. I had just had a new baby and was feeling alone. Someone told me about this MOPS group here at First Free. So I came to check it out. I have to say I was overwhelmed at first. There were so many women I felt a bit lost. Being the newest one in the group, the youngest mom with the youngest child I thought I'd never get to know anyone. Fortunately, I came back because my

discussion group leader invited me back and she invited me to attend a church service. My husband and I had been looking for a church to become involved in, tried a few but really felt lead to stay put at First Free. Now we know God really wanted us here. We got involved - Sunday School, small groups, bible studies, MOPS leadership, etc. Through all of my involvement I have made all of my friends through First Free. It is a large church and easy to get lost in

but I heeded my sister's wise advice, "Don't get lost just going to Sunday church service—get involved!" she told me. So I did and I have grown so much spiritually here—more than I would have ever imagined and I look forward to all of the other opportunities God has for me. If you'd like to get involved here, at First Free, please feel free to contact me anytime. My e-mail: erinhildeth75@msn.com or call me at 543-6543.