

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

Tammy Anderson
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 making each day brand new with a fresh new start. Help us to always to trust in you.

Dwelling Well

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TUESDAY, JAN 8, 2008

Going "Green"? By Laura Nothnagel

I remember it like it was yesterday- we were in a hotel room in Florida, and had just polished off a healthy box of crackers for lunch. (Hey when you're at a convention center that charges \$14 for a sandwich, you improvise.) Purely by reflex, Erin grabbed the box, ripped the top, did a few origami moves, and the box was a neat, little package (possibly shaped like a crane.) As I looked at her like she'd grown another head, she said, "Oops, just a habit- for recycling." That planted a little seed. Don't get me wrong, I've (almost) always recycled the Sunday paper, but if I had to rinse something to recycle, it went in the trash.

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.

Later in the same trip, Elisa Morgan, our MOPS CEO, spoke about the environment. It fit nicely into our theme this year to "dwell well," not just in our homes, but on our planet. She addressed my hesitation by saying that this is often politicized into a very liberal topic, but it should-



n't be. The question she asked that was my kick in the pants was: "Are you being a good steward of the resources God has given you?" To quote a famous cartoon philosopher,

"D'OH!" Did I really need to leave the lights on upstairs all day? Was it that hard to throw a magazine in the recycle bin or rinse a can? (Depends what was in it...) Ok, I decided, I can do this. While you will not see me wearing prairie skirts or consuming anything granola, you will see me slowly phasing out harsh cleaning products, and maybe even buying those cool canvas grocery bags at Woodman's. (Although the plastic ones are handy for sealing off toxic diapers.) Being a good steward is quite a tall order- it extends to the way we use our time, our money, and even our talents; but I thought this was a good start. Is there anything you are feeling called to do? Discuss.

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!



Visit our web
site at
[www.firstfree
women.org](http://www.firstfree
women.org)

“...he lives
with you and
is in you.”
John 14:17

Just around
the corner is
spring clean-
ing time! I'm
so excited to
start! E-mail
me at [erin-
hildreth75@
msn.com](mailto:erin-
hildreth75@
msn.com)
with the
item you
most love to
clean with
and why! I'll
post the best
answers!



MOPS Valentine Sweetheart Dinner

Does your husband ever wonder what you do at MOPS? Have you ever tried to explain it to him and he stares back at you with a blank look across his face? Mine still does. Have you met someone at a MOPS meeting and you are sure that your husbands would get along great? Our first meeting in February, on the 12th, will be an evening meeting meant to celebrate Valentines with your most beloved but also for him to

see what MOPS is all about. Mike and Kari Young will be here to speak on a topic they know well—maintaining a loving, respectful marriage while raising children. Mike



and Kari have spoken at MOPS before and were so well received we asked them back. Kari was involved in

MOPS in previous years and was the Mentor Mom for the Steering Team. They are a great couple and I look forward to hearing their ideas. I also think my husband will learn something! Childcare will also be provided for your children. You will need to sign up as soon as possible so we know who is able to make it and how many children to prepare for. The sign-up sheets are on the tables. You can contact me anytime if you have any questions.

Healthy Tip for the New Year: Indulge in a Nap

As mothers of young ones much of our lives revolve around our children's naptime. All three of my boys still nap—not always at the same time so I spend most of my days inside the house waiting for one of them to either wake up or go back down. I dare not miss a nap or the repercussions will be brutal. Not very often do I think of taking a nap myself but after recently reading an article in the magazine *Real Simple* I'm a little more apt to “study my eyelids”, as my father-law-calls it, during the day. According to

the National Sleep Foundation American adults average 6.8 hours of sleep a night but sleep experts recommend that adults get 7 to 9 hours of sleep a night. Americans, unlike most of the world, view sleep as a luxury rather than a necessity. Sleep research has proven that if we napped to make up for lost sleep we'd be more efficient and productive at home or work. A 20-30minute nap can leave you refreshed with energy to cruise the rest of the day. Studies have shown that people who nap and get ade-

quate sleep have lower levels of stress hormone and are less forgetful. Wouldn't that be nice! According to *Real Simple*, the best time to take a nap is between 1 and 2:30 in the afternoon and the ideal nap length is between 20 to 30 minutes but anything longer than that will throw you off your normal nighttime sleep schedule will make your nighttime sleep less restful. Whatever you do, if it's napping or something else just take some time this year to take care of yourself.

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: erinhildreth75@msn.com or call me at 543-6543.