

FIRST EVANGELICAL
FREE CHURCH

2007-2008
MOPS
STEERING
TEAM

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

Dear God,
May my child travel the most dangerous places that life may take him, confident in God-sure and without wobble in his faith.

Dwelling Well

VOLUME 1 ISSUE 9

TUESDAY, JAN 22, 2008

Quarantined

Remember a few months ago I suggested blowing up a big plastic bubble to put our children in (separately, of course) to wait out the winter months? Ideally, we'd keep them from any bug, virus, or other sickness lurking out there waiting to infect them. Well, after this weekend I'm going to come up with an idea for one, patent it, sell it and become a very wealthy mom.

Wednesday afternoon two of my three boys had fevers, Thursday was Ok, just dealt with some extra fussiness, Friday evening my youngest at 11 months, spiked a fever of 103.2 and was breathing very shallow and quick. After a call to the doctor, a hurried drive to the convenient care in sub-zero temperatures and a 12 hour stay in the ER Henry was diagnosed with RSV. A six mile run was nothing compared to the endurance and energy I needed to deal with Henry in the ER. By 11am in the morning I was exhausted and Henry was fast

asleep on our way home. I barely remember the rest of Saturday. I do recollect breathing treatments, many requests for chocolate milk and a much needed shower otherwise it's all a blur. Then on Sunday our oldest spent the entire day coughing his head off. At one point I thought he was going to bring up a lung! My husband and I were out of our heads trying to figure out what to give Elijah next to stop his cough. We knew he was really sick when he passed up the offer of a sucker! Needless to say we didn't get much sleep that night either.



Monday morning I was on the phone to the Dr's office at 7:58, which opens at 8am, got answering service, 7:59 -aha!- someone answers and I made appoint-

ments for the two sickest boys hoping once we got there the Dr could check out Rylen, too. After a \$60 co-pay, three examinations, a few tests, an X-ray we got the diagnoses: Henry still had RSV which had not improved much but that is typical for RSV. Rylen had an ear infection in both ears and wheezing in the lungs and Elijah also had an ear infection in both ears, more severe than Rylen's and had the beginnings of pneumonia.....now see why I want that bubble? All of this because of one innocent little birthday party we went to last weekend where there was an adorable little girl with a fever. So, for the next week or so the Hildreth Household is on strict quarantine. All play-dates are postponed and leaving the house is not an option. I'm thinking of telling my neighbors to put a face mask on when using our sidewalk! There's nothing like the idea of being secluded in your home with three little boys for the next seven days. Pray for us!

MOPPETS Information

A new session is starting and it's time to get your children registered in our MOPPETS program. 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 at
[www.firstfree
women.org](http://www.firstfree
women.org)

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

Welcome
back to
MOPS
Heather
Dellamater,
a former
coordinator
and mission-
ary currently
serving for
First Love
International
in Kenya.



Reminder: Register to Ensure Your Spot

Today is our last meeting for Session I and today is also the last day registration is open to just current MOPS moms. Tomorrow registration will be open to all moms. If you plan to continue, please register and fill out all of the paperwork that goes along with registration. There are new blue sheets for child-care that need to be filled out for each child. These sheets are for a new, more secure system First Free Children's Ministries is

implementing and will be in full swing by March. If you are unsure about continuing to attend MOPS please speak with a Steering Team member about your concerns. Do not let finances be an issue. We have scholarship money available to anyone who is interested. We also keep it very confidential. Only I and our finance coordinator, Tammy Anderson, know who is on a scholarship. And please, do not feel embarrassed or ashamed or that you are weak for asking

for help. We'd rather you be here being encouraged, getting support and having good fellowship with the other moms, than missing out. MOPS about making us better mothers and we're here to help.

“Two are better than one...if one falls down his friend can help him up.”

Ecclesiastes 4:9a & 10a



Anatomically Correct

I always read, heard and was told that you are supposed to teach your children the correct anatomical name of their body parts in case something happened to them and they would need to know the proper names to explain what happened. So, that's what I did. I didn't make a big deal about it or anything I just always used their proper names. Well, one evening it backfired on me...well, I wouldn't say “backfired” but what happened was a bit um....cheek reddening. My husband and I were out to dinner at Lino's with Elijah who was just 3years

old at the time and Rylen who was a baby. We placed our drink order and when it was brought to the table Elijah's chocolate milk was in a children's cup decorated with an animal farm theme so I was quizzing him on the names of the animals. When we got to the cow he noticed the udders but didn't think they were udders, he was sure they were penises and wanted everyone else in the restaurant to know as he yelled out “Mommy, it's a penis...a penis!” The more we tried to quiet and correct him the louder he got. Fortunately,

the people at the surrounding tables thought it was funny and gave us those knowing “smiles”. Later, when I told the story to my mother-in-law she was aghast to hear that we had taught him the proper name and not called it a “wink” like she had taught her boys. She is from a different era. Today, Dawn Gessner and Cheryl Sutton will be speaking to us on healthy sexuality and our children. I am anxious to hear their ideas and get their pointers. Dealing with sex and your children may seem far away but it's closer than you think.

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.