

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 session. Look for the marked doors.

Lord,
Teach me how to love the way you love. Let your love pour out of me into my child. Thank you for the precious gift you have given me in my child.

Dwelling Well

VOLUME 2 ISSUE 2

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Fear Not

What are you afraid of? What is your biggest fear? For me, I fear losing a child or my husband. I fear making a big mistake and having to pay for it for the rest of my life. I fear being rejected by anyone. I fear having my heart broken by my loved one. Fear has been around forever. Fear is mentioned in the very first book of the bible in the 3rd chapter. Adam and Eve were afraid of the Lord because they had disobeyed him. Danette Bean, a counselor and pastor's wife here at First Free spoke on this topic this past weekend at the women's retreat. As I was listening to her speak I was overcome by my own fear that something terrible was going to happen to my husband, father, and my three precious boys as they were driving up from Rockford to bring me my wallet I had forgotten to pack the night before. (I think I've have mentioned before that my husband is a great guy! What patience he has for me. Praise God!) Anyway, I was sitting in the workshop listening to Danette and I

MOPPETS Information

A new session has started 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

was overcome by the thought that my family was going to be either hit by a semi or end up upside down in a ditch. The worst case scenario was playing out in my head. I almost stood up and walked out of the room to call my husband and tell him not to worry about bringing me my wallet, to just stay home, lock the doors and stay inside all weekend until I get back. Then Danette began talking about different fears. She told us about healthy fears, for instance, *Phobos*, which means the fear of displeasing or disobeying the Lord. She also told us about *Deilia*, which is irrational fear



which creates anxiety and restlessness. *Deilia* fears we attempt to control what is not ours to control. By calling my husband I was attempting to control something that was not mine to con-

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,

trol. Then Danette told us that no matter what happens in our lives, no matter how terrible and unimaginable something might be that if you have God as the head, king and absolute first priority in your life He is Enough. He will endure. God is enough. Then I thought of my cousin who lost her 5 year old daughter in a fire and with strength from Christ she is OK now. I thought of a friend who last her 3 year old daughter to a disease in less than a week who now sings in the worship band at church and has a faith stronger than before. She has gone on and is OK. Then I said a quiet prayer and asked God to protect my family but if something were to happen to my family that He give me the strength to endure and not let my faith waiver. I had peace. I had peace that my God would be enough. I know that that same fear will creep back sometimes but I will remind myself to remember God's truths written in the bible and that He is Enough. "Give thanks to the Lord, for He is good. His love endures forever..." Psalm 139.

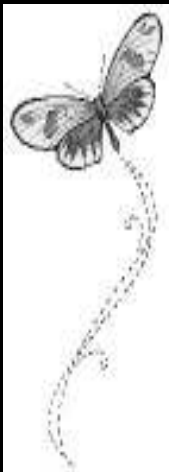
measles, mumps, conjunctivitis, diarrhea, coughing/croup, head lice ,including the presence of eggs or nits. Remember to label all diapers, bags and sippy cups or bottles. If you ever have any questions or concerns., please see one of your steering team members or Teresa Hubbard. FYI - we have a pager 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

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

Welcome Heather Dellamater to MOPS! Heather is a past coordinator who now is serving as a missionary in Kenya with her husband Brian and two sons, Noah and Gabe.



I Really Lived by Sister Marjorie Pay Hinckley

I don't want to drive up to the pearly gates in a shiny sports car, wearing beautifully, tailored clothes, my hair expertly coiffed, and with long perfectly manicured nails.

I want to drive up in a station wagon that has mud on the wheels from taking the kids to scout camp.

I want to be there with grass stains on my shoes from mowing Sister Schenk's lawn.

I want to be there with a smudge of peanut butter on my shirt from making sandwiches for a snack for a sick neighbor's child.

I want to be there with dirt on my fingernails

from helping to weed someone's garden.

I want to be there with children's sticky kisses on my cheeks and the tears of a friend on my shoulder.

I want the Lord to know I was really here and I really lived.

Making Friends as an Adult

According to Parents.com a recent study found that when women have children, they drastically reduce the amount of time they spend with their friends—barely five hours a week down from 14 hours a week before having children. Friendships are vital to our health and happiness. After spending this past weekend away from my family with a bunch of women friends I feel extremely recharged and ready to take on life's daily grind. The thing is, it's not easy making friends as an adult. You can't just run up to another girl on the play ground and ask her if she

wants to jump rope with you like you used t be able to do. Now you have to get out there and make yourself vulnerable. You have to ask another woman if she'd like to go to coffee or have a playdate and she might decline by saying no. Then what do you do? I must speak from personal experience, if you want to make friends you must get involved. Whether that be joining a team here at MOPS (hospitality, craft, steering, etc.) or joining a small group your church or volunteering for some organization. Get involved in something you are interested in or love and you will

meet people with similar interests and friendships will happen. I've mentioned it before but all of my friends I've made since I moved to Rockford have come from MOPS at First Free. The first year I joined I was so disappointed because I didn't make one lasting friendship but I also just attended the meetings and just went home. It wasn't until I volunteered to be a discussion group leader, then the steering team that I made friends and I have made some great friends. People that I know I will be friends with for years to come. So, I encourage you if you want and need friends - get involved!

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.