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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 "D" marked doors.

Services at First Free:
Saturday: "Alternative"
borderlands @ 5pm
Sundays: Traditional
@8:30am and Contemporary
@10:15am

Lord,
Show my child how to love others as well as himself. Help him to love the gifts, talents and body you blessed him with.

Dwelling Well

VOLUME 2 ISSUE 4

TUESDAY, MAR 25, 2008

Bathing Suit—anyone?

It's that time of year again. It might not feel like it with snow still on the ground but it's coming. Can you feel it? It's almost time to start the dreaded bathing suit shopping trip! Ahhh! No, not that again! For some of you who have escaped off to warm winter vacations you might have already experienced this but for the rest of us it is still to come. Yikes! Although, as I have said before I love summertime. I love going to the pool, the beach, even my own backyard child-sized swimming pool as long as I can lay out in the summer sun. I wake up in the morning and the first thing I put on is my bathing suit. I don't mind wearing the bathing suit once I have it on but I hate the anticipation of the purchase of it and the 14 hour shopping trip it takes me to find it. Have my legs developed more unsightly dimples over the past 6 months? How much has my post-three-baby-belly sagged over last half of a year as I did nothing to attempt to firm it? I shall soon see next time I'm in the dressing room at Target trying on 2 dozen bathing suits. I might even amuse myself by trying on a tummy-bearing two piece. If you are ever shopping and hear some woman

laughing hysterically from the back corner of Target just know it's me trying on that suit! I must face it, I'll never have the body that I once had in high school again. I'll never have cellulite free legs or a flat tummy or those wiggle-wobble-free upper arms. The sad thing is that when I was in high school I thought I was so fat. I look back at pictures and want to smack myself for being so hard on myself back then. I wasn't fat—I was bigger



than most of my girlfriends but they were *skinny*. I would kill to have my old body back...well, probably not. I have three little miracles named Elijah, Rylen and Henry to show for my saggy belly, cellulite riddled legs and extra 15 pounds. I wouldn't trade those three for the entire world. I might even have another one, risking even more sags, pounds and cellulite. They bring me such great joys and happiness that they are

worth it. My youthful, thin body days have passed. Yes, kids are a lot of work and I spend the better part of my days catering to their needs and wants, cleaning up after them and disciplining them (which never is enjoyable) but that is what I signed up for when Chris and I decided to have children. Beth Moore, author of many women's Bible studies once wrote in her book "A Woman's Heart God's Dwelling Place", "If I had not the Lord, I never would have nurtured a constant desire to be a better parent. I would have had no voice whispering inside me: 'Your time will come. For now your personal life must be part-time, and their little lives must be full-time'". So, yes I still strive to have that "better" body but I'd never trade my kids for it. Not even for the perfect body. My children are an absolute blessing from God. My body is temporary and will wither away but God will have the most beautiful heavenly body waiting for me in heaven. "Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands." 2 Corinthians 5:1

MOPPETS Information

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 18 months—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 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 the system 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.firstfreewomen.org

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

Our next Meeting is Tues, April 8th. The hilarious, Greg Speck, speaker and author, will be speaking on “Your Man’s Mind: What is He Thinking?”



DWELLING WELL

Spring Cleaning Tips For The Busy Mom (From www.waldsle.org)

Dirt: Layers of dirty film on windows and screens provide a helpful filter against harmful and aging rays from the sun. Call it SPF factor of 15 and leave it alone.

Cobwebs: Cobwebs artfully draped over lampshades reduce the glare from the bulb, thereby creating a romantic atmosphere. If your husband points out that the light fixtures need dusting, simply look confused and exclaim, “What? And spoil the mood?” During the holidays you can throw some glitter on them and call them holiday decorations.

Pet Hair: Explain that mound of pet hair brushed up against the

doorways by claiming you are collecting it there to use for stuffing hand-sewn play animals for underprivileged children. (Also, great for keeping out cold drafts in the winter).

Guests: If unexpected company is coming, pile everything unsightly into one room and close the door. As you show your guest through your tidy home, rattle the door knob vigorously, fake a growl, and say, “I’d love to show you the den, but Fluffy hates to be disturbed, and the rabies shots are SO expensive.”

Dusting: If dusting is REALLY out of control, simply place a

showy urn on the coffee table and insist, “This is where Grandma wanted us to scatter her ashes.”

Painting: Don’t bother repainting. Simply scribble lightly over a dirty wall with an assortment of crayons and try to muster a glint of tears as you say, “Junior did this when he was 2 years old, and I haven’t had the heart to clean it.”

General Cleaning: Mix 1/4 C Pine-Sol with 4 C of water in a spray bottle. Mist the air lightly. Leave dampened rags in conspicuous locations. Develop an exhausted look, throw yourself on the couch and sigh, “I clean and I clean and still I don’t get anywhere.”

Our Speaker: Jane Rubietta

Jane is an award winning author, speaker, pastor’s wife and mother of three. She is now the shortest person in her home! Her husband, Rich, is a composer and a missionary/worship evangelist in churches around the Midwest and in public and Christian schools. Jane has spoken for MOPS groups around the country for more than a decade. She writes for *MOMsense* as well as the MOPS next-step magazine *Fullfill* and loves being a part of MOPS. She was thrilled to return to speak at the MOPS convention this past year.

Today’s talk is based on her new release, **Come Closer:** *A Call to Life, Love and Breakfast on the Beach*. And you can take Jane home with you today with one of her books. If you are an exhausted mom (is there some question about that?!) you will love her books **Resting Place** and **Quiet Places**. Jane speaks about 100 times a year, has hundreds of articles in print and 10 books, including *Grace Points* and *Quiet Places*. Her books and speaking ministry have helped thousands of people find grace and goodness in

a broken world. Jane and her husband, Rich, operate the 501 c3 non-profit organization, “Abounding Ministries”. They receive no salary or benefits from any church or board. Resource purchases enable Abounding Ministries to continue bringing God’s life-changing love in Christ through writing, speaking, music, school assemblies and retreats. All gifts are tax deductible.

Learn more about Jane at www.janerubietta.com.

Why I Love MOPS @ First Free

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. See my contact info on page 1.