

FIRST EVANGELICAL  
FREE CHURCH

2007-2008  
MOPS  
STEERING  
TEAM

Erin Hildreth  
erinhildreth75@msn.com  
(815) 543-6543  
Coordinator

Ericka Yancey  
eeyancey@sbcglobal.net  
Co-Coordinator

Kathy Langan  
kathylangan@comcast.net  
Mentor Mom Coordinator

Dana Loner  
danaloner@yahoo.com  
Discussion Group Coordinator

Laura Nothnagel  
mrsreading@yahoo.com  
Discussion Group  
Co-Coordinator

Sarah Brockman  
sabrackman@gmail.com  
Hospitality Coordinator

Tammy Anderson  
tammyanderson@yahoo.com  
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

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 5

TUESDAY, APRIL 8, 2008

## Heads Up!

I have been married now for almost 11 years, and the question, "What was he thinking" pops into my head sometimes believe it or not! Recently my husband, Eddie, bought 3 nearly 8 feet tall pieces of bamboo, along with a vase for them to go in at Michaels. The only problem was that the vase was only about 18 inches tall; thus creating a bamboo ensemble that was extremely top heavy. Eddie, (who now laughs at this by the way) tries to put the awkward piece in the corner of our living room, only to have it make its descent in his direction! Being the helpful wife I am *most* of the time, I offer some advise ,and tell him to go outside and grab some rocks from the side of our house to fill the vase with for weight. Surrendering to my insight, he not only gets rocks, but decides to graciously add sand and pea gravel; which only left us with a vase filled with sand and rocks that was still unsecured! Needless to say our living room has been rearranged about 14 times since the infamous purchase at Michaels. It seemed like every time I saw Eddie, he was placing the bamboo somewhere else while giving me a "thumbs-up"

## 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 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

sign! Why didn't I say anything before the card was swiped, or before the constant rearranging began? **I don't know!**

Eddie may not always understand me, yet he may not question me, so I chose to do the same for him, We are all created so differently, especially men and women; I have yet to have known anyone that is just like another. "For you created



my inmost being; you knit me together in my mother's womb" (Psalms 139:13). Try as I might, I will never make Eddie think like me, and vise versa.; the reality is that God created men and women completely different. Marriage is an interesting duo, since two different people from totally unique backgrounds, coexist, and ultimately have to compromise from time to time to maintain that level of balance that it takes for a healthy relationship

to thrive. Personally I've learned that nagging and complaining doesn't work, in fact it only makes matters worse! I believe that both the husband and the wife can truly become one by living by the golden rule. I know it's easier said than done, but if we look upward for strength anything is possible! The sad truth is that statistics say that fifty percent of marriages end in divorce. It's obvious that many marriages have much bigger issues than where to put the bamboo in the living room, however I also know that our creator sees and hears everything that were going through and will help in our time of need. "This poor man called, and the Lord heard him; he saved him from all his troubles" (Psalms 34:6). Just when we thought that we had found a permanent place for the bamboo, I heard a loud bang , so I rush downstairs only to find it laying on the floor. After vacuuming up the gravel I had to laugh and thank God that he has blessed me with Eddie, and that we can both agree we need a bigger vase! "Be completely humble and gentle: be patient, bearing with one another in love.. Make every effort to keep the unity of the Spirit through the bond of peace" (Eph. 4:2-3).

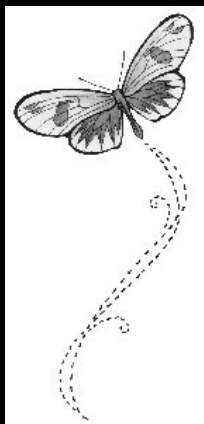
the presence of eggs or nits. Remember to label all diapers, bags and sippy cups or bottles. If you ever have any questions or concerns, please see one of your steering team members or Teresa Hubbard. FYI - we have a pager system. If you'd like to use it is located in the baby room. Just leave your keys. If you are needed the childcare workers will page you!

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



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

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



DWELLING WELL

The Mission of First Evangelical Free Church is to bring people into a life-changing and growing relationship with Jesus Christ as Savior and Lord.

## Spring Cleaning Tips For The Busy Mom (From [www.walldsf.org](http://www.walldsf.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 501c3 Non-profit organization, “Abounding Ministries”. They receive no salary or benefits from any church or board. Resource purchases enable Abounding Ministries to continue to bring 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](http://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.