

MOPS

First Evangelical Free Church

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Tuesday, March 8, 2010- Swap Day!

Motherhood 101

Good Morning!

We are so excited for today's Mom Swap! We hope you swap some great stuff, and some great stories. I have nothing profound to say about the swap, so I thought I'd share our theme passage for the year. It's way better than anything I've ever written!



Psalm 139

¹ O LORD, you have searched me
and you know me.
² You know when I sit and
when I rise;
you perceive my thoughts
from afar.
³ You discern my going out
and my lying down;
you are familiar with all my
ways.
⁴ Before a word is on my
tongue
you know it completely, O
LORD.
⁵ You hem me in—behind and
before;
you have laid your hand
upon me.
⁶ Such knowledge is too
wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your
Spirit?
Where can I flee from your
presence?

⁸ If I go up to the heavens, you
are there;
if I make my bed in the
depths,⁹ you are there.
⁹ If I rise on the wings of the
dawn,
if I settle on the far side of
the sea,
¹⁰ even there your hand will
guide me,
your right hand will hold me
fast.

¹¹ If I say, "Surely the darkness
will hide me
and the light become night
around me,"
¹² even the darkness will not
be dark to you;
the night will shine like the
day,
for darkness is as light to you.

¹³ For you created my inmost
being;
you knit me together in my
mother's womb.
¹⁴ I praise you because I am
fearfully and wonderfully
made;
your works are wonderful,
I know that full well.
¹⁵ My frame was not hidden
from you
when I was made in the
secret place.
When I was woven together in
the depths of the earth,
¹⁶ your eyes saw my
unformed body.
All the days ordained for me
were written in your book
before one of them came to
be.

¹⁷ How precious to¹⁸ me are
your thoughts, O God!
How vast is the sum of them!
¹⁸ Were I to count them,
they would outnumber the
grains of sand.
When I awake,
I am still with you.

¹⁹ If only you would slay the
wicked, O God!
Away from me, you
bloodthirsty men!
²⁰ They speak of you with evil
intent;
your adversaries misuse your
name.
²¹ Do I not hate those who
hate you, O LORD,
and abhor those who rise up
against you?
²² I have nothing but hatred
for them;
I count them my enemies.

²³ Search me, O God, and
know my heart;
test me and know my
anxious thoughts.
²⁴ See if there is any offensive
way in me,
and lead me in the way
everlasting.



The Scroll Bookstore

- Bring in this newsletter and receive a **20% discount** on any one item.
- Located at the main entrance of First Free across from the church office.
- Open on Tuesday during MOPS!

First Evangelical Free Church
2223 N Mulford Rd
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firstfreewomen.org/mops.htm

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.

Extra Credit—Announcements

Interested in Leadership?

There is an opportunity to join MOPS leaders for a training in Bloomington, IL. on Saturday, April 2nd. The theme is Wired for Community. Tickets are \$35, and a carpool will leave at 7:30am with an expected return at 5:00pm. Contact Tammy or Laura if interested. . (Numbers on front.)

Craft Request

Please save a clean egg carton for our craft on April 12th.



Silent Auction, May 10

One of our favorite fundraisers is approaching! Each year we ask local businesses and our family-friends/etc. to donate new /items/gift cards for this event and we put together baskets for bidding. The public is welcome to come to this event, so invite your friends/family/neighbors. If you would be interested in volunteering to ask local business for donations (we have a letter you would just have to deliver), please let Tiffany Kirchner know. Also, if you have friends/family who would be willing to donate something, please begin asking them now so we aren't asking at the last minute. All donations are tax deductible.

Cozy Corner

Will be hosted by Tiffany Kirchner at 6290 Valhalla Dr. Loves Park. (815-978-9697) on March 18th at 7:00. Bring a treat, your craft stuff, thank-you cards, or whatever you want to get done while sitting at a table with friends.

Want to GET OUT and Make New Friends?

A new casual study/ coffee talk starts TONIGHT from 7-8:30 at Meg's on Alpine and Guilford. Cost of the book is \$14– time with friends is priceless. Again, let Tammy or Laura know if interested.



Do you give up anything for Lent?

Why or why not? Discuss.

Things you (still) need to know...

- The childcare rooms open up at 8:45am. You are welcome to come at that time, drop off your children, and join us in the meeting room for coffee and conversation before MOPS begins at 9am.
- In case of bad weather, MOPS will be cancelled if Rockford Public School Dist 205 is closed.
- Refer to the childcare Health and Wellness Policy sheet in your folder when your child is ill.
- To keep all of our children and staff healthy please wash your children's hands with soap and water before placing them in their classrooms.
- Babies 3 months and younger are welcome during the meeting. Children older than 3 months should be in childcare.
- When bringing food, you are welcome to drop it at the "A" entrance where you can run it to a cart or someone will be waiting for you.
- Please turn your cell phone ringer off or on vibrate. If you have to answer a call please leave the room quietly.
- Feel free to invite a friend! She gets a free visit before she decides if she'd like to join. Please check with Laura, Tammy or Lindsey if she'll need childcare.
- Enjoy your morning!

