



**CHRIST
LUTHERAN
CHURCH**
ZIONSVILLE



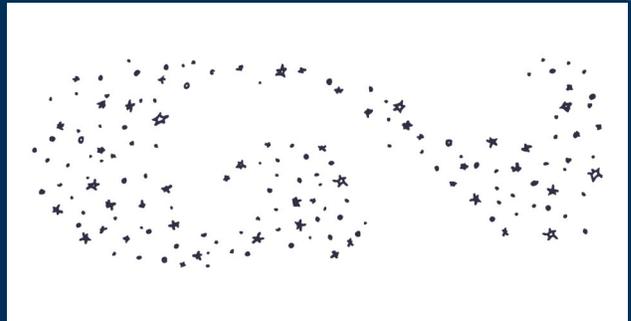
OCTOBER 2016

Coordinator Connection

It's October, the month of all things pumpkin! Are you on the pumpkin spice bandwagon? Pumpkin Spice lattes, pumpkin spice cereal, brownies, cream cheese and I think I even heard that McDonalds was creating pumpkin spice fries. I normally love a pumpkin spice latte, but this year is different. Not sure what changed, but they are too sweet for me this year. You are probably wondering where I'm going with this ... it's all about change. Things are changing everywhere right now. The seasons, our children (especially our children) and our moods. Things in our house have changed so much since the start of kindergarten for my youngest. We are running from one activity to the next and things are starting to slip through the cracks more than normal. For me, that makes for one crazy momma at times. As moms are we too hard on ourselves? Do we sometimes go to dark places and not sure how to handle the situation and still keep it together for our family. I am looking forward to receiving even one small tip from our speaker today that will help this crazy momma out!

- Jacki Kane

MOPS Coordinator



Today's Speaker

This month's speaker is Sherrie L. Bloemendaal, MSW, LCSW from The Cabin in Zionsville. Sherrie earned her Masters degree in Social Work from Indiana University and is a licensed clinical social worker (LCSW) in Indiana. Her clinical experience includes child and adolescent issues, self-injuring, eating disorders, parenting, family and marital conflict and distress, infertility, and depression. Sherrie frequently speaks to groups about parenting and teen issues. Welcome Sherrie!





LAST CHANCE FOR DIRECTORY PHOTOS

Please see Kristi Jones, publicity coordinator, to have your picture taken today. Kristi is creating a photo directory to help moms get to know each other. It will be distributed at our November meeting. If you'd like to include an ad for your home based business, please email the ad to Kristi@KristiJonesLaw.com, by Monday, 10/17.

Service Project Update

Please help us help the Helping Hands Shelter, part of Mental Health America of Boone County!

If you would like to help, pay a visit to our Giving Tree! It's located by the water and coffee in the back of the room during our monthly meeting. There you will find tags for the different items the shelter is in need of. It's amazing the difference a new set of towels, washcloths, or sheets can make to the victim of domestic violence. Often they haven't been able to put gas in their car or groceries on their table, so gas and grocery gift cards mean so much to them. Pull a tag for any of these items and bring that item back at the next meeting. I will be collecting these items in the big blue MOPS bin just in front of our bulletin board in the church lobby.

What about any gently used toys or clothes that you've been meaning to get rid of? One mom's trash is another mom's treasure - donate your gently used items to our MOPS box in the lobby for use during our MOPS shopping night event! We will be using these items to hold a "garage sale" during our shopping night, Thursday, November 17th, with all the proceeds going to purchase items needed for the Helping Hands Shelter. So please take a look around and see if there's an item your kids no longer use that they would be willing to donate and then get ready to shop for new treasures!

Any questions? Feel free to contact me:
Candace Murphy
csmurphy03@yahoo.com
(217) 898-2518

NOTES FROM HOSPITALITY

Happy fall! Many thanks to Table #1 for bringing our breakfast buffet this morning! We appreciate you! Table #2 (Jill Stiles's table) will be up in November. A reminder will be sent out closer to our November 9th meeting.

The October door prize is a book from MOPS member Chrissie Stacy who is a consultant for Usborne Books & More. Usborne is an award-winning publisher of educational, engaging and commercial-free children's books for babies through high schoolers. If you are interested in hosting a home or Facebook party to earn free books for your kids contact Chrissie at chrissie.stacy@gmail.com or 317-435-1780. Thank you Chrissie!

~ Jodi Kerstiens & Elizabeth Murphy, Hospitality Chairs





Mentor Moment: Light



Looking back on the years with my high school youth group, I remember one occasion when we were on a retreat and about 4 of us girls were in a hotel room together, giggling and goofing off! As we were trying to settle down and sleep, my friend Kristen put a cassette tape in her boom box of Amy Grant songs. I had never listened to Christian music before, but I really liked this tape! One of the songs that stuck with me to this day is Thy Word. It goes with today's verse: Psalm 119:105. It says "Thy word is a lamp unto my feet and a light unto my path." Amy Grant says it is a reminder for everyone because all of us, at some point in our lives, get a little bit lost. It could be early in our life, or come much later on. She remembers a woman telling her that she had been the caregiver for her 90 year old mother who recently passed-away. She said that it probably sounded strange at her age, but without her mom, she felt a little lost. I get it. I definitely have felt lost at times. One example is when I had a newborn in the house and after a couple of weeks, my husband went back to work, my parents went home, and I was there all alone taking care of this little baby. Another time I know I was lost, was when my marriage hit a really rough patch. I was trying to hold it together taking care of three little children. It's a terrible feeling. Us so called "Super-Moms" don't fair so well when the GPS is not functioning! What do we do? Well, we are blessed to be Christians! We have God's word to give us the directions. We can pray to him and feel his guidance, comfort and peace. His word is truly lighting the way down our path, whether it is short or long. Open your eyes and heart to what he is telling you. If you attend church, find comfort in the words of the service and your Pastor, or open a Bible and look up your favorite verse, listen to a friend who may have been placed there to help you, or during a frantic moment, Google Amy Grant's song and listen. His word is lighting your path home.

Wishing you God's blessings,

Catherine



Shopping with a Cause

Join us Thursday, November 17th for our 2nd Annual Shopping with a Cause. The evening will feature a garage sale, with all proceeds benefiting The Helping Hands Shelter. The evening will also feature local vendors, what a great way to start your holiday shopping. If you are interested in being a vendor, please contact Jacki Kane (jacki.l.kane@gmail.com). We already have vendors such as Pampered Chef, Creations by Karie, Wildtree, Beauty Counter, Stella and Dot, Paper by J.Kane, Usborne Books, Lularoe and Tastefully Simple. The list grows every day! We will also be raffling off baskets of items donated by our wonderful vendors. Raffle tickets will be \$2 each or 3 for \$5. Come help us raise money for the Helping Hands Shelter and support some local businesses as well! Doors will be open 7:00 to 9:00.

A Special Invitation for TONIGHT!

Christ Lutheran Church is hosting Cornerstone Choral and Brass for a concert on Wednesday, October 12 at 7pm. They performed a stunning concert here in 2014. A unique faith experience during troubled times, Cornerstone presents "They Shall Mount Up with Wings," a powerful message of reconciliation, healing and social justice through narration with a wide variety of traditional music --all woven together with newly composed musical interludes to focus on our faith and God's call for us to follow Christ and serve those in need.

PARENTING BOOK STUDY

Kathryn Singer, our preschool director, will be starting a Conscious Discipline parent book study that will meet once a month for approximately an hour. Conscious Discipline is a social/emotional curriculum, developed by Dr. Becky Bailey, that teaches adults how to respond to every day conflicts in a composed manner and teaches children how to self-regulate and how to problem solve. Kathryn and the preschool teachers are doing their own teacher book study and implementing different components of Conscious Discipline in the classrooms throughout this school year, but Conscious Discipline is a curriculum that can be used anywhere by anyone, which is why Kathryn is starting a parent book study as well. All parents are welcome to participate! For more information, please contact Kathryn directly via telephone at (317)-873-3232 or via e-mail at kathryns@clczionsville.org.

Save the Date

Every year the calendar fills so quickly during the holidays, so mark your calendar now for Breakfast with St. Nick at Christ Lutheran Church on December 3rd!

In Our Prayers

~ Prayers for a successful surgery for Carmen Browning-Burns' son Lance on Monday, October 17 in Cincinnati. Please keep this family in your prayers as they spend the month apart.
~ Prayers for our moms and families that may be struggling in the darkness. May these moms find comfort and strength.



Mark Your Calendar for these MOPS Events!

OCTOBER

10/17 @ 7pm—Cornerstone Chorale and Brass Concert. (Christ Lutheran Church).

10/26 @ 915am MOPS Balancing Act Bible Study

10/26 @ 7pm Mom's Night Out Event: Game Night!

(Kristie Goehausen's house, 7464 Fox Hollow Court, Zionsville)

NOVEMBER

11/7 *Happy Birthday Whitney Lambert!*

11/9 @ 915am MOPS November Meeting

11/15 *Happy Birthday Sarah Sampson!*

11/16 @ 915 am MOPS Balancing Act Bible Study

11/17 @ 7-9pm MOPS 2nd Annual Shopping with a Cause (Christ Lutheran Church). Local vendors & MOPS moms help you get started on holiday shopping. All proceeds from our raffle and garage sale will benefit the Helping Hands Shelter!

11/18 *Happy Birthday Lori Arnold!*

DECEMBER

12/3 Breakfast with St. Nicholas (Christ Lutheran Church)

12/14 @ 915 am MOPS Meeting

12/21 @915 am MOPS Balancing Act Bible Study

Coming in November...

Join us as Shawna Bishop from Closet Runway Boutique shows us how to dress. As moms we sometimes spend more time on our families than finding that outfit that makes us feel beautiful. We will also be making a winter craft!

