

MOPS

Mothers of Preschoolers



CHRIST
LUTHERAN
CHURCH
ZIONSVILLE



FIND YOUR FIRE

2018-2019 Topics and Speakers

October: “Feeding Strategies for Picky Eaters” by Sarah Raybourn, Occupational Therapist

November: “Internet Safety” by Amanda Giddings, Youth Educator for the Internet Crimes Against Children Task Force of the Indiana State Police

December: Christmas Message, by Christ Lutheran Church Member Pastor Jeff Iacobazzi

January: Lisa, the woman behind “I Am Mother of the Year” Facebook group and blog

February: Husband Panel (We are looking for husband nominations to answer questions submitted by the group.)

March: “Home Fire Safety” by the Zionsville Fire Department

April: Easter Message, by the newly hired pastor at Christ Lutheran Church

May: No speaker, extra discussion time! Bring your fun summer activity ideas to share.

Coordinator Connection: Finding Our Fire

Welcome to the 2018-2019 year of MOPS! The theme this year is “Find Your Fire” and in order to do this we will Live Expectantly, by thinking about what could go right, Surrender Daringly, by letting things go, and Breathe Freely, by letting ourselves be loved. We are excited about this theme because it reminds us to focus on our God-given passions. We need to tend our own fires in order to keep them alive, but so often as mothers we put our own “fires” on the back burner while we tend to our children, jobs, husbands, etc. Sometimes we need reminders to let things go, leave things in God’s hands, and tend to our own passions.

We are looking forward to some wonderful speakers this year, who will provide us with ideas and tools to help us as moms, and free us to have a little more time to take care of ourselves! We welcome lots of new faces this year and are excited to see many new friendships grow as we grow together in Christ.

-Julia & Teresa, MOPS Co-Coordinators

REMINDERS:

If you haven’t paid your MOPS annual fee, please get your payment to Finance Coordinator Lori Arnold or your Table Leader ASAP. Please make checks payable to Christ Lutheran Church for \$92 (scholarships are available). See your Table Leader, Co-Coordinators Teresa Druschel and Julia Goldberg, or Lori for further information.

If you’d like to include an ad for your home-based business in our photo directory, please contact Publicity Coordinator Nicky Keith.

Service Update

A new year brings a new service partnership for us! This year we will be working with the Helping Hands Shelter, a part of Mental Health America of Boone County. The Helping Hands Shelter provides alternative, short-term, emergency housing for women and children escaping domestic violence situations. Since opening in 2004, the shelter has helped over 3,000 women and children find comfort and safety while also providing needed services and a comprehensive support system that is uniquely tailored for each family.

This year we will be helping the shelter in two ways. First, they regularly need donations of gas cards (\$10, \$15, \$25 increments — NO larger than \$25, please), as well as neutral colored sheet sets (for twin and double sized beds) and neutral colored towel sets. A giving tree will be located at the back of the room during each monthly MOPS meeting. Take a tag listing a needed item home with you and bring the item back either at the next MOPS meeting or place it in the bin located under the MOPS bulletin board near the church office anytime the church is open during the week. This is a great way to involve your whole family in our service project! Second, we will be raising money through various activities during the year. A change jar will be next to the giving tree at each meeting — feel free to empty your wallet of any coins or small bills. Nothing is too small! We will also host our annual shopping night Thursday, Nov. 8 with all proceeds going to the shelter. They can use this cash to purchase specific items and services that the women and children coming through their program might need.

Thanks so much in advance for your efforts in supporting such a needed organization!

-Jodi Kerstiens, Service Coordinator

Notes From Hospitality

Hello, everyone! Welcome to a new year of MOPS! I hope you had an awesome summer, and I'm so excited to spend this year with you. Thank you to our Steering Team for providing our breakfast this morning. The RED table will be providing breakfast next month. An email reminder will be sent out closer to our Oct. 10 meeting to remind you what you signed up to bring. If you are unable to bring your item or need me to pick it up and bring it for you, please let me know.

SEPTEMBER'S DOOR PRIZE: The September door prize was donated by MOPS mom and our Craft Coordinator, Jessica Gray. Jessica is a mom of two and runs her own business, wiggleroomstyle! Wiggleroomstyle makes adorable custom shirts, mugs, socks, totes, doormats, dish towels, and much more. You can contact Jessica and get more info on her Etsy store, wiggleroomstyle, or email her at jmgray611@gmail.com. THANK YOU, Jessica!

-Katelynn Brack, Hospitality Coordinator

From Our Care Coordinator

As Care Coordinator, I'd like to welcome everyone, and especially our new moms to the 2018-2019 MOPS Year! Our group is here to support you! If you are expecting a little one, or dealing with an illness or medical issue in the family, please let us help you! We would love to provide meals or support any way we can! This month, we have two moms expecting new babies! Congratulations to Vanessa Friedman and family, due Sept. 8, and Abby Levin and family, due Sept. 25, both with baby girls! We look forward to welcoming your little ones into our MOPS family!

-Jessica Carter, Care Coordinator

Catherine's Mentor Moment: Trust God

Trust God. I thought about ending my Mentor Moment there, but I suppose I should continue...

Moms go through life these days at top speed. Days fly by with us rushing around doing tons of things, but come bedtime, it looks like nothing was accomplished at all! I occasionally try to rationalize the messy house or lack of a home-cooked dinner to my husband by listing all the things I actually did do that day, but I don't think he really cares when he gets home from a long day at work. It just makes me feel better to explain it, and I always hope for some sort of affirmation from him for my worthwhile contribution! With the children, I hope for that same affirmation, but in a different form: kind, well-adjusted, smart, somewhat athletic, artistically talented kids (right?!). Realistically, all I need are good kids! So I keep going full speed ahead and before I know it, a week has passed, then months, then years. I often wonder if I'm on the right path. Am I doing this Mom thing the absolute best I can? Why are they growing up so fast?! Will they become awesome adults? I say to myself, stop, breathe, trust God!

Occasionally in life most of us are faced with other challenges much larger than our day to day parenting ones. Maybe a friend or relative is fighting a serious illness, perhaps your marriage has hit a really difficult patch, a job change or move might be necessary, or the bills are piling up and there is no end in sight? I think the saying, "When it rains, it pours!" was coined by a very wise and observant person some time ago. It is just so painfully true! In those times of torrential downpours, remind yourself to stop, breathe, and trust God. I honestly believe with all of my heart that some of the things I have been through would have destroyed me if not for my trust in God.




Today's verse is Proverbs 3:5-6. "Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to him and he will make your paths straight."

I interpret this as meaning that I cannot possibly understand why things happen the way they do or believe that my words and actions are 100% mine, yet that God is there directing me, loving and supporting me, and having me fulfill the plan for my life. I need to believe in Him with all of my heart and trust He will make my path lead exactly where it is supposed to go. If some of that path goes up mountains, through muddy waters, or over rocks, I cannot give up my faith or hope for the future. Whatever lies ahead is what needs to happen. Everything will turn out right in the end (and in the real end, it will be paradise)!

Amazing, wonderful, busy, tired moms; stop, breathe, and trust God!

Wishing you God's blessings, *Catherine*

IN OUR PRAYERS

-  Prayers for strength, healing, and comfort for Jamie Martinez and family, whose father-in-law was admitted to the ICU in Houston over Labor Day weekend.
-  Prayers for strength, easing of anxiety, and healing for Teresa Druschel's father-in-law, Art Druschel, who had a stroke last week which is complicated by Parkinson's.
-  Prayers for our MOPS moms, caregivers, and children, that we have a wonderful year!

Mark Your Calendar for These Events

September

- 9/1 Happy Birthday, Abby Levin!
- 9/9 Happy Birthday, Dijana McGuire!
- 9/12 @9:15 a.m. MOPS September Meeting
- 9/16 @12-3 p.m. Charity Pop-Up Farmer's Market: Come to Christ Lutheran Church for this rain or shine event — all proceeds to benefit charities, such as the Boone County Caring Center, Habitat for Humanity, Lutheran Disaster Response, and Lutheran Child & Family Services. Available items include fresh local produce, handmade goods, used children's books, a car wash, live music, and a pulled pork lunch.
- 9/26 @9:15 a.m. MOPS Small Group Discussion

October

- 10/7 @9:15-10:15 a.m. "Strong in Every Way": A discussion of issues affecting youth, how adults can serve as anchors, and how we can strengthen our relationships and community. For children ages fifth grade and up and adults during education hour at Christ Lutheran Church.
- 10/10 @9:15 a.m. MOPS October Meeting: Sarah Raybourn, Occupational Therapist, will speak on "Feeding Strategies for Picky Eaters."
- 10/23 Happy Birthday, Emmy Haskovec!
- 10/24 @9:15 a.m. MOPS Small Group Discussion @7 p.m. MNO: Signed & Stated (BYOB)
- 10/26 @10 a.m. MNO: Family Day Out at Spencer Farm

Small Group Discussion Details

This year, discussion will be led by Barb Starkey and JoAnne Tuffnell, members of Christ Lutheran Church, and based on brief readings from the book *Encouraging One Another* from the Women of Faith series. (Book cost is \$6.50.)

Excerpt from the introduction:
"Sometimes we plod through life with our head down and our back bent under the weight of our load. We feel unimpressive, unkempt, unappreciated, and unneeded ... Day in and day out, we push along, struggling to put our shoulders into it, give it a little elbow grease, and keep a stiff upper lip... Who wants to live that way — without some reassurances to lift our hearts and steady our hand? God doesn't want to leave us staggering under such weight of discouragement. It's quite the opposite, really. Our Heavenly Father loves us so

much He does His best to cheer us up and cheer us on. Did you know God planned ahead for all of your gloomy days? He knows just when you'll need a little lift, and has arranged for encouragement to be right there, waiting for you to discover it! ... Encouragement comes from knowing His promises, and the faith that flourishes from believing them. Encouragement comes from fellow believers, as you reach out and touch one another's lives. God did not leave us to face life alone. He is with us always, and we are all in this thing together. So let's encourage each other along the way."

About Barb: *I am a retired medical technologist, having worked in hospitals and clinics for 30 years. I am a widow — married almost 56 years to the love of my life and best friend. I have three children, one son local, and two daughters in Missouri; four grandchildren, three boys and a girl; one*

great-grandson, and a great-granddaughter to be born any moment! I have worked with MOPS before and enjoy getting to know them and love and support them.

About Joanne: *I have been married 53 years, have four children, 12 grandchildren, and two great-grandchildren. I stayed home for many years while my kids were growing and began working outside the home during school hours doing things like teaching aerobics, was secretary for a small adoption agency, and a travel agent. I am looking forward to getting to know the MOPS moms this year and know we will have interesting conversations.*

Please sign up today or contact Teresa Druschel if you are interested in attending and have not already registered.