

MOPS

Mothers of Preschoolers



**CHRIST
LUTHERAN
CHURCH**
ZIONSVILLE



FIND YOUR FIRE

This Month's Speaker: Sarah Raybourn, Occupational Therapist

This morning, Sarah Raybourn will speak on the topic, "Feeding Strategies for Picky Eaters."

About Sarah:

I have been practicing pediatric occupational therapy for 11 years. My latest employer is Children's TherAplay where equine assisted movement is used during treatment. I have also worked in outpatient, school, and home (early intervention) settings. As an occupational therapist, I assess play, school, and self care skills (occupations of a child). I have attended multiple continuing education opportunities over the years including courses addressing oral motor and sensory differences in children.

Next Month's Topic and Speaker

"Internet Safety" by Amanda Giddings, Youth Educator for the Internet Crimes Against Children Task Force of the Indiana State Police

Coordinator Connection: Anticipation

Happy October, Mamas!

As we make our way through the month of ghosts and goblins, I'm not only looking forward to the weather changing, I'm also looking forward to our Moms' Night Out (MNO) MOPS Day Out at Spencer Farm and to our speaker at today's meeting!

I'm hoping our speaker gives us hints and inspiration to overcome that bucket of candy we will inevitably have in our homes over the upcoming weeks. Sarah Raybourn is going to be talking with us about ways to maneuver the hurdle of the picky toddler! As the mom of a 4-year-old that has huge struggles with textures, I'm really looking forward to even one new idea that might help at our house!

I hope everyone enjoys the meeting today and joins us for our MNO events Oct. 24 and 26 (check your calendars and RSVP!) and our annual Shop for a Cause Nov. 8!

-Teresa Druschel, MOPS Co-Coordinator



Service Update

Thank you all for donating your spare change last month for Helping Hands. We raised \$15 just from our loose change! Please consider taking a tag from the giving tree to donate neutral-colored towels and sheet sets (twin and double). Thank you! These items are so appreciated.



Shop for a Cause is coming soon! Mark your calendars and invite all of your friends, family, and neighbors to attend from 6-9 p.m. on Thursday, Nov. 8! This event is a lot of fun and will help you get a jump start on your holiday shopping! What could be better than that?! We have some great raffles for you to try to win and all proceeds from the raffles go to the Helping Hands Shelter as will any donations we collect throughout the night. Spread the word!

We do still have a couple of vendor spots available! Email jodi.kerstiens@gmail.com for more information. The cost is only \$15 to be a vendor and this \$15 goes straight to the Helping Hands Shelter.

-Jodi Kerstiens, Service Coordinator

From Our Care Coordinator

Congratulations to Abby Levin and family on the birth of their daughter, Ayda Lynn Levin! Ayda was born on

Sept. 20 and weighed 7 lbs. 7 oz. We are thrilled to welcome Ayda into our MOPS family!



-Jessica Carter, Care Coordinator

Notes From Hospitality

Happy October!

I love the fall and since I'm pregnant, the cooler temperatures are totally OK with me! This month, we want to thank the RED table for providing our breakfast this morning! The BLUE table will be providing breakfast next month. An email reminder will be sent out closer to our Nov. 14 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.

OCTOBER'S DOOR PRIZE: The October door prize was donated by MOPS mom and Beautycounter representative Catherine Armington! Like many of us, she is a wife and mom — and, like many of us, she didn't know what she didn't know. While using any number of beauty products on herself and her kids, she never thought for a second they might not be safe. After all, she thought, we live in a country that regulates everything. Imagine her surprise when she learned that when it comes to the personal care industry, that's simply not the case. Companies can use harmful ingredients and make their own judgments about safety, so she started using (and then representing) Beautycounter. Catherine loves Beautycounter products because she never has to sacrifice safety in the name of high performance and she can rest easy knowing what she's using daily is safe for her and her family — and really works! For more information, you can contact Catherine at Catherine.Armington@gmail.com. THANK YOU, CATHERINE!

-Katelynn Brack, Hospitality Coordinator

Catherine's Mentor Moment: Hope

Hope is defined as "a feeling of expectation and desire for a certain thing to happen." How often as moms do we find ourselves hoping for things? My answer is daily! I really thought about this, and ever since I became pregnant with my first child, my hopes have ramped up to a very high level. I started with hopes for a healthy baby, first words, first steps, full nights of sleep, then friends at school, good behavior, good grades, success with sports or other special activities, admission to a preferred college ... the list goes on and on! Just writing this I realized that the majority of my hopes are not for me, but for my children (and my husband). When things go the way they had hoped, everyone is happy, but when they face disappointment, sadness comes along with it. It is hard enough when our own hopes are not fulfilled, but to see our child upset is even worse! Moms take on the emotional baggage of everyone in the family! I know I always feel the need to make everything go right for my children, I want to control the outcome of the situation, and somehow get those hopes to become a reality, but, we can't always do that (nor should we). We can only continue to hope along with our child for that spot on the travel soccer team, or that special part in the school play. We can take all of those hopes and not only be a supportive parent, but our child's cheerleader and fan club! We can be the mom who guides our child to pray to God with their hopes. Knowing God is in control (and not anyone else) can be very comforting. I think it gives them more courage and positive thoughts! Take away the burden of hopes by praying to God, and realize how positive they are!

Whether our hopes are small or big, come from our child or from ourselves, they are a good thing! When they are fulfilled, give thanks and celebrate! When the outcome is not what we hoped for, remember this verse, Psalm 62:5: "Yes, my soul, find rest in God; my hope comes from him." Just like I said last month, trust in God. He is keeping our path straight, His plans for us are going along exactly as they should, and the hopes we have are known to Him. Hope is good, God is good!

Wishing you God's blessings, *Catherine*

A SHOWER OF SUPPORT FOR ONE OF OUR MOMS:

In our prayers this month is Erin Taulman, recently diagnosed with breast cancer and recovering from surgery. We'd like to bless Erin with a card shower — a small way to show she and her family are in our thoughts and prayers. If you would like to participate, cards can be sent to her home address:

Erin Taulman
2715 Benmore Court
Zionsville, IN 46077-2207

IN OUR PRAYERS

- ♥ Prayers for strength, easing of anxiety, and healing for Teresa Druschel's father-in-law, Art Druschel, who had a stroke last month which is complicated by Parkinson's.
- ♥ Prayers for healing for Erin Taulman, diagnosed with breast cancer and recovering from surgery.
- ♥ Praise for the safe arrival of new baby Ayda Lynn Levin! Prayers for good health for all and a smooth adjustment for the Levin family!
- ♥ Prayers for a safe and healthy fall season for our families!

Mark Your Calendar for These Events

October

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. Moms' Night Out (MNO): Signed and Stated (BYOB, snacks provided!)

10/26 @10 a.m. MNO: MOPS Day Out at Spencer Farm



November

11/4 @9:15-10:15 a.m. "Strong in Every Way": A follow-up to October's talk about this unique initiative of Zionsville Community Schools to foster specific strengths through focus in three domains of non-cognitive skill and asset development. For children ages fifth grade and up and adults during education hour at Christ Lutheran Church.

11/7 Happy Birthday, Whitney Lambert!

11/8 @6-9 p.m. Shop for a Cause: Our annual shopping night with all proceeds to support the Mental Health America of Boone County Helping Hands Shelter.

11/14 @9:15 a.m. MOPS November Meeting: Amanda Giddings, Youth Educator for the Internet Crimes Against Children Task Force of the Indiana State Police, will speak on "Internet Safety."

11/15 Happy Birthday, Sarah Sampson!

11/18 Happy Birthday, Lori Arnold!

11/21 Happy Birthday, Rachel Bose!

11/28 @9:15 a.m. MOPS Small Group Discussion

RSVP for Upcoming Moms' Night Out Events

We have two Moms' Night Out (MNO) events coming up this month and, if you haven't already, we need your RSVP!

Join us from 7 p.m. to 9 p.m. Wednesday, Oct. 24 at Signed and Stated for an evening of creative fun! You will need to choose your sign's size (small \$30, medium \$45, or large, \$60), background, and design and email your choices to Jen@signedandstated.com by Oct. 17. Event is BYOB and snacks will be provided.

Bring your family along for our MOPS Day Out at Spencer Farm at 10 a.m. on Friday, Oct. 26. \$20 per family includes: bonfire, hayride, pumpkins, and cider!

See each Evite that was emailed for full details on these events and make sure you RSVP so we know how many to expect. If you didn't receive an Evite, please let your table leader know.



WE NEED BASKETS!

We are looking for donations of baskets for Shop for a Cause raffle items! Have any baskets or canvas bins at home that you are looking to get out of your house? We'll take them!

Let Jodi Kerstiens know:
jodi.kerstiens@gmail.com