

MOPS

Mothers of Preschoolers



CHRIST
LUTHERAN
CHURCH
ZIONSVILLE



FIND YOUR FIRE

This Month's Speaker: Amanda Giddings, ICAC Youth Educator

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This morning, Amanda Giddings will speak on the topic, "Internet Safety."

About Amanda:

Amanda Giddings is a Youth Educator with the Indiana State Police Internet Crimes Against Children Task Force. Amanda informs students, parents, and teachers about the risks associated with navigating the internet and social media. Through presenting topics like sexting, solicitation, extortion, and cyberbullying, Amanda helps equip children and young adults with essential knowledge about digital citizenship.

Amanda earned a Bachelor's degree in Psychology from DePauw University. She has previously worked for the Department of Child Services and in the mental health field. Born and raised in Indiana, Amanda is proud to be a Hoosier and currently lives in Indianapolis.

Next Month's Topic and Speaker

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Christmas Message, by Christ
Lutheran Church Member Pastor
Jeff Iacobazzi

Coordinator Connection: Thankfulness

Happy Season of Thanks, Mamas! This time every year, we start pondering the things we are thankful for. This mindfulness around thanks and blessings is always rejuvenating to me. While we count our usual blessings of food, shelter, family ... I challenge each of us to consider being thankful for things we may not normally consider. For example, I'm thankful for this group and the friendships it has brought me. I'm especially thankful for the enriching speakers this group has brought me. Given BenBen Wigglepants' love of PBS KIDS on the iPad, it seems only a matter of time before he branches out to other apps and websites. While I'm thankful for the technology (what did our parents do to distract, entertain, and reward before cell phones and iPads?!) it brings about challenges and dangers we wouldn't have otherwise. I'm thankful for Amanda Giddings agreeing to speak with us about keeping our littles safe while leveraging all of the technology available to them!

Wishing you and yours a safe, happy, and healthy Thanksgiving!

-Teresa Druschel, MOPS Co-Coordinator



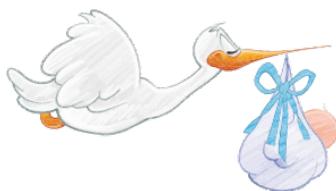
Service Update

Thank you to everyone who volunteered for Shop for a Cause on Nov. 8! What a fantastic night it was! We are so thankful to our vendors, those of you who helped move chairs, tape lines, market the event, sell raffle tickets, clean-up, etc. This event could not happen without your support! I am thrilled to announce that we raised almost \$800 for the Helping Hands Shelter. WOW!

Also, a big thank you to those of you who have brought in sheet and towel sets! We are still collecting neutral colored sheet and towel sets as well as gas cards for the Helping Hands Shelter. There should be some great deals on these items on Black Friday — a good excuse to go shopping! You can bring the items into the monthly meetings or drop them off in the bin below the MOPS bulletin board across from the church office. Thank you! Have a very Happy Thanksgiving! Thankful for you ladies and your hearts for service.

-Jodi Kerstiens, Service Coordinator

From Our Care Coordinator



Congratulations to Nicky Keith and her family on the birth of Zachary Oliver! He was born on Oct. 18, 7 lb.

3 oz. and 20 in.! Nicky and Zachary are doing well! Prayers to them for continued good health and strength!

-Jessica Carter, Care Coordinator

Notes From Hospitality

This month, we want to thank the BLUE table for providing our breakfast this morning. It's such a treat to have a breakfast without interruption for us moms! Next month we will be having our Christmas potluck breakfast and we hope everyone can contribute if you can. An email reminder will be sent out closer to our Dec. 12 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.

NOVEMBER'S DOOR PRIZE: The November door prize was donated by MOPS mom Kaitlin Ferries! She is passionate about helping women feel good, look good, and do good. Whether it's taking some time to do something for themselves or supporting a cause they care about through a charity trunk show, Kaitlin is a true believer in the power of a confident woman. As a brand representative for Stella & Dot, Kaitlin styles women on the go, one-on-one in their home, and through style sessions with their girlfriends. Kaitlin fell in love with Stella & Dot for its incredible style and quality. Designed right here, in the United States, every Stella & Dot style is an original design made in factories that meet high standards for craftsmanship and social responsibility. Kaitlin also knows that as women, our time is precious. That's why she offers personal shopping for women looking for that perfect outfit for a special event, upcoming business trip, or family vacation. For more information about personal styling or hosting a trunk show to support a charity close to your heart, you can contact Kaitlin at kaitlinferries@gmail.com and check out the amazing new Stella & Dot holiday collection at stelladot.com/kaitlin. THANK YOU, Kaitlin!

-Katelynn Brack, Hospitality Coordinator

Catherine's Mentor Moment: Give Thanks

My 12-year-old came home from ballet tonight and showed me a little yellow ticket that said "I.C.E." It stands for "I Can't Even" and she is allowed to hand it to her teacher on a day when she just needs to sit out and watch class instead of participating. She was given it for having excellent attendance. Hmm ... I am quite envious of her little yellow ticket! Wouldn't it be nice if moms could hand such a ticket to their children on a rough morning and get to "sit out" that day?

By 8:45 this morning, I was ready to throw in the towel! Eye rolling and snarky comments from my middle schooler, complete defiance from my 4-year-old with regards to her simple morning routine of using the bathroom and putting on her clothes, my teen running late as usual and barking at anyone in his way, microwaving my coffee three times, and the need to drive my daughter to school early for a club instead of her taking the bus. Did I mention it is the Monday after the time change? On days like this, "I.C.E!" I can't even keep my calm, sing-song voice when dealing with my 4-year-old, I can't even help but call out my 12-year-old as to her moodiness (thus making her cry), and I can't even help yelling, "Idiot!" in the car when someone does something stupid in front of me! Most importantly, I can't even remember to give thanks to God for all of the blessings I have received since my alarm clock went off at 6:40 a.m.! Let me list a few: a new day, healthy kids, heat, lights, clothes, food for breakfast and school lunches, a car, my husband's job, and to top it off, I have already been forgiven for getting frustrated with my children and for calling someone an "idiot!"

Today's verse is 1 Thessalonians 5:18. "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." Some days are going to be surprisingly smooth sailing, and others are going to be like the Monday after the time change. The thing is, good or bad, we have been called to give thanks to God. There are so many things we take for granted on a daily basis and we forget to be grateful. I am all in with my thanks and praise when the sun is shining on my face and something wonderful has just happened to me, but on mornings like today, I need to give myself a nudge to stop and pray and give thanks. When I do take the time to pray, I feel so much better, and to tie in with our MOPS theme for this year, giving thanks "lights my fire!"

So dear moms, I wish I could give you all an "I.C.E." ticket for those difficult days, but since we are all needed 24/7, I offer this advice: stop and tell God "I can't even..." Then be sure to give our gracious God thanks for helping you do it anyway!

Wishing you God's blessings, *Catherine*

IN OUR PRAYERS

-  Continued prayers for strength, easing of anxiety, and healing for Teresa Druschel's father-in-law, Art Druschel, who had a stroke in September which is complicated by Parkinson's.
-  Continued prayers for Erin Taulman as she begins chemotherapy and radiation treatment for breast cancer. We are praying for, thinking of, and always here to support Erin in any way that we can.
-  Praise for the safe arrival of new baby Zachary Oliver Keith! Prayers for good health and a smooth transition to a family of four!

Mark Your Calendar for These Events

November

- 11/7 Happy Birthday, Whitney Lambert!
- 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



HAPPY
THANKSGIVING



CORRECTION

The email address listed in the MOPS directory for Tatiana Bogle is incorrect. Her correct email is: kotytatiana@gmail.com. Apologies for the error!

December

- 12/1 @9-10:30 a.m. Breakfast with St. Nicholas at Christ Lutheran Church: *Meet St. Nicholas, the historical Santa Claus, and learn about his story. He was a real 4th century Greek bishop! Enjoy a pancake breakfast, do a craft, decorate cookies, and more! Bring a canned good for The Caring Center.*
- 12/12 @9:15 a.m. MOPS December Meeting*: *Christ Lutheran Church Member Pastor Jeff Iacobazzi will deliver a Christmas Message.*
- @7:30-10 p.m. MOPS MNO Christmas Party: *Enjoy light appetizers and drinks with your fellow MOPS moms at Whitney Lambert's House! Feel free to bring your favorite holiday cookies and beverage to share with the group. Check your email for the Evite with full details for this event and please RSVP by Dec. 2.*
- 12/21 Happy Birthday, Katelynn Brack!

**Reminder: There is no Small Group Discussion for the month of December.*

Wednesdays in Advent @7p.m. Meditations and Music at Christ Lutheran Church: *Take a break from the pre-Christmas frenzy with this Advent Concert Series which features a variety of music and a meditation on the meaning of the season. Each evening's service is followed by refreshments in the narthex. Nursery is provided.*

12/5: Indy Winds Flute Choir

12/12: Katie Burk, organ; Doctoral Organ Student at Indiana University

12/19: Heidi Schmidt, Friends, and Students (Vocalists)

