

MOPS

Mothers of Preschoolers



CHRIST
LUTHERAN
CHURCH
ZIONSVILLE



FIND YOUR FIRE

This Month's Speaker: Vincent J. Randolph, Public Educator, Zionsville Fire Department

This morning, Vincent J. Randolph will speak on the topic, "Home Fire Safety."

About Vince:

Vincent (Vince) James Randolph is a Public Educator who works through your Zionsville Fire Department reaching out to area schools, day cares, social groups and individual families to promote the powerful message of fire prevention and life safety to the children, teens, adults, and mature citizens in the Town of Zionsville.

Vince believes the greatest accolade to the Zionsville Fire Department is not the speed at which we extinguished a fire or treated an injury. The biggest accolades are the hundreds of fires and dozens of injuries that never occur because of the resounding echo of lessons learned through our collective Public Education efforts. Vince knows that great engaging education, especially at early age, can ignite a spark of safety with a passion for prevention! That small spark leaves learners with lessons that can never be extinguished.

Vince joined the Zionsville family in April of 2018. In the nearly two decades as a Department of Homeland Security Certified Fire and Life Safety Instructor, Vince has been privileged to provide direct education to well over 200,000 people!

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Coordinator Connection: Stay Positive

Ladies! It's happened! We've FINALLY been given a sliver a hope. There is light at the end of the long dark, cold, illness filled tunnel. We have reasons for hope!

As I drowned in my own self-pity on the drive to work Saturday evening, I was telling myself to fix my attitude and, "Positive thoughts beget positive happenings!" Then it occurred to me; I needed to stop and take a step back and think!

Church on Ash Wednesday wasn't just another activity to add to our ever-growing list of things to do. It is our reminder to renew our faith journey and celebrate faith. The storms on Saturday were not just an obstacle put in place to slow traffic and make me panic I might be late for work. Spring showers bring May flowers. Springing our clocks forward was not only the gift of one free hour of work (11 hours at work is ALWAYS better than 12!) and the onset of toddler jet lag! Spring daylight saving is hope! These are all signs that we've almost made it. We've almost arrived at the end of the seemingly never-ending season of illness, gloom, cold, and darkness!

As we work our way through Lent and spring break towards warm, sunny weather, I hope we can all keep in mind positive thoughts of warm, summer days that are on our horizon!

Peace, Teresa Druschel, MOPS Co-Coordinator

From Our Care Coordinator

A big THANK YOU to all of you who showed your support and kindness to those moms in need with a meal over these past several months! Your generosity is sincerely appreciated! If you know of a mom in need, please feel free to reach out to myself or anyone on the Steering Team.

-Jessica Carter, Care Coordinator

STEERING TEAM OPENINGS 2019-2020

Interested in a position on our MOPS Steering Team? We will have openings this fall! Check our newsletters for more information on each role.

Finance Coordinator: *Finance has two main responsibilities. In addition to being part of the (awesome) greater steering team, you will:*

1. Register moms on MOPS.org. This is pretty simple as all information from previous members is saved in the system. As you register the group, you will consolidate everyone's information into one place to keep the group organized.
2. Track the budget. You will use our existing spreadsheet, so again, this is fairly straightforward. You will learn how to fill out a simple expense form to reimburse other steering members as needed. The office at Christ Lutheran Church keeps tabs on MOPS finances, so updating expenses is as easy as looking at the monthly report they will send you!

This role is great as the work can be done when your schedule allows!

MOPS Kids Coordinator: *The year starts by organizing the rooms by ages and figuring out how many adult caregivers are needed for each age group. Next is to call and follow up with volunteers and paid caregivers each month. Before each monthly meeting, the MOPS Kids Coordinator is responsible for setting up the kids' rooms and purchasing snacks. During the MOPS meeting, the Coordinator is able to attend the meeting while a volunteer is able to check on kids' rooms and communicate with the Coordinator as needed.*

Notes From Hospitality

Good Morning, ladies, this month's breakfast was hosted by the PINK table, thank you!

Next month we will be having our Easter Brunch. If you haven't signed up to bring something, please let me know.

An email reminder will be sent

out closer to our April 10 meeting to

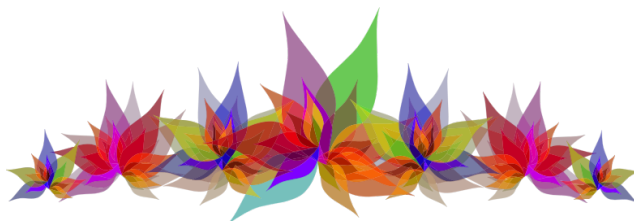
remind you what you signed up to bring. If you are unable to bring your item or need me to pick it up and bring it for you, please let me know.



MARCH DOOR PRIZE: This month's door prize is supplied by Sitting Made Simple. You will be learning more about their services this month if you haven't heard of this awesome company yet. I have been using their sitters for over a year and have had such a great experience. As an Indiana transplant myself less than two years ago, I don't have family or a large network here. It's wonderful to have reliable and trustworthy childcare for much needed date nights, to attend a school age child's event, or just go to the GYNO without kiddos in tow.

Thank you Sitting Made Simple for your donation this month!

-Katelynn Brack, Hospitality Coordinator



Catherine's Mentor Moment: Be Joyful

It is 5:45 p.m. on Monday night, and I find myself all alone for an entire hour! I am almost giddy thinking of all the ways I can spend this time. It begins with a large handful of M&M's that I keep hidden from my kids, then I put my feet up and turn on HGTV. *Love It or List It* is on! This short time of quiet is making me so happy! It is quite funny, really, what brings us tired moms some joy! No one is yelling for me to wipe their rear end, get them food, or drive them somewhere. I do have laundry to fold and dinner to prep, but I am not doing it right now. This "me" time feels great!

What do you need to feel joy? Is it an hour to yourself, date night, reading stories to your little one, a big handful of M&M's, or just a simple hug and kiss? I am sure there are even times in our lives where we feel joyful all the time. For me, this time of year is NOT it! I am cold, pale, tired of all the illness in our house, and feeling a little bad about all the candy getting me through. If spring would just come soon, I will be joyful, right? The thing is, I often find myself saying just that, "If only this would happen, then I will be happy." I place these conditions on my feeling joy. Of course, we all know that difficulties are common and rough days are frequent; the car gets fixed and then the roof leaks, the kids are all healthy and then the dog gets sick, our husband gets a new job he likes, but the hours are awful. To put it simply, that's life. Where then, do we find that true, constant joy? We need to look for it on a whole other level. It comes with no conditions, no "if only's"; it comes from God. Today's verse is from Habakkuk 3:18, and it says, "Yet, I will rejoice in the Lord. I will be joyful in God my savior." When life is sucking the joy out of you, look to God. Step away from the daily grind and into his arms. Believe that all of the rotten stuff is just stuff. It sure can bring us down, but there is so much more to be thankful for (and it is not stuff). Find your joy in the one who is carrying you through this life and waiting for you to someday celebrate eternal life with him in Heaven.

I know that there will be times in our lives where we feel like joy is just not possible. I have been there. But now, when I look back, I realize I made it through by the grace of God, and that has changed the way I see my bad days. By all means, eat those M&M's, go out with the girls, watch HGTV, and add to your happiness! We all need it! Just remember that crud comes and goes, but God is constant. His love never fails! Let us all feel joy knowing it!

Wishing you God's blessings (and spring!), *Catherine*

IN OUR PRAYERS

- ♥ Prayers for miraculous healing for Tosha Hahn's brother-in-law, Jeremy. He has been diagnosed with stage 4 melanoma with a poor prognosis and has five children ages eight to 18 years old.
- ♥ Continued prayers for strength for Sarah Moline.
- ♥ Continued prayers of strength and thanksgiving for Erin Taulman as today is her last round of radiation treatment! We pray for positive scan results this month and God's complete healing.
- ♥ Prayers for good health (or a return to good health!) for our families as we head into the spring season!

Mark Your Calendar for These Events

March

3/13 @9:15 a.m. MOPS March Meeting: *Vincent J. Randolph, Public Educator, Zionsville Fire Department will speak on "Home Fire Safety."*

Happy Birthday, Catherine Casciani!

3/17 Lenten Service Project Deadline: *Final day to bring in bags of clean, gently used clothing and shoes to Christ Lutheran Church to donate to The Caring Center.*

3/21 Happy Birthday, Danielle Norris!

3/25 Happy Birthday, Brittany Gaynor!

3/27 @9:15 a.m. MOPS Small Group Discussion

Happy Birthday, Alison Lanie!

3/31 @4 p.m. Choral Evensong: *Presented by the choirs of Christ Lutheran Church and St. Francis In-the-Fields Episcopal Church. Choral Evensong is a peace-inducing church service in which the 'song' of voices (the choir) sounding together in harmony is heard at the 'even' point between the active day and restful night, allowing listeners time for restful contemplation, while listening to the choir. Evensong is free and open to the public and will be held at St. Francis In-the-Fields.*

April

4/5 Happy Birthday, Whitnie Bauer!

Happy Birthday, Carolyn Leckie!

4/7 Happy Birthday, Sarah Sterling!

4/10 @9:15 a.m. MOPS April Meeting: *Christ Lutheran Church Interim Pastor John Kost and Preschool Director Kathryn Singer will speak on "Easter Activities for the Family."*

4/15 Happy Birthday, Jaime Martinez!

Happy Birthday, Kara Seever!

4/16 Happy Birthday, Laura Hartman!

4/20 @10-11:30 a.m. Easter Egg Hunt: *Bring the family to Christ Lutheran Church for this free event for the entire community, rain or shine! We start off in the sanctuary, where we will read a story about Easter and then the children will be dismissed to go look for the Easter eggs and to talk to the Easter Bunny.*

4/24 @9:15 a.m. MOPS Small Group Discussion

Happy Birthday, Tosha Hahn!

4/25 Happy Birthday, Vanessa Friedman!

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While working as the Lead Instructor and Trainer for Firefighters Survive Alive!, Inc., an Indianapolis-based fire safety village, Vince was part of an award-winning team of education professionals. As a result of building a state-of-the-art curriculum and innovative presentations the service area saw a 75% decrease in fire-related child fatalities and a 50% decrease in injuries to children. Vince has a passion for educating all ages and abilities. Vince utilizes Fatal Vision goggles to highlight the dangers of drinking and driving for teens. Seeing the growing number of senior fire fatalities, Vince and his team developed F.L.A.M.E. (Fire and Life: A Mature Education). F.L.A.M.E. is a conversation-centered presentation designed to address the needs and concerns of members of our mature community. Vince has never let the diagnosis of Cerebral Palsy slow him down either, instead he champions a curriculum called "Above and Beyond"

in which he educates on the importance of including children with special needs in fire and life safety planning.

Vince was born and raised in Indianapolis, Ind. He graduated from North Central High School before attending Indiana University-Bloomington, where he studied Religious Studies. He is currently studying towards his Ordination License. Vince has a beautiful wife, Christine, of nearly four years. Both Vince and Christine have been blessed with an extremely energetic and independent 22-month-old son, Vincent Gregory.

Next Month's Speakers

"Easter Activities for the Family," by Christ Lutheran Church Interim Pastor John Kost and Preschool Director Kathryn Singer