

MOPS

Mothers of Preschoolers



CHRIST
LUTHERAN
CHURCH
ZIONSVILLE



FIND YOUR FIRE

This Month's Speaker:
Kathryn Singer, Preschool Director,
Christ Lutheran Church

This morning, Kathryn Singer will discuss "Easter Activities for the Family."

About Kathryn:

Kathryn was born and raised in Hanover, Indiana, but has lived in the Indianapolis area since 2003.

She is a 2007 graduate of Butler University, where she obtained her Bachelor of Science degree in Elementary Education and has worked in the field of education (primarily early childhood education) for the past 12 years. She came on board as our Director of Preschool in July 2016 and is excited to be a part of the mission of Christ Lutheran Church and Preschool. She is passionate about working with all children to ensure that they have access to high-quality early childhood programs.

In her spare time, Kathryn enjoys spending time with family and friends, reading, doing DIY projects, cooking and baking, and she is an avid football and basketball fan.

Next Month

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

Coordinator Connection: Jesus Loves You and Is With You Always

Explaining the story of Jesus, especially the story of how He died and was raised, to young children is hard. They ask so many questions I feel like I'm not qualified to answer. The other night, after I read books at bedtime to my 4-year-old, Oliver, he said to me (about his brother), "Noah made me not like Jesus anymore." I said, "What do you mean you don't like Jesus anymore?" He said, "I took cars from him and now I don't like Jesus anymore." I said, "Do you mean Jesus doesn't like you?" And he said, "Yeah because I took cars away from my brother." I replied, "Jesus always loves you no matter what you do and he's always with you." He asked, "Even when you do something bad or when you're scared?" And I said, "Especially in those times."

I'm so glad he didn't ask me why! I feel like I'm fumbling for answers to these questions, but I'm glad he's asking them or even thinking about them.

I'm looking forward to hearing some ideas from Kathryn today about activities we can do at home to help children learn and understand the Easter story in a creative way. And I think we can all use the simple reminder, as did my 4-year-old, that Jesus loves you and is with you always.

-Julia Goldberg, MOPS Co-Coordinator

to the full

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it TO THE FULL.

- John 10:10

Our MOPS Theme for 2019-2020

Are you breathing just a little, and calling it a life? Sometimes we need the reminder that life is meant to be lived to the full. That it is OK to enjoy ourselves, to let our hair down, to worry less, and to really suck the marrow out of life (who even says that? I guess we do now.) Because as far as we can tell, this is exactly how God intended for us to live — fully and abundantly.

Here's to a year of living the full life. Full of fun, joy, refreshment, trust, and rejuvenation.

*From the poem, *Have You Ever Tried to Enter the Long Black Branches?*, by Mary Oliver

Service Update

Happy Easter! It's hard to believe that spring is finally here and we are down to one last MOPS meeting after today! This month is the last opportunity to bring in any neutral colored sheets (for twin and double sized beds), neutral colored towels, or gas cards (\$10, \$15, \$25 increments — NO larger than \$25, please) for the Helping Hands Shelter. I will be making our last drop-off of goods and presenting the check of money raised this year to Pascal and his teams after our May meeting. Thank you for all of your donations thus far! Let's finish strong! :)

-Jodi Kerstiens, Service Coordinator

Notes From Hospitality

Good morning ladies, this month we are having our Easter brunch. Thanks to everyone for helping make this yummy meal possible! Next month, we will be having our meal catered so we can all have a break from cooking and enjoy our last meeting of the year.

APRIL'S DOOR PRIZE: This month's door prize is supplied by the Steering Team. I know there has been a buzz around the opening of Ulta at the new Shoppes at Whitestown, so this month's gift card is to Ulta. Fingers crossed it's you! Happy spring and Happy Easter!

-Katelynn Brack, Hospitality Coordinator

Catherine's Mentor Moment: YOU ARE FORGIVEN!

Mom guilt. It is real and it is big! I'm not talking about the guilt we feel from our own moms (that is big too), but the kind of guilt we place on ourselves when we feel like we screwed up. Just the other morning, my best friend from high school called. I was so excited to catch up with her, but Claire saw me on the phone and decided to do everything in her power to make that conversation impossible. Before the phone rang, we had been playing together building a marble track, and she didn't want the fun and attention to end. She began by demanding things from me and asking for treats that she knows are not normally handed out at 9:00 in the morning. She then climbed on me, spoke to me in a very loud voice, pulled my arm, messed with my hair, and then proceeded to make raspberries in my face. I tried to carry on talking to my friend in a happy, nothing is wrong, voice, but I kept missing the conversation and I'm sure my friend noticed my lack of reply several times. I would normally have asked to call my friend back, but she works full time and spends her evenings coaching and attending her two busy children's activities, so this was a rare opportunity. I could feel my frustration mounting over those 15 to 20 minutes, and Claire would not give up. This call was so important to me and I was really mad I couldn't enjoy it. So, when the call had to end, I didn't take the time to calm down, but instead started yelling. Claire sat in her Time-Out chair and I told her off for probably a minute straight. Halfway through the rant I realized what I was doing, and the mom guilt hit me! Between my loud reprimands, my brain was telling me that I was an awful mom; I was scarring my kid for life! Everything I have read says not to yell at your children, but I had snapped and was going at it full force. Ugh. I finally shut my mouth and walked away, letting her five minutes run out in stunned silence. At the sound of the timer, Claire hopped off her chair and looked at me inquisitively. Then, as if nothing had happened, she asked for a snack. She never cried or got angry back at me, she just accepted her reprimand from this crazy lady losing her sh_t and forgave me. I was relieved and surprised. It doesn't feel right to be so easily forgiven. In fact, had I forgiven HER for interrupting my special phone call, or was I still holding a grudge?

Adults have a hard time accepting forgiveness and giving it out in return. We hold onto our guilt like it's a befitting punishment, and don't think we deserve to be forgiven, or we think too much about the hurtful words or actions of another person and allow our pride to keep us from forgiving them. So what do we do to get over this natural human flaw? We start by reminding ourselves the we are forgiven by God every day. Every single thing we do, he says we are forgiven. He places no conditions on this forgiveness and expects nothing in return. He gave his son to die for us, and during this Lenten season, we are reminded even more of this incredible gift. Today's verse is Acts 13:38. It says, "Therefore my friends, I want you to know that through Jesus the forgiveness of sins is proclaimed to you." The guilt is going to come, but the forgiveness is real. There is no amount of striving or performing that is going to earn us more forgiveness. I want you, dear moms, to realize you are going to screw up, but to know you are forgiven for it. Use your low moments to remember how blessed you are to be a mom and to be forgiven so freely! Pick yourself back up, let go of your guilt, and know that God has got this! I feel that when we truly can accept being forgiven, then we can forgive others more readily in return. No more mom guilt, a lot less grudges; it sure seems like a nice way to go about living our lives!

Wishing you God's blessings, *Catherine*

Mark Your Calendar for These Events

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 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!

May

5/7 Happy Birthday, Molly Schumaker!

5/8 @9:15 a.m. MOPS May Meeting*: *No speaker, extra discussion time! Bring your fun summer activity ideas to share.*

5/9 Happy Birthday, Jessica Carter!

5/15 Happy Birthday, Jessica Gray!

5/27 Happy Birthday, Nicky Keith!

5/28 Happy Birthday, Sarah Moline!

**Reminders: At our May meeting, we will begin to pass out and collect registration forms and payments for next year. Be sure to bring your checkbook if you'd like to register at this time — early registrations are eligible for a discount!*

There is no Small Group Discussion for the month of May. All are welcome to join us for our final meeting of the spring at 9:15 a.m. on April 24, even if you haven't been able to yet this year or have been absent. As with our regular MOPS meeting, childcare is provided.

Share Your Thoughts for MOPS

this is
GOING
to be
FUN

This morning, please take a few moments to fill out our annual survey. This is your opportunity to share what you enjoyed, didn't like, or ideas you have about our MOPS group. Your responses are helpful as we plan for next year! You can hand in your

completed surveys to your Table Leaders or any member of the Steering Team before you leave today. Thank you!

IN OUR PRAYERS



Prayers of thanksgiving for Erin Taulman's blood test results coming back in the normal range after completing chemotherapy and radiation! Prayers for continued strength and peace for her and her family.



Continued prayers for miraculous healing for Tosha Hahn's brother-in-law, Jeremy. He has been diagnosed with stage 4 melanoma and had his second treatment last week. Prayers of thanksgiving that his doctors are happy with the size of his lymph nodes, as they are shrinking!