

DECIDE TO RISE



CHRIST
LUTHERAN
CHURCH
ZIONSVILLE

JANUARY NEWSLETTER

UPCOMING EVENTS

JANUARY 21ST - MNO

Trader's Point AMC Theater
Bridesmaids
7:30pm

JANUARY 26TH

Small Group via Zoom
Chapters 9 of Psalms Study
8:15pm - 9:30pm

FEBRUARY 10TH

MOPS Monthly meeting
Speaker: TBD
7:30pm

SPEAKER: KARA GOODWIN

Kara Goodwin teaches meditation at the Carmel Clay School District's Wellness Center, The Hub Yoga Studio, Blooming Life Yoga Studio, and has various private clients. She also hosts and leads meditation/yoga weekend retreats. She hosts The Meditation Conversation podcast, which explores the various facets of meditation, energy, consciousness, and all manner of metaphysical topics. Kara is also a certified Reiki master and uses a personalized version of this healing modality to help clients heal and gain balance in body, mind, and spirit.

Kara lives in Carmel with her husband and two kids, ages 13 and 10.

MOPS CARES!

Our group is here to support YOU! If you are expecting a new addition, or dealing with an illness or medical issue in your family, please let us help you! We'd love to be able to help with meals, prayers, or support in any way we can!



IN OUR PRAYERS:

- Praise for Catherine being in remission!
- For each of us & our families to stay healthy in 2021!

SERVICE UPDATE:

We are supporting **Wishing Wings, a volunteer-run 501(c)(3) nonprofit that provides resources to youth in foster care within Boone County.** They are in need of new underwear and socks, starting with kids size 5, up through adult sizes for the teens. We would like to collect as much as we can this semester for them!

STEERING:

Want to be more involved with our MOPS group? We need new Steering Team members for 2021-2022 year! Interested? Please email Julia at: julia_goldberg10@hotmail.com

MENTOR MOM MOMENT:

Happy 2021,
The other day, I was trying to give some lighthearted (new year improvement) advice through short life-giving phrases or words of wisdom that have been passed down to me over the years. Phrases like:

- you got to be a friend to get a friend
- don't sweat the small stuff
- worry will weigh you down
- be the energy you want to receive
- choose joy, etc

For 2021, let's not just say these "sound good" phrases, but let's really reflect on their meaning and how to apply those phrases in our life to gain self improvement. MOPS theme this year DECIDE TO RISE includes the phrases: be strong, do your work, cause joy. Let's make 2021 great no matter what the world throws at us by doing our part to improve and "make it what you want it to be". Psalms 139:14 I will praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Hugs and blessings, Susan

MEETING NOTES:

YOUR TEAM

Coordinator	□ Julia Goldberg
Hospitality	Katelynn Brack
Care	Lauren Siegel
Publicity	Dawn Lantz
MNO	Whitnie Bauer
Crafts	Jessica Gray
Finance	Tosha Hahn
Small Group	Nicky Keith
Mentor MOM	□ Susan Williams

