



February 2018



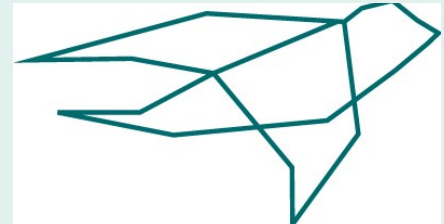
free indeed
MOPS

Words of Wisdom ...

Happy Valentine's Day, Mamas!

I hope each of you is making it through this seemingly unending flu filled winter! In hopes of lifting our spirits the theme this month is "Free to Love." Rather than spewing red & pink hearts every where to make us feel loved, we have decided to have 4 speakers to join us. We've asked the beautiful women to help us by sharing their wisdom. Each of these ladies has had significant experience wearing the hats labeled "mom", "wife", "employee", "friend", "multi tasking organizer extraordinaire..." We will be doing a round table discussion with these wife/mom experts. These discussions are intended to spark some ideas within each of us that might help us with that constant balancing act of roles we each carry. No questions are silly! Suggestions & ideas are appreciated! Participation is strongly encouraged!

- Happy Valentine's Day, Teresa



MOPS Movie Night!

Please join us for our annual MOPS Movie Night, Friday March 9th 6-9pm! We will be watching the movie "Baby Boss." Food and snacks will be provided. Bring blankets, sleeping bags, and pillows for a fun filled evening with the family! We will be collecting free will donations for the Dayspring Center of Indianapolis (<https://dayspringindy.org/>) during the event. Hope you can join us!

Service Project Update

Thanks for all your donations for the Caring Center and So Big. Both organizations are very grateful for the items that everyone donated! Next month we are going to put together homeless bags for the Dayspring Center of Indianapolis. (<https://dayspringindy.org/>). The organization serves about 150 families, many of which have 2 kids under the age of 5. You will receive an email for Signup Genius where you can go in and select which items you would like to donate, including toothbrushes, toothpaste, chapstick, bar soap, granola bars/trail mix, small packets of Tylenol, and bandaids. Please bring all items to our next meeting and we will assemble during our March meeting. If you would like to donate money to purchase some of the items please let your table leader know or contact me (jennleauva@hotmail.com). - Jenn

From our Care Coordinator

Thanks, thanks, and more thanks for signing up and taking meals to moms with new babies! If anyone feels they need help with anything, please let myself or anyone on the steering team know. toshaelizabeth@hotmail.com or (317) 670-0958.

—Tosha

Notes from Hospitality

Happy Valentine's Day! We hope today brings you extra joy as you celebrate all of the love in your life. Thank you to the black table (Beth Ganci's table!) for providing our breakfast this morning! Next month will be our Easter brunch so everyone will bring a food item to share. An email reminder will be sent out to you from your table leader closer to our March 14th meeting. If you are unable to bring your item or need us to pick it up and bring it for you, please let Jodi or Whitney know.

FEBRUARY DOOR PRIZE: The February door prize was donated by Whitney Lambert's sister-in-law, Katie Miller. BeautyCounter creates safer and effective skincare and cosmetics for women and families. BeautyCounter is committed to a health and safety standard that goes beyond US law banning the use of more than 1500 questionable chemicals all while ensuring their products perform like any other shampoo, lipstick, or oil on the market.

If you are interested in learning more about Beauty Counter or ordering product you can contact Katie at ktmiller82@att.net or 812-774-8159. Thanks, Katie!

Website: www.beautycounter.com/katiemiller

~ Jodi & Whitney

CONFIDENT PARENTING

BE THE PARENT YOUR FAMILY NEEDS

Unfortunately most people parent their kids by circumstance and chance. This seminar offers a comprehensive approach to developing a healthy God-honoring parenting philosophy. Topics to be covered are:

- Finding Replenishment for Overcrowded Lives
- Overcoming Negative Family Patterns
- Creating a Grace-Filled Home
- Communicating with Affection, Warmth and Encouragement
- Raising Kids Who Love God

You will also learn a strategy to create a healthy family atmosphere. If you are a totally confident parent, this seminar is not for you! If you are at times humbled by the task of raising your kids to become responsible adults, then you will want to come. Whether you are a couple, a single parent, or a grandparent – this lively and informative seminar will encourage you and provide you with the help you need to become a confident parent. Parents can become more confident as they develop a healthy plan for the family. We also tackle issues of media influence and talk about the Purity Code.

Date of seminar: March 24th, 2018

Time: 2 pm - 5:30 pm with dinner following

Location: Zionsville Presbyterian Church Sign up online, www.zpc.org

For more information, contact: Lynn Strueh, strueh@tds.net



Jim Burns

Jim Burns will be presenting this seminar. Jim is President of HomeWord and Executive Director of the HomeWord Center for Youth and Family @ Azusa Pacific University. Jim speaks to thousands of people around the world each year. He has over 1.5 million resources in print in over 25 languages. Jim's radio broadcast is heard on over 800 stations a day. Some of his recent books include: *Teenology: How to Raise Great Teens and Closer: Devotions to Draw Couples Together*. Jim and his wife, Cathy and their three daughters live in Southern California.

Christ Lutheran Church Preschool Registration

Preschool registration for the 2018-2019 school year is now open! There are registration packets and extra brochures available on a table in the narthex, and these materials are also available on our website. Please note that the registration form and the \$120 registration fee will be due upon registration. You will then have up to 30 days after the beginning of the school year to complete and return the other registration materials, but, of course, if you have them completed sooner than that, that works, too! If you have any questions regarding preschool registration, or our preschool program in general, please contact Kathryn Singer, our Director of Children and Family Ministry, via telephone at (317)-873-3232 or via e-mail at kathryns@clczionsville.org. Thank you!

Interested in MOPS Leadership?

Looking to get more involved in MOPS next year? We have some opportunities on our MOPS Steering Committee for next year. If you are interested in hearing more about how you can get involved, please contact coordinator Teresa Druschel at 937.271.5794 or twdruschel@gmail.com.

Catherine's Mentor Moment

Free to Love Others

I was wondering why it is so easy for some of us to say "I love you!" or put heart emojis in texts and on social media, yet, face to face, we feel awkward actually saying it? Personally, I truly mean it when I put those hearts and x's and o's in my messages. I text it to my teens all the time (and sometimes even get it back), but as my 15 year old son exits the car at school, I worry a little about embarrassing him if I say "I love you!" out loud. Why? Doesn't he want to hear his mom say "I love you!" every day? Even if my 18 year old prefers a two foot bubble around her, I can say it and not make her cringe, right?

When does the change happen? My two younger daughters freely say "I love you!" and are not self conscious about it. They offer hugs without a second thought, even in front of friends. I hope they never stop, but it seems that the day will come when they have difficulty telling people they care about them. Are we, as adults, afraid the loved-one is going to give us a weird look, or say something negative in return? I am just not sure what is holding us back!

Last year, I spoke about love and how we really should try to express love all year to not just our families, but others as well. I mentioned being kind to strangers, a good listener, and friendly to everyone. My kids think I am weird, because everywhere we go, I end up having deep, personal things shared with me by perfect strangers. My kids always chuckle when we walk away and say, "What's the deal, Mom? Did she just tell you her life story?" My answer is always the same. "I love people!" I really do. Maybe I started feeling this way when I was a Physical Therapist? Everyone has a story, and everyone likes to feel important and cared about. I like being the person who makes them feel that way. It's just one way I can show love.

Today's verse is John 13:34-35. "So now I am giving you a new commandment; love each other. Just as I have loved you, you should love each other." God loves us so much. We hear it all the time and we can trust that is absolutely true. When we say "I love you!" to our family and friends, and when we show goodness to strangers, it is a reflection of God's love for us and our love for Him. Step out of your comfort zone, share that love with others and try not to feel awkward saying it out loud. "I love you!" (Really, I do!)

Wishing you God's blessings,

Catherine

Love & Marriage Panelists

JoAnne Tuffnell: Married 53 years, 4 children, 12 grandchildren, 1 great grandchild (and another on the way). I stayed home for many years while kids were growing; began working outside the home during school hours doing things like teaching aerobics, was secretary for a small adoption agency, and a travel agent. Marital wisdom: hmmm.... marry my guy. (Sorry! You can't have him!)

Andi Hardesty: Married to Brian for 21 years, 2 daughters (Meg 17, Devin 15). I work at St. Vincent Hospital as a pharmacist part time.

Marital wisdom: Prioritize your relationship with your husband over your relationship with your children. Don't take things too seriously or hold grudges in your marriage. Life is too short to dwell on negativity, especially when it comes to our spouses.

Kelly Kolodkin: Married to Michael for 23 years. 2 kids (Kaila 18, Trevor 15), a super cute dog named Scootsy and parrot named Buster. Worked 16 years in Vet & Human based pharmaceuticals, started my business Kelly's Kanine Pet Services in 2014. Marital wisdom: (a) Respect, Respect, Respect, (b) Date night, (c) Keep it spicy & fun! (d) Unified front with kid discipline & consequences.

Amy Fulkerson: I've been married to Dan for 25 years ;). He's a good guy! We have five children. I used to be an elementary school teacher. :) I always credit reading the book "Men are from Mars, Women are from Venus," for helping me understand (and not take personally) some *baffling* male behavior.

Prayer for Friendship

Vienna Cobb Anderson

You have blessed us, O God, with the gift of friendship, the bonding of persons in a circle of love. We thank you for such a blessing: for friends who love us, who share our sorrows, who laugh with us in celebration, who bear our pain, who need us as we need them, who weep as we weep, who hold us when words fail, and who give us the freedom to be ourselves. Bless our friends with health, wholeness, life, and love.

Amen.

Mark Your Calendar for these MOPS Events!

FEBRUARY

- 2/14 @915am MOPS February Meeting
@6pm Lenten Dinner
@7pm Ash Wednesday Worship
- 2/21 @6pm Lenten Dinner
@7pm Lenten Worship
- 2/28 @915 am MOPS Small Group Discussion
@6pm Lenten Dinner
@7pm Lenten Worship

Lenten Worship

Lent begins with Ash Wednesday on February 14, yes Valentine's Day this year! Join us at Christ Lutheran Church for a light dinner at 6pm in the Fellowship Hall, followed by worship in the sanctuary at 7pm. Throughout Lent, we meet on Wednesdays at 6pm for dinner, followed by worship at 7pm (February 21 through March 21). Each week we will explore the meaning and significance of Baptism. Baptism connects us to Christ and is the foundation of Christian faith and life. Check out the church website (www.clczionsville.org) for a full calendar of Lenten activities.

MARCH

- 3/1 Happy Birthday Faith Gentry!
- 3/2 Happy Birthday Teresa Druschel!
- 3/7 @6pm Lenten Dinner
@7pm Lenten Worship
- 3/11 Happy Birthday Anna Nyuyen!
- 3/13 Happy Birthday Catherine Casciani!
- 3/14 @915am MOPS March Meeting
@6pm Lenten Dinner
@7pm Lenten Worship
- 3/21 @6pm Lenten Dinner
@7pm Lenten Worship
- 3/25 Happy Birthday Brittany Gaynor!
- 3/27 Happy Birthday Alison Lanie!
- 3/28 @915am MOPS Small Group Discussion
- 3/31 @10am Christ Lutheran Church Easter Egg Hunt

Next Month's Meeting

At our March meeting, we will do Stations of the Cross with Pastor Albertin, we will have our Easter Brunch, and we will be assembling bags for Dayspring Center!

Small Group Discussion

Please join us!. Ann Diefenthaler will lead discussion about our "Free" theme of the month, places we can find these themes in the Bible, and how this applies to our lives. Childcare is provided. Please contact Teresa (twdruschel@gmail.com) if you would like to participate so childcare can be arranged.