

# MOPS

Mothers of Preschoolers



**CHRIST  
LUTHERAN  
CHURCH**  
ZIONSVILLE

# 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 NIV -*

## Coordinator Connection: Show Love to Yourself

As I'm sitting here writing this note, my youngest is playing and saying "mommy" over and over and over ... and each time requires a response of some kind from me so he knows I'm listening to him. The other day I actually counted how many times he said "mommy" over five minutes. It was 19 times. Nineteen. If you multiply that out, it would mean 228 times over an hour and 2,736 times throughout the whole 12 hours he's awake in a day.

As much as I prayed and wished for babies five years ago, no one really prepared me for what comes after they are born. I mean, people regaled me with "advice" like "sleep while you can" and other less-than-helpful one liners. That's why I'm so thankful for this MOPS group. You all are in the same camp. We are all going through similar things in our lives right now that moms who are in the next stage have forgotten. You all know what it feels like when your child says "mommy" to you 2,736 times in one day.

In this month of February as we get our kids' class Valentine's cards, help with the class parties, get the kids treats, and find a way to show our love to our husbands, I want to remind you to show love to yourself! We are in the thick of it, so be kind to yourself! I've included some affirmations below to remind you that you are doing a great job! If these don't resonate with you, a quick Google search will find you many. Put them on a Post-it on your bathroom mirror this month as a reminder of how amazing you are!

-Julia Goldberg, Coordinator

☀️ I have been called to motherhood — the most powerful calling in the world.

☀️ Everything is exactly the way it needs to be in order to learn the lessons I need the most.

☀️ Loving my children is more important than loving every moment of motherhood.

☀️ I am doing an amazing job.

☀️ I am the exact parent my child needs to blossom so I don't need to compare myself to others.

☀️ One bad day does not make me a bad mom. One bad day makes me human.

☀️ Taking care of myself makes me a better mom because I parent from abundance, not from lack thereof.

☀️ I love and accept myself exactly as I am.

## Notes From Hospitality

Good morning, please take a minute to thank Jessica Gray's table for bringing in a delicious breakfast taco bar. Make sure you grab a bite to eat — you know it always tastes better when you don't have to be the one preparing it. **Kara Seever's table** will be providing breakfast next month. An email reminder will be sent out closer to our March meeting to remind you what you signed up to bring. If you are unable to bring your item or need us to pick it up and bring it for you, please let us know. Thank You!




-Katelynn Brack and Jodi Kerstiens,  
Hospitality Coordinators

## Service Update

Keep your calendars marked for the Girls on the Run 5K on May 9. It will start at 9 a.m. and be held at Marian University. Final details to come. GOTR will be starting up soon, so please be praying for all of the volunteers and runners. Any extra change is also greatly appreciated to help reach our goal to support two girls!

-Erin Taulman, Service Coordinator

### IN OUR PRAYERS

-  Prayers for improved and continued good health for our families.
-  Prayers for the volunteers and runners preparing for Girls on the Run.
-  Prayers that we may find ways to show love and kindness to one another (and ourselves)!

## This Month's Speaker: Pediatric Nurse Practitioner Becca Franklin

Becca Franklin will answer our questions about home and child first aid this morning.

**About Becca:** I have been in the nursing profession since 2007 and a nurse practitioner since 2014. I decided to become a pediatric nurse practitioner for two reasons: I love taking care of kids! They are such a fun and unique group of people. They are insightful and they never fail to make me laugh. I also have a passion for preventative medicine, so in this role I am able to combine those two things. I am able to teach the child about themselves, about whatever illness they are going through, and ways that we can improve their overall well-being.

The best part about my job is the relationships I get to form. I get to establish a relationship as early as infancy and carry that on through adolescence which is definitely unique to the pediatric population. I also get to have a relationship with parents and families which I find equally as important. We are navigating through parenthood together and I find it very rewarding to be able to offer guidance, support, and encouragement along the way.

When I'm not at work you can find me with my husband, Mark, and our four children, Leah (8), Blake (7), Josie (3), and Luke (1). We are expecting baby number five (a boy!) this summer! We love to be outside: hiking, biking, and swimming. I love to read and cook. I also love to watch sports, especially football.

## Next Month's Topic and Speaker

Four Common Parenting Traps — Marianne Miller

# Mentor Moment: Heart and Mind First Aid

This month we have a special speaker focusing on first aid and my message for all of us is quite simple ... it's OK to need some first aid for your hearts and minds!!!

Having a good first aid plan and knowledge is critical so we can react quickly and appropriately to emergencies or the bumps of life as our children grow up. Adults need first aid too, however, and sometimes it is not just for our physical needs but for our hearts and minds. In our "overachieving world," we forget that some of the best first aid is rest. So let's give each other permission to honor the time we might need to read a book, go back to bed after the kids hike off to school, binge watch a TV show, stay in your PJs, let the dishes stay in the sink and the wash stay in the laundry hopper ... or go to a movie or shopping for yourself. We all have vices that help us through life and while it might not seem productive, it is indeed first aid for your soul. When we ignore the need to rest, our conditions can worsen and then first aid is not enough — we could need major adjustments or surgery and more. Catch your need early and this rest (first aid) can lead to better productivity, focus, and meeting the needs of your family and career more enthusiastically. It also follows our annual theme of living life to the full. So just as John 10:10 reminds us, Christ came so that we could have life and have it in abundance (or to its full, till it overflows); let's promote heart and mind first aid in order to replenish our energy and move forward with fullness!

Blessings and hugs,

*Susan*

## Mark Your Calendar for These Events

### *February*

2/12 @9:15-11:15 a.m. MOPS Meeting: *Becca Franklin, a pediatric nurse practitioner, will answer our questions about home and child first aid.*

2/23 @9:15 a.m. Shrove Sunday pancake breakfast  
at Christ Lutheran Church

2/26 @9:15-10:30 a.m. MOPS Small Group  
Discussion: *Missed the January meeting? You are welcome to drop in anytime!*

@7 p.m. Ash Wednesday Worship at Christ  
Lutheran Church

### *March*

3/4 Happy Birthday, Lauren Siegel!

3/11 @9:15-11:15 a.m. MOPS Meeting: *Marianne Miller will speak on Four Common Parenting Traps.*

3/21 Happy Birthday, Danielle Norris!

3/25 @9:15-10:30 a.m. MOPS Small Group  
Discussion: *Missed the previous meetings? You can still drop in anytime!*

Happy Birthday, Brittany Gaynor!

3/27 Happy Birthday, Alison Lanie!

# Meeting Notes

