

MOPS

Mothers of Preschoolers



CHRIST
LUTHERAN
CHURCH
ZIONVILLE



FIND YOUR FIRE

Coordinator Connection: Lessons From Proverbs 31

“An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant; she brings her food from afar. She rises while it is yet night and provides food for her household and portions for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She dresses herself with strength and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor and reaches out her hands to the needy. She is not afraid of snow for her household, for all her household are clothed in scarlet. She makes bed coverings for herself; her clothing is fine linen and purple. Her husband is known in the gates when he sits among the elders of the land. She makes linen garments and sells them; she delivers sashes to the merchant. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her: “Many women have done excellently, but you surpass them all.” Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised. Give her of the fruit of her hands, and let her works praise her in the gates.” (Proverbs 31:10-31, ESV)

Thank you to Julia Goldberg for pointing these verses of Proverbs 31 out to us at our last Steering Team meeting. I’m especially thankful she shared the point of view that we don’t have to be all of these things and do all of these things at once. All of this should be done over a lifetime.

As moms, wives, friends, daughters, sisters, employees, congregation members, etc. it’s so easy to get overwhelmed in all of the “have tos.” It is a beautiful Mother’s Day reminder to always show ourselves a little grace when we feel inadequate, stressed, or frustrated.

This past year has been a year of challenge, hurdles, and struggle for me. I am thankful to each of you for being a source of support, smiles, and laughs.

Wishing you a beautiful, relaxing, and enjoyable Mother’s Day and a fantastic summer!

Peace, Teresa Druschel, MOPS Co-Coordinator

Service Update



Ladies, it has been a pleasure to do service alongside you this year. I'm so excited to tell you that we've raised \$1100 for the Helping Hands Shelter through our monthly change jar and our Shop for a Cause

event that was held in November. We have also collected dozens of sheets and towel sets for the women at the shelter. Thank you, thank you, thank you!!! Your generosity is making a difference in the lives of these survivors.

"If you really want to receive joy and happiness, then serve others with all your heart. Lift their burdens and your own burden will be lighter." Ezra Taft Benson

-Jodi Kerstiens, Service Coordinator

From Our Care Coordinator

As we close out our MOPS year, I'd like to take the opportunity to once again say a HUGE THANK YOU to all who have so generously helped our fellow Moms in need this year by bringing meals, cards of encouragement and prayer, concern, and love! What a blessing it is to have such wonderful support and outreach from this group and we are all so grateful!

-Jessica Carter, Care Coordinator

Notes From Hospitality

Good Morning, I can't believe this MOPS year is coming to a close, it really has flown by. I want to thank everyone from the bottom of my heart for your help and support during my first year on Steering. We thought it would be nice to have a meal together that no one had to bring a dish to, so this month's meal is catered! I hope everyone enjoys some yummy food and fellowship with us moms before summer break takes full swing. If you have any ideas or feedback about our monthly meals, please don't hesitate to reach out. I'm always looking for ideas to make improvements.

MAY'S DOOR PRIZE: This month's door prize is going to be a little different than all the others. We hope that all of you amazing moms want to continue with MOPS next year. Registration is opening today and if you sign up and make payment during today's meeting you will be entered to win a free membership for next year. Yes, you could have a free year! I will be drawing the name of the winner at the end of our meeting, so grab a registration form so you can have a chance to win!

-Katelynn Brack, Hospitality Coordinator

IN OUR PRAYERS

- ♥ Prayers for continued good health and strength for Erin Taulman.
- ♥ Continued prayers for miraculous healing for Tosha Hahn's brother-in-law, Jeremy. He has been diagnosed with stage 4 melanoma.
- ♥ Prayers for a healthy and safe summer for all of our MOPS families!

Recognizing Our MOPS 2019 Graduates

Our moms graduating this year are Catherine Casciani and Sarah Sampson. Thank you both for your encouragement, friendship, and for being another pair of friendly faces at our monthly meetings. Remember, you are always welcome to attend any future Moms' Night Out events! We will miss you at MOPS!

Catherine Casciani

Years in MOPS: 12

What is the best MOPS meeting or event you attended during your time in MOPS? *The best MOPS meeting for me was more than eight years ago! We had rotations through several stations. One was Pilates with Connie, and after that I became her client and have been taking her classes ever since! Another station was a massage therapist who showed us how to calm our kids by rubbing their ears. She demonstrated on each of us and it was heavenly!!*

What is the best advice you could give new MOPS moms? *My advice to new MOPS moms is simple: help each other by sharing advice, but never compare yourselves to one another!*

Sarah Sampson

Years in MOPS: 4

What is the best MOPS meeting or event you attended during your time in MOPS? *I don't have a standout meeting that I can name, but I have great memories of loving the table topic talks and from the times the speakers' messages were kept realistic vs. idealistic, allowing me to leave feeling uplifted and refocused!*

What is the best advice you could give new MOPS moms? *My advice would be to remember "you are enough." I believe sometimes new moms look for advice and answers to do things exactly right, but the best thing to do is trust your gut and to accept "good enough" is great! Also, develop your tribe — they will be there for your rollercoaster of life!*

Catherine's Mentor Moment

Here it is; my last Mentor Moment! I looked over what I had written for the past four years, and picked my favorite verses. These are my top 10! They really need no explanation and I hope you will keep some of them close at heart. Well, without much ado, here they are:

1. Proverbs 15:1: "A gentle answer turns away wrath, but a harsh word stirs up anger."
2. 1 Chronicles 16:34: "Give thanks to the Lord for he is good, his love endures forever."
3. Philippians 4:13: "I can do all things through Christ who strengthens me."
4. John 14:27: "Peace I leave with you, my peace I give you ... do not let your hearts be troubled and do not be afraid."
5. James 1:19: "You must understand this my beloved, let everyone be quick to listen, slow to speak, slow to anger."
6. Isaiah 41:10: "So do not fear, for I am with you."
7. Romans 14:13: "Therefore, let us stop passing judgment on one another."
8. Psalm 27:14: "Wait for the Lord, be strong and take heart and wait for the Lord."
9. 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."
10. Colossians 3:23: "Whatever you do, work at it with all of your heart."

Today and always, I wish you God's blessings, *Catherine*



Thank You to the 2018-2019 Steering Team



Huge thanks to this wonderful group of women who have served on our Steering Team this past year!

Co-Coordinator — Teresa Druschel and Julia Goldberg

MOPS Kids — Tosha Hahn

Care — Jessica Carter

Publicity — Nicky Keith

Crafts — Jessica Gray

Service — Jodi Kerstiens

Finance — Lori Arnold

Table Leaders — Brittany Gaynor, Sarah Needham,
and Kara Seever

Hospitality — Katelynn Brack

Mentor — Catherine Casciani

Small Discussion Group Leaders — JoAnne Tuffnell
and Barb Starkey

MNO — Whitney Lambert

Introducing Your 2019-2020 Steering Team

Coordinator — Julia Goldberg

MOPS Kids — Tosha Hahn

Assistant Coordinator — Jessica Gray

Publicity — Nicky Keith

Care — Whitnie Bauer

Service — **OPEN**

Crafts — **OPEN**

Head Table Leader — Kara Seever

Finance — Nicky Keith and Tosha Hahn

Table Leaders — Brittany Gaynor and Abby Levin;
two additional spots open

Hospitality — Katelynn Brack

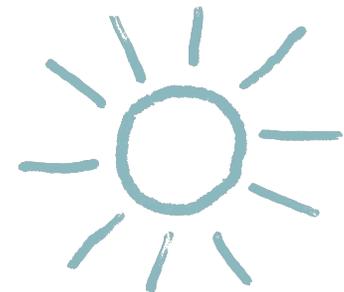
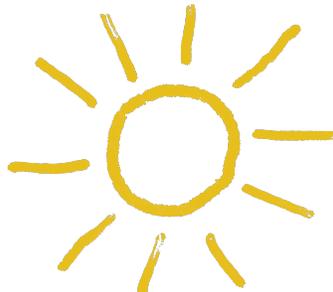
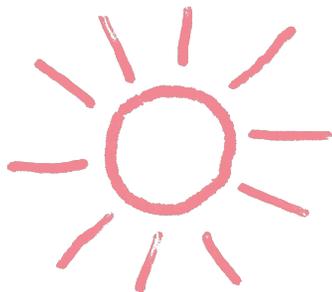
Assistant Hospitality — Jodi Kerstiens

Mentor — Rotating

Small Discussion Group Leaders — JoAnne Tuffnell
and Barb Starkey

MNO — Vanessa Friedman

As you can see, we are looking to fill a few more roles on our team, particularly Service and two Table Leaders. Please contact Julia Goldberg (julia_goldberg10@hotmail.com) if you'd like to serve or have questions!



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

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. Because as far as we can tell, this is exactly how God intended for us to live – fully and abundantly.

It's easy to forget what that feels like, though. One day we're wide-eyed and the possibilities are endless, and then slowly, without even realizing it, we find ourselves dulled by the routines and disappointments that are a part of being human. We slowly start to lose our optimism and zest for life.

All that is about to change, because this next year is about the full life. Which means living grateful, joyful, and hopeful. It means being led by the Good Shepherd and trusting that everything is working out exactly as it should.

We'll say farewell to auto pilot and regain our vitality. We'll have more fun, get to know new people, stop fearing what could go wrong or being so afraid of what others think. We will enjoy our kids like never before, and someday, when they wonder what life to the full looks like, they will look no farther than how mom does it.

But here's one important thing to remember: this idea of life to the full isn't about striving for more. It's not about striving at all. It is about recognizing that life isn't a bunch of goals to achieve, or people

to please; but an invitation to savor, delight, and enjoy your life just a little more.

If you have ever felt like you aren't enough, if you have forgotten to have fun, or feel like you have lost your spark, then this is the fresh start you have been waiting for.

In order to live life to the full this year, let's: Have More Fun, Fear Less, Find our People

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

REGISTRATION

We hope that you will join us next year as we live life To the Full! Registration forms are on the tables, or on our Web site: www.clczionsville.org/mops. The annual fee for next year remains the same: \$92. Please do not let the fee keep you from joining; scholarships are available and partial payments are accepted. It helps us so much when we are planning over the summer to know how many of you will be returning in the fall (we hope all of you!). Also, as an incentive for you to sign up now, if you fill out your form and turn in your registration fee today, we will draw one lucky winner to receive a **free membership** for '19-20!!

Mark Your Calendar for These Events

May

- 5/7 Happy Birthday, Molly Schumaker!
- 5/8 @9:15 a.m. MOPS May Meeting*: *No speaker, extra discussion time!*
- 5/9 Happy Birthday, Jessica Carter!
- 5/15 Happy Birthday, Jessica Gray!
- 5/27 Happy Birthday, Nicky Keith!

**Reminders: There is no Small Group Discussion for the month of May. We would love for you to join us when we begin to meet again in September, on the fourth Wednesdays of the month through April. As with our regular MOPS meeting, childcare is provided.*

Please fill out your registration form for next year and turn in with your payment before the end of today's meeting for a chance to win a free membership for the year!

Happy Mother's Day to all our moms! Have a wonderful summer — hope to see you again at our MOPS meetings this fall!

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!

Summer

- 6/4 Happy Birthday, Julia Goldberg!
- 6/10 Happy Birthday, Jodi Kerstiens!
- 6/10-14 @9:15 a.m.-12 p.m. Vacation Bible School at Christ Lutheran Church
- 6/19 Happy Birthday, Katrina Samame!
- 6/22 Happy Birthday, Frankie Wetnight!
- 7/3 Happy Birthday, Timnah Masariu!
- 7/26 Happy Birthday, Katy Smith!
- Happy Birthday, Erin Taulman!
- 8/23 Happy Birthday, Tatiana Bogle!
- 8/28 Happy Birthday, Catherine Armington!



Vacation Bible School

June 10-14, 2019

9am-12pm

VBS is for children aged 3 (and potty trained) through grade 4

\$25/child, up to \$60/family

Register on our website and send in payment via mail by May 28.



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