

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 -

This Month's Speakers: Erica Tomasik and Scott Quigley

Erica Tomasik and Scott Quigley will speak this morning on the Enneagram, a personality assessment.

About Erica and Scott: Erica and Scott have been siblings their whole lives while teaching the Enneagram together for a couple years. Erica is a Certified Health Coach and lives in Carmel with her three kids and husband. Scott is an experienced facilitator living in Indianapolis and has been using the Enneagram to grow himself and others for six years.

Next Month's Topic and Speaker

Safe Products Education —
Catherine Armington and Erin Taulman

Coordinator Connection: Develop Self-Awareness

Happy fall! I sure hope that it starts feeling like fall soon (this was written on another 90 degree day)! I am very excited for our first speaker this year. This topic is not one that I have a lot of experience with and I am looking forward to learning more. If you know me and my husband, you know that we are very different. As you can imagine, that creates conflict in how we approach and solve problems. He wants to solve every problem I bring to him, but I just want him to listen and sympathize! I am hoping that learning more about the Enneagram and finding out where we fall will help us be more self-aware of our different traits. I am also interested to see how this can spill over to other areas of my life, including how I relate to my kids and my work life. I think through being more self-aware and discovering self-limiting behaviors or mindsets, we can live life "to the full"!

-Julia Goldberg, Coordinator

November Meeting Reminder: Bring Diapers or Wipes

Have you ever gone to change your child's diaper when you're away from home, only to discover your diaper bag is missing diapers, wipes, or both? At our November meeting, we will be assembling diaper and wipes packs that we can deposit in public restrooms to help other moms stuck in this situation. Please bring in a handful of diapers that you have at home (any sizes are helpful). If your children aren't in diapers, we ask that you pick up some \$1 packs of wipes (i.e., travel size). Let's help our fellow moms!

Notes From Hospitality

Happy October! This month we want to thank Abigail Verlinde's table for providing our breakfast this morning! **Brittany Gaynor's table** will be providing breakfast next month. An email reminder will be sent out closer to our November 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.

OCTOBER'S DOOR PRIZE: We do not have a door prize for this month. If you have a business, blog, or any other venture you would like to highlight and supply a door prize for our next meeting please let us know. Thank you!

-Katelynn Brack and Jodi Kerstiens,
Hospitality Coordinators

Care for MOPS Moms

Just a reminder that 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!

Congratulations to Lauren Siegel who is expecting a new baby girl this month! We can't wait to welcome your little one to the MOPS family!

-Whitnie Bauer, Care Coordinator

Service Update: Support for Girls on the Run

We are excited to help Girls On The Run throughout this year! Now through December there are change jars on each table — our goal is to sponsor three girls for the spring round. It is approximately \$125 a girl, so our goal being to raise \$375! It would be a huge help to GOTR for the girls who can't financially afford it. Let's fill those jars ladies!

Today, there are blank cards on the table — please take a few minutes to write a note of encouragement for a young runner! They will be giving them to the girls at their practice right before their 5K! Something as simple as "Go Girl Go! Keep working hard and have a great run!" is great! But let's make them feel loved, encouraged, and supported!

Their 5K is scheduled for Nov. 9 — if you are interested in helping out please let me know and I can put you in contact with them! My email is etaulman@gmail.com. We will be volunteering as a MOPS group for their spring one but they would love any and all help for this one as well!

Thanks for all of your help and support for Girls on the Run — they are so appreciative!

-Erin Taulman, Service Coordinator

Mentor Moment: Celebrate and Understand How Our Differences Work Together

Were we all enjoying the wonderful Indian summer? One of my favorite things is to hear the laughter and giggles of all the kids playing in the common area of our neighborhood in this last surge of warm weather. Even at young ages, our kids can learn how to all play together as one big team ... and don't even think about different personality types. As we learn about the Enneagram today, let's remember that God is the One that hands out all different varieties of spiritual gifts (or personality types) and they all work together for His good (1 Corinthians 12).

It is helpful for you as a person and as a mom to know your personality type as well as everyone in your family; whether they be the reformer, helper, achiever, individualist, investigator, loyalist, enthusiast, challenger, or peacemaker. Just like the Lord needs all parts of the body to work together, you need all of your different personalities to work together as a family. God loves the variety!

1 Corinthians 12:4-11; 25-31 (Message Bible):

God's various gifts are handed out everywhere; but they all originate in God's spirit...

Each person is given something to do that shows who God is: Everyone gets in on it, everyone benefits. All kinds of things are handed out by the Spirit, and to all kinds of people! The variety is wonderful...

The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part...

You are Christ's body — that's who you are! You must never forget this. Only as you accept your part of that body does your "part" mean anything...

Let's celebrate our differences this month and aim to spend time understanding each other's personality type, its significance, and utilize each together so we can be more effective as a family or any team you may be on!

Blessings and hugs,

Susan

IN OUR PRAYERS



Prayers for healing and peace for Catherine Casciani, a MOPS graduate of our group and former Mentor mom. Catherine is recovering from surgery following a diagnosis of colon cancer. Please take a moment this morning to sign the card we'll be sending her to show our love and support.

October

*Fall is full of many fun family activities and traditions!
Share your favorites with your table!*

November

11/20 @9:15-10:30 a.m. MOPS Small Group
Discussion