

ISSUE

01 The Orbiter Newsletter

Aug 09

Tates Creek Christian Church www.tatescreekmops.org (859) 261-0900



Take Me To Your Leaders

Coordinator	Cheri Eastwood 543-2210
Finance	Elizabeth Skinner 255-0229
Special Events	Denise Bauer 263-7719
Creative Activities	Michele Johnson 264-0345 Ann Combs 271-8197
Hospitality	Dawn Baker 523-1777
Moppets Coordinator	Mary Furnish 219-9111
Moppets Curriculum	Sherry Kenney 421-8254
D-Group Coordinator	Susan Marshall 296-2791
Mentor Moms	Anne Layton 278-1883 Ginny Ellington 223-1517
Publicity	Cathy Cramer 263-9362



"For where two or three come together in My name, there I am with them." Matthew 18:20

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No Mom Alone—Communities of Hope

By Naomi Cramer Overton,
President, MOPS International

I've been on Facebook since 2007. I remember the day - and night - I first plunged in. I was going to visit my dad after hearing his cancer had spread. Sadness overwhelmed me. My solution? Go on Facebook - for 9 hours. Post on my wall that I'm procrastinating. Don't tell the whole truth: I'm feeling horribly alone.

More moms than ever are alone

In spite of ways to connect online, more moms than ever lack even a single friend. Loneliness is linked to child abuse, depression, suicide and our kids not making the choices we'd want.

No mom should be alone

Too many moms feel alone! Thousands of moms are going home from the hospital with new babies every day. These moms are deciding where they will look for friends. How many will wind up without a community that's real or positive - for them and their families?

The problem of isolation is not new. In a letter to Jesus-followers, Paul provides

another glimpse of our being alone.

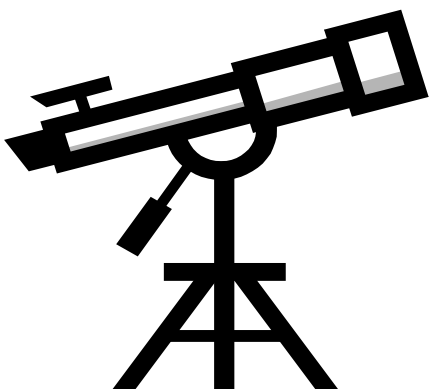
"...remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world." (Ephesians 2:12)

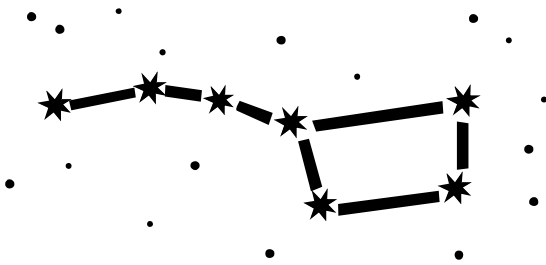
Separate, excluded, foreigners - hardly words I like. What phrase jumped out at me? *Without hope and without God in this world.* If that's how we are without friendship with Jesus, and that's how our friends are - the how should we live?

Together

Was there a time when you became part of a community and soaked up friendship? My MOPS table was like that. My Discussion Group Leader, Kathy, intentionally included me, even though I joined MOPS late in the year. She scheduled play dates and accepted me even on my unlovely days. My bible study was that way too. Ginger, our MOPS Mentor, inspired me with her radiant smile. She opened up the Bible and her own past, giving me hope as a woman and as a mom.

Continued on page 2





Captain's Log

-Cheri Eastwood,
Coordinator

Welcome to MOPS! Mothers Of Preschoolers is a group for moms who have children ages 0-Kindergarten. This particular group meets at Tates Creek Christian Church once a month on the second Tuesday of the month from September through May.

At our meetings we will hear from a variety of special speakers on relevant topics to mothering and our relationships. Our theme for this year as a part of an international group is called Together on Planet Mom.

We also have time in our meetings for small group discussions and fun activities. We hope you will join us each month for yummy brunches as well as other exciting events through the months for both you and your children. Through these activities and events, you can feel connected to other moms just like you and help each other enjoy the challenges of motherhood together!

Please see any of our steering team members if you have any questions. We are happy to have you here!
-Cheri Eastwood, TCCC MOPS
Coordinator

Little Dipper (Moppet Children)

Children are cared for during MOPS meetings in a parallel program called MOP-PETS where they experience love in a preschool-like setting.

The children who are 2 and older in MOPPETS will have songs, stories, crafts, snacks, and other activities, such as playground time and Bible games.

There will also be special stories, parties, and events for holidays, such as Thanksgiving, Christmas, Valentine's Day, and Easter.

Thank You

Special thanks goes to our MOPS Steering Team for today's brunch. Each discussion group will take turns providing the meeting's brunch.

No Mom Alone— continued from p.1

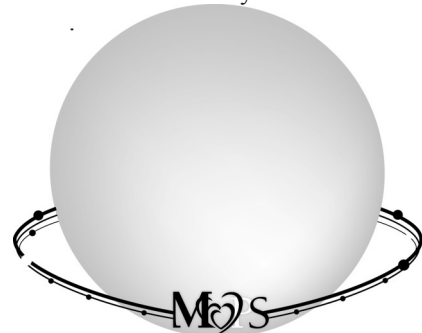
How do we reach that mom who is alone? Jesus set the example. *He came and preached peace to you who were far away and peace ... to those who were near.* (Ephesians 2:17)

Who are the moms near to you - within arm's reach - one invitation away from a cup of coffee? Each of us crosses paths with about 75 to 100 people each week. Making the most of our daily relationships is a powerful way to include another mom in a community of hope.

During the coming year, we'll discuss how we can make better moms who make a better world to ensure the promise of "No Mom Alone" comes true. Read Ephesians 2 and ask God to open your heart to a mom in your daily path. No matter how together we look, we all need to live with hope and with God - and that begins with a friendship.

Who will you befriend this year, so No Mom is Alone?

-Naomi Cramer Overton, President MOPS International,
Connections July 2009



Registration Form + Fee = Sweet Treats

Planning on joining MOPS for the year? You can pay for the whole year at once (\$74) or pay for MOPS International Membership and Fall Semester Fees now (\$49) and pay the Spring Semester Fees (\$25) in January. Please make checks payable to TCCC MOPS.

Please ask for scholarship help if the cost presents a financial hardship. We want everyone to have the opportunity to be a part of MOPS.

When you turn in your registration form and money you will receive a welcome bag with a sweet treat.

Even if you aren't prepared to pay today but you would like to be a part of MOPS for this year, please go ahead and fill out the registration form and leave it at the Check-In Table today. This helps us better plan for the upcoming year.

Contact Elizabeth Skinner, Finance Coordinator at (nicandliz@windstream.net) or 255-0229



Friendship

Welcome to MOPS! If you got here successfully this morning, give yourself a pat on the back. Now, for every person that you had depending on you this morning, give yourself another pat.

I am so glad that this year's MOPS theme focuses on friendships and relationships. If I thought that parenting children can be isolating, I have discovered that parenting during a crisis can be even more isolating.

God has been so good to my family during this time when I am trying to support my father through blood cancer while parenting my children. I have been extremely busy, yes, but forsaken, no. God has encouraged us through so many ways. He has answered prayers at various crisis points, made family bonds grow closer, and provided caring friends when we've needed them. Many of these good friends are here at MOPS.

That is my prayer for you for this year, that you may find connection, friendship, and encouragement here at MOPS.

As for my family, my father's health is still precarious, and we are calling each day with him a gift and a miracle.

- Cathy Cramer, Publicity



Out of This World

Events for Kids around Town (Not associated with MOPS)

Ringling Bros. and Barnum and Bailey Circus—Rupp Arena, August 28-30

Explorium—Sat. Sept. 19th, 1:30 PM. **Fire Prevention Day**. The **Lexington Fire Department** will bring their Hazard House to the Explorium and **Smokey the Bear** will talk about preventing fires.

Musikgarten of Lexington—Great music and movement classes for 0-10 year olds. Call Jennifer Tutt at 245-5887.

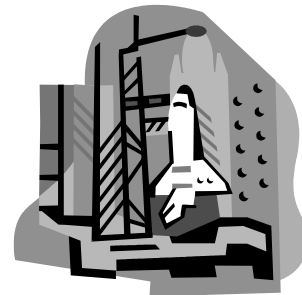
Tates Creek Public Library—**Apple Mania**. Sat., Aug 29th 9:30-5 Kids 3 and Up can stop by for an activity.

Upcoming Missions

Upcoming MOPS Events:

Monday, September 14 – Moms Night Out

Looking for a great way to get to know each other while having lots of fun and some yummy snacks? Join us for BUNCO – Ann Combs will teach us this fun, easy game that we'll be able to enjoy all year. We'll meet at TCCC at 7:00pm



Wednesday, September 16 – Moms & Kids

We'll meet at the UK Arboretum at 10:00am and join in a scavenger hunt for all the colors of the rainbow. We'll work together to create a color wheel of natural objects we find in the garden. Bring a picnic lunch if you like to stay a bit longer. **\$1 per child**, visit www.ca.uky.edu/arboretum/cal_events.php for information

Thursday, September 24 – Moms & Kids

Playdate at 10:00am at TCCC in Critterland. We'll meet twice each month to enjoy some fun playtime.

September 2009

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8 MOPS 9:15 AM	9	10	11	12
13	14 Bunco 7:00 PM	15	16 Arboretum 10:00 AM	17	18	19
20	21	22	23	24 Critterland 10:00 AM	25	26
27	28	29	30			