



## Leaders of the Band

Coordinator	Cheri Eastwood 543-2210
Co-Coordinator	Jessica Holbrook 325-0174
Finance	Elizabeth Skinner 255-0229
Creative Activities	Karen Tallon 317-2817
Hospitality	Amy Recktenwald 245-1452 Christy Cornett 245-7442
Moppets Coordinator	Erika Hranicky 229-9584
Moppets Curriculum	Dana McReynolds 543-9226
D-Group Coordinator	Kristin Clem 266-4944
Mentor Mom	Gaye Dye 859-963-2912
TCCC Liaison	Judy Clark 266-1621
Publicity	Cathy Cramer 263-9362



## Lead Scientist: Nadine Lear

Nadine Lear was born and raised in Ezel Ky She is the youngest of 8 siblings.

Nadine has been a member of Tates Creek Christian Church since November 20, 1994. She sings in the choir and helps with the children's ministry. Nadine has also spoken 2 years ago for MOPS.

She has been in private practice for over 12 years, working with adults and children and a wide array of mental health opportunities

Her degree is a bachelors degree in psychology and masters in clinical social work She has had over 21 years in working in mental health field.

A 12 year survivor of breast cancer, Nadine was widowed in 2008. She is a mother to Zane, a 10 year old son.



## this issue

Leaders of the Band	P.1
Lead Scientist : Nadine Lear	P.1
Little Masterpieces (Children)	P.2
Registration	P.2
Fingerprints—Touching our World	P. 2
From the Conductor's Baton	P.3
Art in Life	P.7-8



## Different Location for Next Meeting!!!

Due to a room conflict with other activities in the church, our next meeting will be held upstairs on the 3rd floor. Signs will be posted.



## Nobel Prizes

A special thank you goes to Calcium group for today's brunch.

Thanks also goes to Great Harvest Bread for today's \$20 gift certificate door prize.

Thanks also goes to Kelly Cramer, for the door prize of the free massage session.



## Research and Development

To make sure you get all updates and reminders on special events and other MOPS happenings, join our website at

[\*\*http://groups.yahoo.com/group/tcccmmops/\*\*](http://groups.yahoo.com/group/tcccmmops/)

This will enable us to send notices directly to your own email. Once you have joined the group, you can send an email to our entire MOPS group, simply by emailing

**tcccmmops  
@yahogroups.com**



## Registration Form

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.

This year, we are offering the theme book, *Momology: The Art and Science of Mothering*. Our local MOPS chapter bought the books for \$7.00, but are providing them to you for only \$3.50. The amount may be added to your fall semester check if you like.

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.

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](mailto:nicandliz@windstream.net)) or 255-0229

## Little Masterpieces (Moppet Children)

*By Dana McReynolds*

This month's lesson is "All Aboard!" Our children will learn that God is in charge and we are his helpers. They will continue talking about the flood and hear how Noah helped God by building the ark and keeping the animals safe. Moppets will talk about ways that they can be God's helpers also.

Today's Bible verse is a review of the verse introduced last month: "*Noah did everything just as God commanded him.*" (Genesis 6:22).

The children will sing the following song to the tune of "*This Old Man*".

*Two by two  
Two by two  
Look – here comes a walking zoo!  
Hear the STOMP, STOMP  
Flutter – flutter, flip!  
All aboard on Noah's ship!*

*- Dana McReynolds,  
Moppets Curriculum  
Leader*



## Shoebboxes

Every year, our MOPS group has a tradition of donating Operation Christmas Child shoeboxes of gifts for impoverished children. This year, as well as accepting fully completed boxes, we will assemble boxes together at our next meeting, in November. Please bring wrapping paper to share, \$7 for shipping a box, and whatever other items for which you wish to sign up.

Boxes will be donated at our next MOPS meeting in November, so that they can be shipped all over the world to needy children.

If your child is old enough to help pick out toys or art supplies, this is a good project to introduce your children to living globally and caring for others in need. Sometimes, it can be fun to include a picture of your child in the box with the gifts to the recipient child.

For rules as to what kinds of gifts can be donated, (no breakables, toy weapons, food, American emblems, etc.) check out

<http://www.samaritanaspurse.org/index.php/OCC/index/>

If you prefer to pay for the \$7 shipping online, you can track and see where your box goes.

## From the Conductor's Baton

### Our Topic for October: Resiliency

A simple search online for 'resiliency' yields quite a number of interesting results. From definitions, to programs, to books, articles, blogs, and such, you can find all sorts of information, especially if you know how to be aware of where or who the information is coming from.

There is a resiliency theory and a resiliency model. There are training and e-courses. Some people have figured out that this important skill works well in some and in others needs to be improved.

For example, here is a link to an article that summarizes resiliency and how adults can foster resiliency in children by Virginia Smith Harvey, PhD, NCSP.  
[http://www.nasponline.org/publications/cq/mocq363resiliency\\_ho.aspx](http://www.nasponline.org/publications/cq/mocq363resiliency_ho.aspx)

Our book *Momology* has a very good section regarding resiliency. See pages 16-69.

We just want to encourage you to be aware of this ability in yourself as well as your children, so that you can be more intentional in your encouragement of this important skill to survive changes and challenges big or small that we all have or will one day face.  
- Cheri Eastwood, Coordinator



## Germ Prevention

As we enter cold and flu season, please be sensitive to the other parents, children, and child-care workers at MOPS. Please do not bring your children to MOPS if they have a fever or any sign of vomiting or other illness. We all want MOPS to be a safe place, away from those illnesses.

For a list of 5 germ habits you should break

<http://shine.yahoo.com/channel/health/5-germy-habits-you-should-probably-try-to-break-513645/>





## To Dig Deeper The MOPS Library

The MOPS library has something for everyone: cookbooks, kids' books, humor (Women of Faith, Mark Lowry, "Blow-drying the Frog" anthology), Christian romance (Grace Livingston Hill, Janette Oke), adventure (Frank Peretti, Randy Alcorn, Hannah Hurnard), how-to books (hospitality, weaning, and lots of parenting advice.) Books can be checked out at one meeting and returned the next

## Living Out Resiliency

I am excited about Nadine Lear coming to speak about resiliency. That section of our MOPS theme book, *Momology: The Art and Science of Mothering* really stood out to me. It's really well done, and if you haven't read it yet, please do.

Even if we find our-

selves in a smooth patch of life, we have lived long enough to know that life is full of struggles. We and our children will need resiliency.

Resiliency is a good theme for me for this time in my life. Proverbs 24: 10 says, "If you falter in times of trouble, how small is your strength!" Yes, my strength is small. We all have our lists of things that wear us down and troubles that we face. Today, I don't face as many of the early parenting issues that many of you still face - childbirth, sleepless nights, potty-training woes.

I have been at home now with my children for eleven years, homeschooling preschool for nine of them, and involved with my parent's and grandmother's health crises for two. I endured physical therapy on my wrist and faced chronic sore throats. I am tired much of the time. For most of my eleven years, a break was very rare.

Things really are getting much better for me, like a breath of fresh air. Now, I am able to take a regular break while all three girls are in school, and my oldest child is old enough to babysit the other two - which, as you well know, is better than gold. My in-laws have moved across the street,

and they can help, as well. My sore throats have become less frequent, and my wrist is fully healed.

I am still a part of the sandwich generation. I always thought that the sandwich generation involved the middle generation housing both children and parents. Recently, I have found that the sandwich generation involves, not necessarily living together, but having to choose between "being there" for your parents or your children at least once a week. So, I have wandered in and out of being a part of the sandwich generation, depending on my dad's health at the moment. Sometimes, the choice is daily. Other times, I get months off. I also have two good sisters, who can help out, depending on who is where when.

I don't feel resilient. I feel I used to be resilient. I have weathered storms. But I feel as if the resiliency has bled all out of me these past couple of years.



## Fingerprints- Touching Our World

Events for Kids (Not associated with MOPS)

**Children's Storytimes**—Check out the public libraries storytimes, for fun, FREE entertainment for your kids. Tate's Creek Library has storytimes Tuesday 10:30 (6-18 months), Wednesdays 10:30 (12-24 months), Thursdays 10:30 (3 and up), Fridays 10:30 (2-3 years), and Saturdays 11:00 (4 and up). Check [www.lexpublib.org](http://www.lexpublib.org) for a full listing. **Little Hands, Big Ideas: Vet**—Tate's Creek Public Library, Wed, Nov. 3rd, 1:30 PM. Take a trip to the veterinarian's office and pretend you're the vet! For ages 3-5, Reservations Required.

**Explorium**—Parent and Tot Drop-in classes for parents and their 3-4 year olds. The drop-ins promote parent-child bonding, address motor skills development, provide a play environment, and stimulate curiosity. Each day offers a different theme and activities. The drop-ins are held every Tuesday and Thursday from 10:30-11:30 AM.



I read through the *Momology* list of advice in how to build resiliency. Please read it there as the author fully describes each part, rather than just my abbreviated version of it here. I found, upon reading it, that I already do all of these things, not just one or two. But I still do not always feel resilient.

The list has exercise, listening to music, journaling, reducing stressors, asking for help, for answers, and for advice, and planning for crisis.

In the past, I have ridden an indoor exercise bike, while my kids watched TV in the same room. That was so much a part of our routine, that my oldest felt like my trainer, in insisting that I bike. Then came a time, when my baby was old enough to ride on the back of my bike, and I biked her to the park a few times a week, or went for bike rides and hikes with all my kids. Sometimes, I felt like I was teaching my kids how to exercise more than I was actually exercising myself, but at least we were moving. I jogged around the track while my youngest had ballet lessons at the same facility. (Centenary United Methodist) This summer, I was able to let my oldest babysit while I jogged around the neighborhood. Find a way to exercise that fits you and your family at this moment in your lives.

Music, particularly worship music, can lift my mood, like few other things can, even during grief. Journaling is my

own version of stress-relief. With two shelves overflowing with filled journals, it's safe to say I am addicted to it.

There have been times when I've thought I'm so burned out that it will take me a long while to breathe easier and recover, but the power of a single day off has worked wonders, beyond what I can describe. I need time by myself, and time alone with my husband. Rest. Peace. Perspective. Those can be essential to keep us going.

I do try to "reduce stressors," by maintaining a sane calendar, and streamline our activities to just the most important. I have to continually prune it and pray over our schedule and our family time. That was one thing that former MOPS mentor Zella Simpson emphasized to me about being part of the sandwich generation - not to try and be Supermom. I have also heard former mentor mom Anne Layton tell me the same thing. Some years I have done better than others at this, but I am continually revisiting this.

This brings up the *Momology* point of asking for advice, for help, and for answers. I have gone out of my comfort zone sometimes to ask our mentors, or others who have "been there" for advice, and found it invaluable. So will you.

In addition to Zella and Anne, I asked a couple of ladies at our church for advice in parenting during my sandwich generation seasons of life. On my 9th emergency trip out of town, I determined that this was no longer a series of crises, but a new way of life for me, and I asked these ladies who had "been there" for input. They reminded me to bond well with my children during the

times I was home and gave me insights on how to stay connected with them when I was gone. We talked about how much was appropriate to tell my kids about my dad's health without scaring them, and the things they needed to hear me say: "I love you," and "I'm coming home the minute I can," and "Thank you so much for being big and helping out." These women were a big emotional support, too, and one of them contacted her grown daughter for her insights on the time in her childhood when they also had to care for parents. The closeness that they experience now reminds me that it is possible to parent well through these times - and of course, there is reassurance in that the daughter is still a well-adjusted adult, currently working in ministry.

OK, maybe I've not done so well on that actually asking for help part, but I have been bold, way out of my comfort zone, about asking for help a couple of times in these past two years. Most recently, I asked someone for help with my parents so I could enjoy a family vacation with my husband and kids to Niagara Falls. To take time out from all these health crisis and just enjoy being a family was wonderfully refreshing. (Thank you greatly, Ann Combs and Debbie Mattox.)

I used to tell myself I





was “being my own best friend,” whenever I would try to prepare for crisis, another *Momology* concept. I would do this by cooking and freezing for those days when visiting my dad at the hospital would not leave me able to cook.

I first did this baking and freezing when expecting my own babies, but I have since done it for the years where I found myself with chronic sore throats, and now, with my dad’s health crisis. I like to be able to have something on hand to give my parents, too, to send with them when they go home. I want my mom to be able to relax for dinner after a day of being my dad’s caregiver, working on all his health needs, and helping him through his hospitalizations and treatments. I can’t do everything for them, but I can bake and freeze. I probably have gotten a little carried away with baking and freezing, and sometimes, as soon as we are out of a crisis, I will find myself baking for the next. There’s probably something a little OCD in that. If you are interested in this, there is a book on baking and freezing in our MOPS library.

I used to tell myself that I was “my own best friend,” but this became clear to me that this wasn’t so, and I should quit saying it. I can be good to myself, but that is another matter. During my dad’s most recent hospitalization in May, I found myself without even enough time to thaw and bake what I already

had frozen. Another time, we lost so much food and effort when our freezer broke this summer that I felt like I’d lost a whole investment of time, money, energy, and effort. I can not be self-sufficient, even when I am trying so hard.

This brings me back to the theme of asking for help from others when I need it. I have discovered that my older two girls can whip up something for dinner - microwave dinners, if nothing else. My husband can cook. Even Bethany, 5, likes to “make” lunch, although it still takes an effort not to cringe with some of the concoctions she invents. And you - some of you have brought us a meal or babysat at this or that time - Kristin Clem, Denise Bauer, Cheri Eastwood, and Sandy Inouye come to mind. Thank you! I really do know that my parents and my kids are my responsibility, but your generosity has been priceless.

If I already do these things, then why don’t I feel resilient sometimes? Sometimes, it takes me weeks or months, not days, to recover emotionally from one of my dad’s hospitalizations. I think the reason I don’t always feel resilient is that, simply, life can be hard. We need others. We need God.

The real reason that I now realize I am not my own best friend is because I am reminded that God Himself fills that role better than I ever could. He can care for the lot of us better than I ever could. Right now, my dad’s dr. finds his health “phenomenal,” and he can postpone chemo another couple of months. This comes after dr.’s thought several times that he would die. I know the time will come when we really will face the end, but we have

had so many blessings and seen God’s hand in so many circumstances along the way.

I refuse to forget this extra time that we have been given. I have a special jar on my bookshelf that reads “Answered Prayers,” and when God answers a prayer for my family beyond what I expect or imagine, I write that time on a scrap of paper and stick it in. Honestly, the jar is overflowing, and I am behind on writing my scraps of paper. One hospital visit, I took my jar to my dad to remind us all of the many times that God had come to our rescue in the past. I think we all had a good, encouraging time pouring over it.

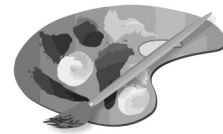
*“If you falter in times of trouble, how small is your strength!”* -Proverbs 24: 10  
Yes, my strength is small, but my Father’s Hand is stronger than mine and He will see me through.

*“For though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.”* - Proverbs 24:16. Why? I wonder. Because the wicked have no depth, no root in Jesus to sustain them? Or because the Lord loves and blesses those that love Him?

I know there are a lot of topics in this article, probably too many to absorb all at once. I have been wrestling with resiliency for some time now, even though I hadn’t called it that. So take an idea or two away from the list in the *Momology* book. But more than that, take away that idea that God can really help you in your time of need. *“God is our refuge and strength, a very present help in trouble.”* - Psalm 46:1.

- Cathy Cramer, Publicity

# Art in Life



Marilyn Congleton—tcccmopsmoms@yahoo.com; Oct 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Woodland Park Playdate 10 AM	7	8	9
10	11	12 MOPS Meeting 9 AM	13	14	15	16
17	18	19 Mom Talk play date - 9:30 Crittterland	20	21	22	23
24	25	26 Moms Night Out Raffertys Restaurant 7PM	27	28	29	30
31						

## October 2010

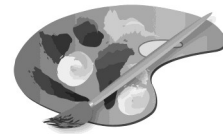
Oct 6<sup>th</sup> – 10 AM Come play with us as we say goodbye to the heat! Feel free to bring a picnic lunch.

Oct 12<sup>th</sup> – Monthly MOPS meeting @ 9AM.

Oct 19<sup>th</sup> – 9:30 Mom Talk! We will meet at TCCC Crittlerland to allow our kids to play as we discuss topics of interest or just to chat!

Oct 26<sup>th</sup> - 7 PM Moms Night Out. Enjoy dessert or dinner and good conversation with other moms @ Rafertys on Nicholasville Road. RSVP by Oct 22.

# Art in Life



Marilyn Congleton—tcccmopsmoms@yahoo.com; Nov 2010

calendarlabs.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Explorium 10 AM	6
7	8	9 Mops Meeting 9AM	10	11	12	13
14	15	16 Mom Talk 9:30 Crittlerland	17	18	19	20
21	22	23	24 Fayette Co Schools Closed	25 Thanksgiving Fayette Co Schools Closed	26 Fayette Co Schools Closed	27
28	29 Moms Night Out Saul Good behind Fayette Mall 7 pm	30				

## November 2010

Nov 5th – 10 AM Explorium of Lexington. This children’s museum, has “nine discovery zones filled with interactive exhibits designed to inspire imagination and

curiosity, kids of all ages.” <http://explorium.com/> Admission is \$7 per person for guests 1 year of age and older.

Nov 9<sup>th</sup> – 9 AM MOPS Monthly Meeting.

Nov 16<sup>th</sup> – 9:30 AM Mom Talk! We will meet at TCCC Crittlerland to allow our kids to play as we discuss topics of interest or just to chat!

Nov 29<sup>th</sup> - Moms Night Out @ Saul Good Restaurant. RSVP by Nov 22.