



Issue 2, October 2nd, 2007 Joy Edition

Being at Home with Yourself

by Keri Wyatt Kent

I was cleaning up the living room, picking up newspapers and throwing toys into the toy box, muttering about how many pairs of shoes were on the floor instead of in the closet. As I pulled out the vacuum, my three-year-old looked up from where she was playing with her little brother and said, "Who's coming over, Mommy?" She assumed (based on previous experiences) that we only cleaned when we expected company. It was a logical deduction for her to make, even though—on that particular day—I was simply longing for a little order.

St. Catherine of Sienna once said, "Make for yourself ... one actual home ... and another spiritual home, which thou art to carry with thee always." Quaint language aside, I think St. Kate is on to something. I spend a lot of time making my actual home, doing everything from home improvements to scrubbing toilets. But what do I do to maintain this spiritual home inside myself.

My spiritual home is my true home, the place where I am most truly myself, my soul. It's the core of who I am. And like my physical home, it requires some attention to make it all it can be.

Perhaps you think of your spiritual home as a place you visit on occasion, or a place where you have to keep things in very careful and restrained order. Your ministry, your volunteerism, may provide some spiritual shelter. But can you "carry with thee always" a place like that?

Feeling at home with yourself begins with knowing yourself: your opinions, your likes and dislikes, your interests—and then getting to a place where you can give that self hospitality and love without fear.

Do you have friendships that nurture you? Do you read or meditate on things that make you think, that comfort you or turn you toward loving others? The things you give attention to and take time to ponder, will have some sort of impact—for better or worse—on your spiritual home.

Caring for yourself, choosing to be loving or forgiving, is spiritual home improvement. But nursing grudges or constantly berating yourself with negative self-talk will eventually leave your spiritual home in uncomfortable disarray.

I don't know about you, but my soul is not always full of sweetness and light. Sometimes there is anger, sadness, and even a wondering: Do I matter? Does God care about me? But being at home with myself means recognizing that this doubting side, this wounded side, is just as much a part of my spiritual home as the bright and wondrous feelings. When I have a bad day or when I feel misunderstood or frustrated; that's not less spiritual. It's simply how my spirit is, and sometimes the best thing I can do is accept who I am at this moment. If I'm open to having God meet me in the middle of the mess, He will.

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The Living Room

...where you experience life and spiritual growth



It was so exciting to get started with MOPS 2007-2008! Our Steering Committee members have been working very hard over the summer to plan a new and exciting year for you precious Moms. Their commitment, talent, leadership, and dedication to their calling to this ministry is admirable. I hope you can get to know some of these gals this year.

I have often thought how I wish MOPS existed when I was a young Mom. What a neat opportunity you all have to make new friends, to have others to ask advice of, and to share the ups and downs of being a wife and Mom. You have the opportunity to go home feeling encouraged, validated, and rejuvenated! You are in for a rich experience should you choose to remain dedicated to attending MOPS and engaging yourself in as many MOPS activities as you can. You will find yourself greatly rewarded.

I am beginning my 8th year in MOPS this fall. Back then there were only a couple of us mentor moms for 70-80 moms. Today, we are privileged to have 11 mentor moms. We decided a couple of years ago that it would be so nice to have one mentor mom per table! It seemed like a daunting task, but God has so richly provided us with a total of 12 mentor moms now! We need only one more to fill each and every table. What a joy it has been for us to have our own table to invest time and energy into and to have the opportunity to get to know a few moms well. Each mentor mom has a heart and passion for you young moms and I hope you will take some time to get to know your mentor mom. No mentor mom is an expert in mothering but each one has years of experience to draw on plus their desire to just come alongside you gals as you walk through this time in your lives.

You are all so precious and are involved in the most important job/ministry that you will ever do. Remember, every moment you spend with your children is valuable and IS your ministry and calling in this point in time of your life. So enjoy the stage of your life RIGHT NOW.....your children grow up all too soon. MOPS exists to support and encourage and equip you during this stage of your life. I'm so glad you are here!

Enjoy being a Mommy!

Warmly,

Susan



The Office

The World at Your Fingertips



Would you like to see this newsletter in full color?

We have our own website:

www.orgsites.com/wa/gccmops

The Welcome Mat

“The ornament of a house is the friends who frequent it.” – Ralph Waldo Emerson



*Susan,
Mentor Mom
Pink Table for Joy*

1. Husband's name, years married? I married my high school sweetheart, Mike 38 years ago.
2. What are your children's names, ages & any info you'd like to share about them? Our son Peter is 36 years old and is married to Breanna. They have 3 children, twins Michael and Allie who are 11, and Alex who is 9 ½. Peter is an attorney and they all live in Redding, PA. Our grandchildren are so much fun to be around, they love to laugh, and all love to play sports. They are a joy.
3. How do you like to spend time as a family? Mike and I love to play golf together, go out to dinner, have friends in for dinner and play canasta, do yard work together.
4. What are your hobbies/passions? I love to play the piano and keyboard, play golf and downhill ski, read, garden.
5. What did you do before you were a Mom? I graduated from college with a Bachelor's Degree and worked as a registered nurse in Intensive Care.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? This is my 8th year. I love Moms and love to come alongside and encourage them in this journey God has for us on earth. One of the best parts of MOPS is providing a venue where young moms can connect with other Moms. Most importantly I love seeing Moms who don't know Jesus, to receive them as their Savior and Lord, and others to grow in their spiritual walk.
7. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"?

The most important thing that I have from my childhood is the fact that my father turned the tide of our family when he came to know Jesus in a dramatic way after suffering from a debilitating bout of polio when I was a toddler. The 2 generations that have followed have all been believers!



*Fran,
Mentor Mom
Orange Table for Joy*

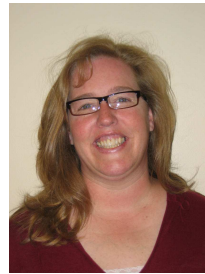
1. Husband's name, years married? Paul, 44 years
2. What are your children's names, ages and any info you'd like to share about them? Scott, Sheri (daughter-in-love) and Ryan (adults). They are loving and make me proud.
3. How do you like to spend time as a family? Hiking, traveling, sharing holidays, biking.
4. What are your hobbies/passions? My awesome granddaughters, entertaining, calligraphy and card making, knitting, decorating, flower arranging, gardening, working with MOPS and yes, shopping.
5. What did you do before you were a Mom? Went to college, worked in school offices and worried less.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? This is my 4th year. I love working with young moms and their children. It is such a short time of life (honestly) and one that has many blessings, influences, challenges and changes.
7. Taking our theme for this year into account: "Begin Here, Go There", what did you take from your childhood that you are currently implementing in your life for your family today?

I learned, and therefore pass on:

- The importance and influence that the role of a family plays.
- Being accepted for who I was and being encouraged along the way.
- To be willing to grow, learn and change as my roles evolve.
- Also, to be continually in prayer and God's Word for the counseling, blessings, direction, peace, and joy that it gives me.



Tanet
Mentor Mom
Purple Table for Joy



Shelly
Mentor Mom
Blue Table for Joy

1. Husband's name, years married? David, 45 years
2. What are your children's names, ages & any info you'd like to share about them? Lindy, Tim and Jenny - they would be upset if I shared their ages!
3. How do you like to spend time as a family? We love to jump in the car and find new places to enjoy. We walk, swim, play games and do puzzles together.
4. What are your hobbies/passions? I love photography (it may even be a passion!). I love to read, to cook, and cruising in parts of the world to experience different cultures. Passions: I love to mentor women, and my small group is a joy.
5. What did you do before you were a Mom? Went to college and worked at Macys in California. I was fortunate to be a stay at home mom.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? This is my second year as a mentor. The best part of MOPS is getting to know the women and making new friends.
7. Taking our theme for this year into account, what did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? In college I discovered what life could be like by knowing God. I raised my children in that knowledge and now they are raising their children the same way. What an exciting and wonderful heritage to pass on! I love watching all of them grow in God.

1. Husband's name, years married? Jeff, 18 years
2. What are your children's names, ages & any info you'd like to share about them? Rebekah, 11, beautiful and tall, is available to baby sit (with mom's supervision) and Rachael, 9, beautiful and funny, loves horses.
3. How do you like to spend time as a family? We like to go exploring (just get in the car together and find somewhere new to go), we play games together and enjoy movies together.
4. What are your hobbies/passions? Hobbies: knitting, scrap booking, games, cooking. Passions: Jesus!, mentoring/discipling/training.
5. What did you do before you were a Mom? I worked as a bank teller in a small bank so I did more than just make deposits. It was a lot of fun. I did this for almost 15 years and worked full time at it, even with my kids when they were smaller.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I was in MOPS when my girls were preschoolers for two years, worked in the Chimp room for a year, and this is my second year as a Mentor Mom. I love what I do because I love people and enjoy getting to know the ladies at my table and on the steering team. They are the best part of MOPS!

7. Taking our theme for this year into account, what did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? My Mom just left here and I was reminded again of how much fun it was growing up, and still is, to just be together and tell stories of the adventures we have taken. Jeff and I are trying to recreate that for our children with the Lord as our guide.

In the Oven

...Expectant mothers



Peace

Megan Flynn-Raab 10/07

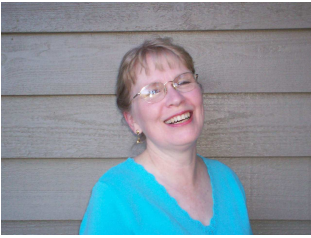
Joy

Noha Habashi 11/07

Shannon Davison-Trichak 1/08

Joy Pylkki 1/08





*Judy,
Mentor Mom
Yellow Table for Joy*



*Cynthia,
Mentor Mom
Green Table for Joy*

1. Husband's name, years married? Dave Baker married 14 yrs in Oct.
2. What are your children's names, ages & any info you'd like to share about them? 6 kids-all adults and all married, 13 grandkids (3 girls and 10 boys so I sew with a lot of camouflage fabric!) with 2 more in the basket ☺
3. How do you like to spend time as a family? Camping with our truck and camper, traveling.
4. What are your hobbies/passions? I love to sew, knit, quilt, and play the piano. I love to study the Bible, digging deep-my goal is to have a heart to love the Lord and to become what He desires.
5. What did you do before you were a Mom? I practiced nursing years ago as an LPN.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I worked in the Fish Bowl for 9 years. The relationships developed, being used by the Lord to love others. I loved working with the little people; they were fun and challenging at times. Kids say the funniest things!!
7. Taking our theme for this year into account: What did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? "Believe on the Lord Jesus Christ", follow Him closely and become the person He wants you to be.

1. Husband's name, years married? John Hickok, married 29 years this summer. Where'd the time go?!
2. What are your children's names, ages & any info you'd like to share about them? Tim, 25, manager in training for Hertz in Kirkland. Phil, his twin, married to Becky, Long Island, NY this year studying for masters in English Lit. Becky teaches HS French. Daniel, 22, senior at USMA at West Point, NY, history major. Annalise, 19, sophomore at CU, Cedarville, OH majoring in theatre.
3. How do you like to spend time as a family? Being together. We travel a lot to be with our kids.
4. What are your hobbies/passions? Prayer, a great Bible study to dig into. I tutor HS algebra students. Sudoku. I'm ready for another good book. I'm secretary of West Point Parent Club. Mostly, I thrive on being with people!
5. What did you do before you were a Mom? I was an RN until the twins came. And I slept through the night.
6. How long have you been part of the MOPS ministry and what is the best part of MOPS? I'm new. The best part is that God called me to this ministry instead of my running ahead of Him. I'm excited to see how He plans to use me here.
7. Taking our theme for this year into account, what did you take from your childhood "Begin Here," that you are currently implementing in your life for your family today "Go There"? Being Here: To love the ones God gave me in such a way that people see Jesus. Go There: Pray for God to intervene in their lives that they'd love Him first. Ask God where He'd have me serve next.

The Front Porch

(Continued from page 1)

Like a physical house, the messiness in my spiritual home often results from neglect. Sometimes, as leaders, we neglect our souls in an attempt to take care of others.

For me, time alone spent reading, taking a walk, or writing in a journal nurtures my soul and helps me to feel at home with myself. But when such time gets crowded out, my spiritual home looks a little messy.

Being at home with yourself means finding a place where you can be honest in your spirit: with yourself, first, then with others and even with God. That honesty will make your spiritual home a place where you can know and even accept yourself, and even begin to accept the love of others.

In the Playhouse

...serving in MOPPETS childcare rotation.



Moms, please remember to check in with Sandi Nichols by 9:10am on your day to work. She will direct you to where you are needed.



If you are unable to come on your scheduled day, call your buddy!!!!

October 9th

1. Christine Shirts
2. Anna Pagel
3. Carolyn Stehling
4. Leslie Hager
5. Jenny Heck

October 16th

1. Anne-Marie Anderson
2. Christine Shirts
3. Erin McWayne
4. Shawna Hall
5. Jenny Heck

October 23rd

1. Shawna Brown
2. Jenny Heck
3. Joy Pylkki
4. Shannon Davison Trichak
5. Teresa Williams

October 30th

1. Anne-Marie Anderson
2. Lindsey McCabe
3. Rita Adriano
4. Erin McWayne



The Craft Room

...expressing your uniqueness and creativity.

Go to craft supply table in the back and pick up the following supplies.

1. Clear checkbook cover
2. 2 solid color sheets of cardstock (one for the back of checkbook & one for the front)
3. 1 printed sheet of paper (for the front of checkbook)
4. Scissors
5. Glue stick
6. Any embellishment materials you would like to help decorate your checkbook (Be creative or check out the sample checkbooks)



Slide solid color cardstock in the back of checkbook. With the remaining solid color cardstock piece use this as a background for the printed paper for the front of the checkbook. Be imaginative and decorate with supplies provided or if you are having trouble coming up with ideas use one of our samples in the back. Jen or Marian will be glad to help you.

Have Fun!!!



Optional Idea: These would make a great gift for grandparents. Use pictures of your child and crop them to fit on the top cover as decoration.



Housekeeping

MOPS announcements, reminders, etc.

Mentor Mom's Welcome Wagon

At each entrance to GCC you will find a Mentor Mom to welcome you to MOPS, and take your secret sister gift, or brunch food to the MOPS Chapel for you. This will give you a few less items to carry while you check in your children and yourself.

Thank you Pink and Purple Table for the delicious brunch!

Volunteers needed to help set up food in the morning with hospitality. Contact Lisa or Naomi on Steering.

If you pre-pay for meetings, use our new Express Check-In system! Just sign your name, pick up a newsletter and have a seat.

If your child is in Frog room or younger, please bring a sippy cup and a diaper to MOPPETS.

Wanted:
People to love on our kids in childcare
Contact Sandi on Steering

Brunch Next Meeting: Blue table brings Main Dish and Green brings Salad or Dessert (Be sure to label your dish, address labels work well.)

In the Shower

Sing, like there's nobody listenin'



Original version

Raindrops on roses and whiskers on kittens
Bright copper kettles and warm woolen mittens
Brown paper packages tied up with strings
These are a few of my favorite things

Cream colored ponies and crisp apple streudels
Doorbells and sleigh bells and schnitzel with noodles
Wild geese that fly with the moon on their wings
These are a few of my favorite things

Girls in white dresses with blue satin sashes
Snowflakes that stay on my nose and eyelashes
Silver white winters that melt into springs
These are a few of my favorite things

When the dog bites
When the bee stings
When I'm feeling sad
I simply remember my favorite things
And then I don't feel so bad



MOPS version - Mom's Favorite Things

Cute Sunday dresses & babies a smilin'
Kids who are playing and aren't even whinin'
Having a great time at MOPS meetings
These are a few of Mom's favorite things.

Afternoon naptime & evenings so quiet
Shopping with friends who want you to "buy it"
Coming back home to a house that is clean
These are a few of Mom's favorite things.

Candles a burnin' & a bathtub with bubbles
Raspberry soapsuds that wash away troubles
Having a day that the phone doesn't ring
These are a few of Mom's favorite things.

When the kids fight
When the baby clings
When I'm going mad
I simply remember mom's favorite things
And then I don't feel so bad.