



Issue 9, January 29th and February 5th, 2008



Good morning Ladies!

Love is in the air with Valentine's Day quickly approaching! Today we are going to be learning about Love Languages, based on the best selling book *The Five Love Languages* written by Gary Chapman.

Our special guest today is Sherry Haake. Sherry is currently involved in a church plant in Federal Way, Washington. She teaches the Word, mentors women and is a retreat and conference speaker. She was formerly the director of Women's Ministry at Grace Community Church, a member of Crista Ministry's Women's Board, a Sonlife trainer, and involved in leadership with Bible Study Fellowship for 13 years.

On a personal note Sherry has been married for 39 years, has three grown and married sons. She has four grandchildren who are a joy! Her greatest delight is to share the love of Christ and participate with Him as His Word transforms lives. She is an avid reader, loves the sun and is considering buying stock in Starbucks!

Her most recent retreat titles include:

- Espresso for the Soul
- Will You Follow Your Heart?
- Living Forever Today



Other topics include Marriage, Love Languages, Attributes of God, Spiritual Gifts, Temperaments, and Eternal CPR.

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The Living Room

...where you experience life and spiritual growth



Begin here, in your home. . .

I have been burdened by the frequent news of marriages in conflict both in Christian homes and outside of the faith. In many of these marriages self-centeredness is a key issue. "I don't intend to be a doomsayer but it often seems like our world is in the death grip of self centeredness and sin." This was a quote I found in one of my devotional books from a pastor's sermon in the 80's. Self-centeredness is an alternate lifestyle. Alternate lifestyles set people apart. Are you adopting an alternate lifestyle?

When things start falling apart or not going the way we want them to we look for someone to blame. We rarely take responsibility for the situation. We can look at our children and see how early and "naturally" this action takes place. When there is disunity in a relationship, energy is dissipated and the relationship becomes fragmented or weakened.

It is still early in the New Year and if you haven't already begun to put positive changes or New Year's resolutions into place, it's not too late. If you have painful or difficult areas in a relationship, claim the promises of God and be reminded that through God "all things become new." You can begin by taking "self" out of the center. Think of the other person first.

Grace Community Church is currently focusing on Ephesians in the Sunday morning sermons and many small groups are using it as their topic of study. In Ephesians 5 we are encouraged to live godly lives. Paul **takes us to the temple** and reminds us of the sacrifice Jesus made for us. Then **to the field** where we learn that walking in the light of God produces spiritual fruit. Next, he leads us **to the marketplace** where we learn to be like good merchants and know how to buy up an opportunity. **The banqueting hall** follows where we can learn to walk in the Spirit of God and be joyful, thankful, and submissive to one another. Paul's last visit is **to the home** where he uses marriage as a picture of the relationship between Christ and the church.

Spirit-filled Christians will manifest Christ likeness in the home, on the job, and on the battlefield. If we do not learn to obey at home, we are not likely to be obedient on the job or in the army of the LORD.

Are you an encourager, to your husband, your children, your neighbors, and your co-workers? If so, you are giving support, inspiring them with hope, courage or confidence. I recently read an anonymous quote on encouragement, "Encouragement is like peanut butter, spread it very thick to hold life together."

In order to be an effective encourager we need to identify with the one we are encouraging. We need to give freely without reserve. Ask God do the encouraging through you or show you how, if you don't feel you have the ability. Have unconditional love for others and be willing to sacrifice. Remember that encouragement begins with who you are.

In most troubled marriages both partners are often trying to accomplish too many things in the world, and in the process, like Martha in Luke 10:42, they neglect the "one thing needful." Next to the love of God, the "one thing", that is by far the most important in the life of all married people is their marriage, their loving devotion to their partner. Nothing on earth must take precedence over that, not children, jobs, other friendships, or even "Christian work."



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The Craft Room

...expressing your uniqueness and creativity



Love Coupon Book

Supplies:

- 6 tag sized pieces of red cardstock
- 6 coordinating pieces of red & white heart paper
- Velum sayings:
 - Take one that says "A Love Coupon Book" and
 - 5 other sayings (your choice)
- 1 binder ring

We will have at the back table these assorted accessories for embellishment:

- hole punch, (regular sized and 1/16th size for the brads)
- velum tape runner
- scissors
- assorted ribbons for decoration
- pink & red heart shaped brads



Instructions:

Simply glue red & white heart paper to the red cardstock. Attach the coupon book title or sayings using the velum tape runner. Punch a hole in the middle top of the coupon and decorate. Be creative. We have a sample in the back and we have a lot of fun ribbons and brads that you can attach to make them all your own creation. Attach all six tags on the binder ring and you're done!



In the Playhouse

...serving in MOPPETS childcare rotation.



February 5th – Joy

Heather Seven
Anne-Marie Anderson
Suzy Molen
Christine Shirts
Angela Piecawicz

Volunteer Please

February 12th – Peace

Stephanie Curtis
Dana Morrell
Erin Pakney
Wendy Castleman
Amy Roark
Brenda Garinger

February 19th – Joy

Amy Scherr
Amy Mesec
Alicia Rogers
Volunteer 1
Volunteer 2
Volunteer 3

February 26th – Peace

Krista Williams
Renee Clark
Amie Cross
Jenny Heck
Leslie Hager
Carolyn Stehling

March 4th – Joy

Lindsay McCabe
Becky Elfers
Amy Roark
Rachel Vinson?
Volunteer 1
Volunteer 2

March 18th – Joy

Iris Westwood
Heather Seven
Leesa Ostrander
Amy Scherr
Volunteer 1
Volunteer 2

April 8th – Joy

Iris Westwood
Heather Elwell
Amy Mesec
Alicia Rogers

Volunteer 1

Volunteer 2

April 15th – Peace

Hwan Hein
Liz Hall
Courtney Palady
Brenda Garinger

Volunteer 1

Volunteer 2

April 29th – Peace Gospel

Volunteer 1

Volunteer 2

May 6th – Joy Gospel

Volunteer 1

Volunteer 2



Continued from Page 2

There will be hindrances and obstacles along the way in the journey of life, but remember God promises to be with us to meet the challenges. He is faithful to his people when they submit to Him.

Some quotes to ponder in closing:

"Kindness is the language which the deaf can hear and the blind can see." Mark Twain

"Write your plans in pencil and then give God the eraser." Unknown

"All I know of love is that love is all there is." Emily Dickinson

Love . . .and now I will show you the most excellent way. (See I Corinthians 13:1-13)

I pray that the Father will bless your marriage so that it will be characterized by wisdom, humility, submission, and sacrificial love—a portrait of Christ's love for his church.

Love,

Fran Morris



Paul and Fran Morris

10 Ways to Capture Husband and Wife Teamwork

1. Develop a close relationship with God. Let him draw you close to one another.
2. Discuss and come to an agreement on goals for your relationship and for your family.
3. Build a bridge of intimacy by taking time to nurture your relationship with date nights, love notes, little gifts, messages of encouragement and lots of listening.
4. Join a Bible study or prayer group together.
5. Make time for romantic moments that bond, such as a quiet talk, a candlelit dinner and a back rub after a long day.
6. Find ways to maximize your communication. Read *The Five Love Languages* by Gary Chapman. Take time to understand how your spouse best receives love. If you understand this and are willing to make an effort, the dividends are incredible.
7. Find a comfortable place for a "State of the Union" discussion. This is a time to review your goals as a married couple. Discuss your hopes and dreams for your family, take a fresh look at your lives together, thank God for his blessings and pray for his future provisions.
8. Edwina Patterson explains in *Redeeming the Time with My Husband*: "Tender feelings die when daily consideration and kindnesses fall by the wayside. Appreciation is the heart of a beautiful marriage. It is one piece of the puzzle to accept him just as he is, it is another to appreciate." Remember to appreciate your spouse for who he is.
9. Make promises you can keep. The way you treat any relationship in the family will eventually affect every relationship in the family.
10. The marriage relationship is like "God's heavenly sandpaper," it can soften the rough edges in your life. When you choose a teamwork mentality first as a couple, then as a family, you begin to go at life together.

1 Corinthians 13 NIV Love

1If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. 2If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. 3If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

4Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6Love does not delight in evil but rejoices with the truth. 7It always protects, always trusts, always hopes, always perseveres.

8Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. 9For we know in part and we prophesy in part, 10but when perfection comes, the imperfect disappears. 11When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. 12Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

13And now these three remain: faith, hope and love. But the greatest of these is love.



Free or Cheap Dates (for married couples)



1. **Go** through your local newspaper or phone book and keep an eye on local happenings. These often provide both economical and very intriguing ideas. Embellish the event with a bit of your own creativity.
2. **Have** a picnic. Go to the park if the weather permits, or spread out the blanket on the living room floor in front of a blazing fire. If you need privacy from the children...the master bedroom can actually make for a delightful picnic too!
3. **Take** a hike! Literally! Collect some treasures. Return home and turn your treasures into a candle and burn it later as you enjoy a candle-lit, romantic dinner!
4. **On** a hot day, a cool walk in a local mall can be welcoming. No real shopping, this is a window-shopping venture only. For fun, find outfits in windows of stores and choose which one your spouse would look "to die for" while imagining them wearing it. Giggle together and then choose a place to eat or have a treat together.
5. **Spend** a day at the beach. Have a sand castle building contest. Walking along the shore watching a sunrise or sunset sipping lemonade and collecting seashells can make for a good time. The seashells can make another great candle to burn together, or would make a great frame for a snapshot of your day together.



6. **Go** to the matinee showing of a movie. Feed each other popcorn as if it was chocolate dipped strawberries! Share a drink with two straws!
7. **Tour** a museum. Find a piece of art that you both feel most closely reflects the two of you. Keep a replica in mind as a romantic gift another day. If it is a painting, perhaps the gift shop has a cheap print postcard size that you can frame for your bedroom.
8. **Visit** the zoo or aquarium. Look for discounts (you'd be amazed at how many places even give discounts with your AAA road side assistance card). Ask some of the other visitors to judge an animal impressionist contest between you and your spouse in front of one of the exhibits. Whoever wins gets a foot massage when you get home!
9. **Take** a leisurely ride in the country and enjoy the view, this includes the view of each other. Another superb time that picnic basket would come in handy!
10. **Do** some stargazing. Bring a blanket or sleeping bag and cuddle up while you find the constellations and discover new stars. A telescope or naming a star in honor of your sweetheart is another romantic gift to consider in the future.
11. **Cook** dinner together. Kiss the cook! Smearing guacamole on your wife's lips never looked more appetizing. Then feed each other by candlelight.

Housekeeping

MOPS announcements, reminders, etc.



Bulletin Board

Do you own a business?

Join our business fair on February 12th for Peace by contacting Megan or February 19th for Joy by contacting Minda.

Participants will be provided a table to display and advertise your business (no selling at the event please).

You also have an opportunity to provide an item for a goody bag to be handed out to all the moms that morning. You would need to donate about 45 items for each mom to receive one.

Brunch Next MOPS will be brought by

Pink: Main Dish
Purple: Salad/Dessert

Thank you Orange and Yellow tables for bringing brunch today!

Recipe Book Contest: **Due Feb. 26th!!!**

For each recipe you submit to

Email Leesa Ostrander

lmo200@hotmail.com

You will be entered into a drawing to win your recipe book for free!

This promises to be a great recipe book,...but WE NEED YOUR RECIPES!

Help with the Senegal Mission Trip:

The women going on the Senegal Mission trip will be speaking to moms there about the importance of taking care of themselves and in turn will be able to provide better care to their family.

MOPS has been asked to help support them by donating first aid supplies.

Peace supplies need to be brought on this Tuesday (the 29th) and Joy supplies Tuesday (Feb 5th).

Yellow - Band-Aids
Pink - kid's Band-Aids
Blue - ointment such as Neosporin
Orange - alcohol wipes or antiseptic cleansing wipes
Purple - first aid tape rolls
Green - gauze dressing pads