

January 2012

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Upcoming Meetings

Jan 3rd

Heart of Anger  
 Guest speaker:  
**Shari Damaso**

Jan 17<sup>th</sup>

Inside or Outside  
 The Circle  
**Lynne B.**

Feb 7<sup>th</sup>

Roses & Daylilies  
 A Marriage Parable  
**Evelyn L.**

Snack Table

- Jan 3: Sarah's
- Jan 17: Shayla's
- Feb 7: Jeannette's

Toy Cleaning

Week of  
 Jan 23<sup>rd</sup>  
 Jaylene &  
 Table Leaders



Calvary  
 Baptist  
 MOPS

# News & Forum

## Sensible: Resolve to be True

By Abbie DeWitt

Ready, set, 2012...GO! Are you ready to launch into the new year? Many see the new year as a place to start fresh. It can be small things like cleaning on Dec 31<sup>st</sup> so 2012 was a new start for the home. It can be something health-crucial like weight loss, getting in shape, and eating well. It can be a spiritual goal – maybe a word you want the Lord to bring out in your life (contentment or genuine faith), or something concrete like a study, conference or daily time with the Lord. Whatever seems to be lacking in our lives, seems to be our target for the next year.

Every year I set a goal for myself. I often think I'm the queen of "next year things will be better." How many years I've tried and tried to "be better" and ended up spinning my wheels and then burning out on it. I've learned that some goals are just not realistic. Something will always happen. That resolution just won't stick. Sometimes those well-intentioned goals end up self-sabotage!

It's good to be driven, to have a plan, but you need to make sure it's within reach or it will just discourage you. Whatever your goal – or resolution – let's look at a few tips for keeping on track:

- Prayer** – Bring God in on it – he's waiting for you to do so! Ask him for strength or wisdom so your goal or change sticks! Enlist a prayer partner, too.
- Seek God's will** – if your goal is taking you away from God's path for you, it will be a struggle all the way. If you're following His lead, it will bless you.
- Be true to you** – Set your goal to bring



out the gifts, talents, skills and joys that God created in you! If God put that desire in your heart, a true calling, then go for it! It's good to stretch out of your comfort zone, but not always so good to overwhelm yourself.

- Balance** – As moms, we can be selfless to the point of neglecting things we used to do well or passionately (like art or music). It's a worthy goal to rebuild something that was once a passion, as long as you don't neglect the path God has called you to now (ie home, family, spouse, faith, or work).
- Accountability** – approach your goal with a buddy – or your spouse. Keep one another oriented in the right direction. And remember to pray for each other!
- Broad scope** – Make your goal something you can reach and adjust if

*Continued on page 4*

God doesn't want us to be shy with his gifts

But bold & loving & sensible. (2 Tim 1:7)

"For where two or three have gathered together in My name, I am there in their midst." Matt. 18:20



## Mission Statement

**MOPS International exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader in the name of Jesus Christ.**



*Invite a friend!*

**MOPS Meetings  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
9:15am -11:15am  
Calvary Baptist Church  
5338 Johnson Ave SW  
Cedar Rapids, IA**

## Blogging Mamas

A bunch of real mom moments...

*There are so many ways to get your voice heard these days. Some teach, some preach, some are social in person and others are social online. It's all good and it's all a great way to feel heard and get your message out ~ or get out the message God is giving you! Sometimes it's a great way to still be yourself even in this all-encompassing stage of life! Here are a few blogging mamas that you may find interesting! It's not only a great way to get new ideas – but you sometimes feel you know these ladies better ~ and it's always good when there's no mom alone!*



•**Momology:** The Official MOPS blog ~ contributions from MOPS personnel and moms. "The Art and Science of Mothering" refers to Jean Blackmer's book "Momology" (2010-2011 MOPS theme book).

. <http://www.mom-ology.org/>

•**In Kelly's Words:** Poetry, thoughts and quotations from Kelly Brown, former Calvary MOPS Member (Currently attending MOPS in Arizona)  
<http://inkellyswords.blogspot.com/>

•**Confessions of a Stay-At-Home Mom:** Thoughts projects and ideas from Laura Wheat, Clavary MOPS Mom  
<http://redhottmamma.blogspot.com/>

•**Daily Dose of Truth:** Daily Devotional & Study from New Covenant MOPS Mom Beth S. Beth is mom to 2 boys ages 5 & 3. She shares the lessons God is teaching her through her daily devotional study.  
<http://swimswithfrogs.livejournal.com/>

•**Rainy Tuesday Mornings:** This Nevada mom posts great craft ideas and projects that are perfect for those rainy days.

<http://rainytuesdaymornings.blogspot.com/>

•**A Few Short Cuts:** This blog (or is just a really informative and well-updated webiste?) puts together a ton of deals in one place. She's a CR mom, so the deals are locally relevant too!

## To Be Counted as Wise...

### Best Advice I've Ever Heard

You can't always worry about the small things your kids do,  
but as long as you teach them to follow God,  
You just keep praying they make it.

They aren't yours to keep, you are only borrowing them for a time and we don't know when that will end.

~submitted by Jaylene Horning, MOPS Mom

*Listen to advice and accept discipline, and at the end you will be counted among the wise.*

*~Proverbs 9:20*

## Pied Piper Concerts



Details on [www.orchestraiowa.org](http://www.orchestraiowa.org)

Jan 25-28: Percussion

Wed – 1:30p, 2:15p; Th & Fri. – 9:30a, 10:15a,  
11:00a ~ at CRPL West  
Sat. 10:30a) ~ at Iowa City Public Library.

### A Friendly Reminder:



**PLEASE!**

Please Return MOPS Library Books in a timely fashion, for the sake of keeping the resources circulating! Thank you!

Did you know there are events for kids and parents, available at Birth Baby and Beyond, here in Cedar Rapids?

These include Lamaze classes, breastfeeding support, cloth diapering, and playgroups!



**Click Here!**

For more information.  
[www.birthbabyandbeyond.org](http://www.birthbabyandbeyond.org)

## Upcoming Events



[www.crma.org](http://www.crma.org)

**Doodle Bugs – 10:30am – 11:30am**

- Fri Jan 6 – CRPL – “Sherlock Holmes' Birthday”
- Fri Jan 27 – Hiawatha PL – “Frank Miller's Birthday”
- Fri Feb 3 – CRPL – “Norman Rockwell's Birthday”

**Story Time from the CR Public Library (Held at CRMA)**

Thursdays; 1:30pm – 2pm, free museum admission for January attendees

Remember, all visitors to the Museum age 18 and under  
Get FREE ADMISSION!



**WESTDALE MALL**  
2600 Edgewood Road SW  
Cedar Rapids, IA 52404  
319.398.5123

**DOWNTOWN**  
221 Third Street SE  
Cedar Rapids, IA 52401  
319.363.3286

### Story Time (4-5 year olds), 30 minutes

Wednesday, 10:30 a.m., at the Youth library at Westdale Mall  
Thursday, 1:30pm, at the CR Museum of Art  
Saturday, 10:30 a.m., at the Youth library at Westdale Mall

### Toddler Time (2-3 year olds), 20 minutes

Wednesday, 9:30 a.m., at the Youth library at Westdale Mall  
Friday, 9:30 a.m., at the Youth library at Westdale Mall

### Play and Learn (pre-schoolers), 90 minutes

Tuesday, 9:30 a.m., Seuss Room, at Westdale Mall  
Thursday, 6pm, Seuss Room, at Westdale Mall

### Starlight Storytime (3-5 year olds), 30 minutes

Monday, 6:30 p.m., at the Youth library at Westdale Mall

### SWAP (Snack With a Project), (K-5), 2-3pm

Wed Jan 11, Th Jan 12, Wed Jan 25

### Read to Therapy Dogs, (K-5), 2pm

Sun Jan 8

Kids Links



Classes



Events

### Clifford & RIF At the library!

The week of Jan 30 – Feb 4<sup>th</sup>, during story times at the CR Library Westdale location!

# Sensible Sisters



FREE OR LOW-COST

Activities!

### Chick-Fil-A Family Fun Night

Tuesdays 4-8pm

Featuring a wide variety of family activities and crafts, as well as the Chick-fil-a mascot!

### Michael's Arts and Crafts

#### The Knack Make It-Take It

Free Events for kids:

- Jan 3, 11a-1p, Time Capsule
- Jan 7, 1-3p, Yarn Backpack Buddy
- Jan 7, 3-4p, Chain Scarf Demo
- Jan 14, 1-a – noon, Model Car  
\* kit purchase required\*
- Jan 21, 10a-noon Fancy Nancy Tiara design and storytime.

Check michaels.com or local stores for more events (demos and adult make-it take-it), some materials costs may apply.

### Barnes & Noble

#### Storytimes

Saturdays 11am

#### American Girl Club

Tuesdays 6:30pm

### Home Depot

#### Kids' Workshop

1<sup>st</sup> Saturday of the month,

9am – Noon, Ages 5-12, free!

Jan 7 – Savings Shed

#### Do It Her-self Workshop

Next one is February

### Lowes Build & Grow Clinics

Saturdays – 10am

Jan 14 – Castles

Jan 28 - Build-a-suarus

register online in advance at

Lowes.com/BuildandGrow

## Resolve, ct'd from pg. 1

necessary. If you make it quantifiable you stand a higher risk of missing it (like losing 30+ pounds – how many times I've missed that!). If it's result-oriented, the chances of success and positivity will go up (like eating healthier on a daily basis, or be active 3x a week will still get you in shape and help you lose weight).

Do you have that goal in mind? Are you ready to make this new year better than the last, growing closer to God and His plan for you? Whether it's ministry, hobby, work, family or mission ~ if that's your gift and He's leading you that direction you can do it! Life goal or work goal, health or hobby, those resolutions don't have to be an insurmountable Everest. We can do all things through Christ who strengthens us! Let's tackle 2012 as wise, reflective moms – true to ourselves, and the plan God has laid out for us!

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*Abbie DeWitt is mom to 3 boys, and this is her 5<sup>th</sup> year in MOPS. Past resolutions have including weight loss, contentment, and being more positive and less held-back. This year's goal: "To take joy in every opportunity, & be open to becoming the mom, wife and woman God intends me to be, even when my "plan" is different!"*

~~~~~  
*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."*

~Jeremiah 29:11

## Where Were You Today?

By Rebecca Coleman

This morning you got out bed  
 Washed, then went to work  
 Came home and watched TV  
 I waited patiently for you all day long  
 But never once did you acknowledge me  
 My child, you left me no choice  
 But to stand alone today  
 I watched in silent anguish  
 As you slowly drifted away  
 When work was overwhelming  
 I had to watch the pressure tear you apart  
 The pain you were in as your hidden tears fell  
 Brought such grief and sorrow to my heart  
 I tried to get your attention-  
 Put several angels in your path  
 They asked how you were doing  
 But you just rushed on past  
 The day dragged on  
 With only worries and emptiness ahead  
 The thought of going on like this  
 Only filled your heart with dread  
 Your problems seemed so big,  
 So vast and so very strong  
 But you wouldn't let me take them  
 You just carried them along  
 Though headed to destruction  
 I refused to let you go  
 All the best I had to give  
 I wanted you to know  
 So once more I opened My arms wide  
 And begged you please come in  
 Turn from the ways of this world  
 The wickedness of your sin  
 This morning you got out of bed  
 Washed, then went to work  
 Came home and watched TV  
 But this time you prayed for a new life  
 One that included Me  
 As we spoke, I told you these simple words-  
 When you've fallen to the bottom  
 Or feel helpless and alone  
 When life is just too much  
 To handle on your own  
 There will always be Someone waiting  
 Just to hear from you  
 And when you feel the pain of separation  
 Remember I feel it too

## Just say Spa-aaaah!

Join the MOPS moms for a relaxing evening!

January 20th; 6:30-9:30pm ~ ish

Relax with your girlfriends and pamper

your hands, your feet and your friendships!

We will have an experienced relexologist to massage your feet!

- Cost** = Free to you!
- Bring** ~ your favorite polish, a snack to share.  
Also a footspa, if you have one
- You must **RSVP** for a time with the reflexologist, please.  
Ellen Rogan, [e.rogan@mchsi.com](mailto:e.rogan@mchsi.com); 550-6995, or signup MOPS

## Playdate Plans!

*A Message from Julie Wegman,  
MOPS Mom and DGL:*

Anyone up for a playdate? Lindale Mall at the play place by Sears. We can eat lunch at the food court or bring a sac lunch for your kiddos. Let the kids burn off some cabin fever. How about 10:30. Hope to see you there, hope you all had wonderful holidays!!

**Tuesday, Jan 10<sup>th</sup>  
10:30 am**

*The Play Area at  
Lindale Mall,  
Cedar Rapids*

## Stand By Chad

*Benefit for Chad Parks,  
husband of MOPS Mom Cindy Parks  
brother of MOPS Mom Chrissy Blanchett*

Chad is a 29 year-old husband and father. Chad was diagnosed with stage 4 esophageal cancer in April of 2011. After chemotherapy and a promising prognosis, just before Thanksgiving the doctors found cancerous cells in the liquid protecting his brain and he has started a new round of chemo and radiation treatments to combat this new finding. This has taken a heavy emotional and financial toll on him and his family. Chad, had been unable to work for several months since he was diagnosed and his treatments began.

*How can we help?*

- Go to the website for donation information
- Donate items for the bake sale & auction
- Join us for the Spaghetti Dinner

**January 7<sup>th</sup> 1-8pm  
Calvary Baptist Church**

**Spaghetti Dinner  
Adults: \$5 ~ Children: \$3  
Bake Sale & Silent Auction  
<http://standbychad.com/>**


Put on your thinking cap and get creative!

The MOPS newsletter needs you!

Accepting:

- New Babies/photos
- Laugh Lines
- Real Mom Moments
- Feature Articles
- Poetry/stories
- Recipes
- Devotions
- MOPS lost & found
- Household hints
- Best Advice Ever
- Book Reviews
- Photos of MOPS in Action and meetings
- Community events
- Home businesses

All items must be submitted by the 20<sup>th</sup> of the month for the following month's newsletter (earlier is fine too!).

Please send items to:  
Abbie DeWitt at  
cbMOPS.  
 [publicity@  
gmail.com](mailto:publicity@cbmops.com)

or call 365-7201



## Bible Study Fellowship at Calvary!

Join us for a  
study of Acts  
of the Apostles

## Wednesdays

9:15am - 11:05am

Introductory Meetings  
First Wednesday  
of each month  
For more information

Children's program  
available for  
Birth-preschool

MOPS Meetings  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
9:15am - 11:15am  
Calvary Baptist Church  
5338 Johnson Ave SW  
Cedar Rapids, IA

## Winter Sunday Evening Electives

Sunday Evening 6pm Beginning Jan 29<sup>th</sup>

Childcare provided for ages 0-5, K-6 will have Sunshine Singers.

### GETTING TO THE HEART OF PARENTING

*Parenting is more than using your power to get children to behave.*

Parenting is all about the exposure and change of the child's heart. When the heart of a child changes the behavioral change that is needed will last. Learn how to be an instrument of heart changing grace in the little moments of life that God will give you with your children, whether they are toddlers or tweens.

### WHEN YOU'VE BEEN WRONGED

*8 Lessons on Moving from Bitterness to Forgiveness*

Bitterness is a self-inflicted wound. By choosing not to forgive, we voluntarily sentence ourselves to diminished, pain-filled lives. In this DVD series of lessons, noted pastor and author Erwin Lutzer carefully illustrates how it is possible to right the wrongs of your life. Whether you've been wronged – or have wronged others – he makes it possible to experience the freedom of forgiveness and the restoration of a clear conscience.

### THE WAY OF THE MASTER

*Six sessions on ethics and character*

Learn how to share your faith simply, effectively, and biblically...the way Jesus did. In this eight-lesson course, you watch and learn as Kirk Cameron and Ray Comfort teach you from exciting locations, and then invite you to be a “fly on the wall” as they share their faith on the streets to normal everyday people. It will teach you, step by step, how to overcome your fears, and lead your loved ones to the Lord. You don't have to be an expert in apologetics and you don't need to know Greek. Just let love swallow your fears and follow in the footsteps of Jesus.

## Calvary Women's Ministry Events

### *Positive Impressions*

2<sup>nd</sup> Saturday of each month; 10am – 3pm

Bring your scrapbooking/stamping project (or whatever craft you like) and a snack to share. *Meets in Rm #27*

*Please RSVP to Kim Nelson (364-6647)*

### *Getting to Know You*

Tuesday January 24<sup>th</sup> 6:30pm

The Calvary Women's Ministry is looking forward to getting to know the ladies in the church and discover each others talents, gifts and interests. There will be treats and they hope to see as many sisters in Christ as possible!

*Roxann Hendrix (319-804-0647) or Cindy Frey (846-4436)*

Matt Hale

319.721.7580  
matthew.hale@mchsi.com  
134 Crestridge Dr NW  
Cedar Rapids, IA 52405

Hardware  
Software  
Networking  
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Purchasing  
Consulting  
Audio/Video

# Meeting Needs 7

...and helping each other.

*thirty-one™* Julie Wegmann  
Independent Consultant  
www.mythirtyone.com/95251  
uliej21@hotmail.com  
Totes, Purses, & Mens' Line  
Cedar Rapids, IA  
319-550-6596



Calista Rothenberger  
319-981-2309  
clothenberger@yahoo.com

Call me to arranging a tasting with your friends...  
or for more information about becoming a chocolatier!

Anastatia Greetings  
www.sendoutcards.com/130491/

Aileen Wolf  
SendOutCards Independent Distributor

5060 Charter Oak Ln SE  
Cedar Rapids, IA 52403  
630-470-0276  
aileenwolf@gmail.com

Weather Policy  
Please Remember,

we follow  
Cedar Rapids  
Community Schools  
If school is canceled  
or delayed, we will  
not have MOPS,  
keeping everyone's  
safety in mind

We're all about helping  
our fellow moms out.

So, let us know if you  
have baby gear available  
to give or sell  
(ie too big or too much  
to bring for the  
free-cycle).



Label LABEL!

Please label all of  
your child's belongings  
**NOTHING**  
(including cups,  
snacks, and  
pacifiers) will be  
given to children in  
MOPPETS without  
names on them!  
Thank you.

**FREECYCLE!**



Do you have gently used (or  
even new) items you no longer  
need? Bring them to MOPS  
and bless another mom! As  
always, feel free to shop from  
the table, too!

The freecycle table is available  
at every meeting.

## Please review MOPPETS sick policies:

We enjoy having your children (and you!) as part of our MOPS meetings – but 'tis the season for colds and flus, so here's a few reminders:



- Please do not bring your child if they show signs of illness within 24 hrs of our meeting.
- This includes (but is not limited to) fever, coughing, and runny noses.
- NO medication will be given to your children by MOPPETS workers. It should be kept with and given by you.

Thank you everyone who has respected this for the good of the kids!

# 8 Mark Your Calendar

## Happy Birthday MOPS & Moppets!

- 1<sup>st</sup> – Sondra Smale
- 1<sup>st</sup> – David Fench
- 9<sup>th</sup> – Trisha Swartzendruber
- 12<sup>th</sup> – Jeannette Zeigenhorn  
Toby Slippy
- 14<sup>th</sup> – Audrey Hill
- 16<sup>th</sup> – Jeannette Frey
- 17<sup>th</sup> – Alex Lykkegaard  
Marlene Aswegan
- 28<sup>th</sup> – Ellen Rogan














★ Kids' Events at the Library & Museum – *Check the calendar!* – Look for the information on page 3, and the (CR Public Library),  (CR Museum of Art), or  (Orchestra Iowa) on the calendar below!

★ **MOPS Spa-aaah Night** – *Fri Jan 20<sup>th</sup> 6:30pm – 9:30pm* More details on page 5. RSVP or sign up at MOPS for foot massage session with an experienced reflexologist.

★ **Awana – Wednesday Nights** – Kids Age 3 (potty trained) to 6<sup>th</sup> grade. 6:30 – 8:30pm. Includes Game time, Scripture memorization, and Bible teaching.

*Better Moms Make A Better World*

January 2012

Sunday	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	Saturday 
1 New Year's Day	2	3	4 	5	6 	7 1-8pm Stand By Chad Benefit @Calvary
8 	9	10 9am MOPS Meeting	11  AWANA	12	13	14 10am-3pm Positive Impressions @Calvary
15	16 MLK Jr. Day	17 9am Steering Meeting	18  AWANA	19	20 6:30 - 9:30pm MOPS Spa-aaah Night	21
22	23 Chinese New Year	24 9am MOPS Meeting 6:30pm Getting to Know You Women @Calvary	25   AWANA	26 	27  	28 
29 6pm Winter Electives Begin @Calvary	30 	31 6:30p Steering Prayer Meeting	1 February  AWANA	2	3	4