

November 2011

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Upcoming Meetings

Nov 1st

The Art of
Hospitality

Guest speaker:
Marilyn Seamans

Nov 15th

Thankfulness:
Gratitude Attitude
Lynne B.

Dec 6th

Fun With Fleece
Craft Meeting
Social & Service

Snack Table

Nov 1: Jeanette's
Nov 15: Laura's
Dec 6: Julie's

Toy Cleaning

Week of
Nov. 21st
Shayla's Table



Calvary
Baptist
MOPS

News & Forum

Bold: What is your life full of?

By Abbie DeWitt

So this is it... life is full and fulfilling, right? But is life really full? And is it full of the right stuff? Half the battle is setting our priorities, and our perspective. I've always struggled with this because it seems like everything should be equally important. Maybe this is just the perfectionist in me rearing its ugly head, but that's the way to show due diligence, to show that we care about everything we do, to do everything as our personal best...just like we were taught in school. And yet, the realist in me knows you can't give everything your 100% focus. At that point you won't be able to do much of it very well. Something will fall through the cracks.

I recently received an email that put this into a stunning visual and I'd like to share the metaphor with you. Picture life as a mayonnaise jar. The container. Now fill it with golf balls until no more golf balls fit. Ask yourself, is it full? Naturally, you say yes. Now pour in some pebbles; they fill the gaps between the golf balls. Is it full now? Sure! Next pour in some sand. Of course, the sand fills all the rest of the space. Full? Well now, yes, it really is full.

Now here's the metaphor: Those golf balls are all the important things in your life. God, family, children, friends, health, favorite passions. These are the big things, and without anything else but these, your life is still full. The pebbles are other things that matter, just not as highly: things like your job, your house, your car... obligations, if you will. Picture the sand as everything else: the "small stuff" of your life.



Now here's the lesson: if you fill up your life with the small stuff, fretting and focusing on the things that should just be filling in the gaps... there's no room for the big things – the things on which God calls you to spend your energy, including a relationship with Him.

Now I'll go one step more. Take that mayonnaise jar with all it's golf balls, pebbles and sand. It's full. Definitely... right? Maybe not. Take a couple cups of coffee and pour it in the jar. It soaks into every little space between the grains of sand.

Continued on page 2

**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.



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

To Be Counted as Wise...

Best Advice I've Ever Heard

Everyone around you is fighting some sort of battle. Be sensitive to what they say and perceptive to what they don't. Your attitude may be the brick that sends them over the edge or the thread that keeps them from falling.

~submitted by Rebecca Coleman, MOPS Mom

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

~Proverbs 9:20

Full Life, ct'd from pg 1

Now that last made me smile, and not just because I love a cup of coffee. It's a hard lesson to learn to put off some of the "stuff" of life, to make time for a friend, but these friendships can be what sustains and encourages us in this stage. I'm always so grateful for time spent with a friend, whether in conversation, study, fellowship, or prayer. It is truly time well spent and nourishes my spirit as a woman. No matter how full life gets, there's always room for a few cups of coffee with a friend.

Abbie DeWitt is mom to three boys and a German shepherd dog. This is Abbie's fifth year at MOPS and her third year serving on the Steering Team, as publicity (communications) coordinator.



Strive to Live Life with Meaning

By Kelly Brown

Live like today is your last,
Don't dwell on the past
Savor the sweet moments

Care more than able,
Try to be stable
In all your ways

Maintain a smile,
Going the mile
Love like no other,
Including your brother
Choose to care,
By being known to share
Be active and count
Take a stand, reach out

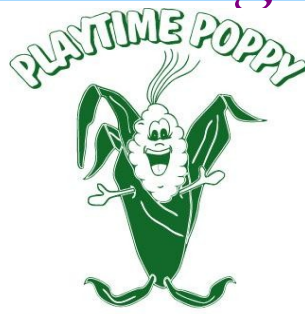
Kelly Brown is a former Calvary MOPS Mom and now attends MOPS in Arizona, near her home in Lake Havasu City. She still helps by editing for the Calvary MOPS newsletter.

A Friendly Reminder:



PLEASE!

Please Return MOPS Library Books in a timely fashion. We will be sending reminder emails/phone calls out in November, for the sake of keeping the resources circulating! Thank you!



Children's Theatre of Cedar Rapids
The Best Christmas Pageant Ever
Kennedy High School
December 1-3

Special Presentation at the
CR Public Library (West)
November 12 10:30am

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

Upcoming Events



www.crma.org

Doodlebugs

Friday, Nov. 4; 10:30-11:30am (CR Library W.) "Chic Like Chanel"

Friday, Nov 18; 10:30-11:30am (Hiawatha Library) "It's What's for Dinner"

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

Tuesdays; 11am-11:30am

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



www.crlibrary.org

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

Tuesday, 11am, at the CR Museum of Art
Wednesday, 10:30 a.m., at the Youth library at Westdale Mall
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

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

Friday Nov 4, Wed Nov 9

Kids Links



Classes



Events

Thanksgiving Break at the Library (Westdale):

- *Diary of A Wimpy Kid*, Mon. Nov 21, 1:30p
- **Make & Take: Rhinestone Leaf Craft** Tues. Nov 22, 10a
- *Gnomeo & Juliet*, Fri. Nov 25, 1:30p

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

Sat. Nov 5, 12p-2p – Free

“Veteran's Day Flag” (age 3+),

Sun. Nov 6, 1-3pm – Free

“Yarn Event” (ages 3+)

Sun. Nov 20, 1-3pm – Free

“Thankful” (5+)

Check michaels.com or local stores for more events, some materials costs may apply.

Barnes & Noble

Storytimes

Tuesdays 11am

Saturdays 11am

Sundays 1pm

American Girl Club

Tuesdays 6:30pm

Home Depot

Kids' Workshop

1st Saturday of the month, 9am –

Noon, Ages 5-12, free!

Nov 5 – Veterans' Day Frame

Do It Her-self Workshop

Th. Nov 10 - 6:30-8pm

Martha Stewart Holiday Crafts

– picture frame and tile coaster

Lowe's Build & Grow Clinics

Saturdays – 10am

Nov 12 – Science Lab

Nov 19 – Santa's Sleigh

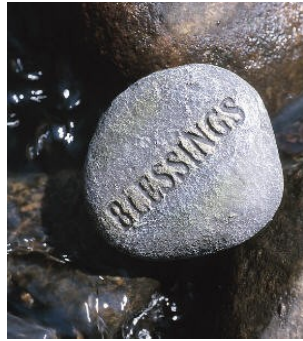
register online in advance at

Lowe's.com/BuildandGrow

Blessing Within

By Rebecca Coleman

There's a face, two hands, and ten tiny toes
A bit of hair, some pretty eyes, and a cute little nose
Steady and unrushed this little life grows each day
Slowly making itself known in teeny-tiny ways



Giving thanks to the Lord, from which all blessings flow
Every heart full of joy at what they now know
Mommy and Daddy pray together every day
For this sweet little baby still hidden away

God must have looked down from Heaven above
With a smile on His face as He rained down His love
One Mommy, one Daddy, and Baby makes three
A happy beginning for this new family

(I wrote this poem in 2007 for my sister,
Ashley, when she was pregnant with her first child)

“For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

~Psalm 119:13-14

The Calvary MOPS Family wishes to welcome



Kate Elizabeth Howard

Born October 8th, 2011, 7:10pm

Weight: 7 pounds, 14 ounces

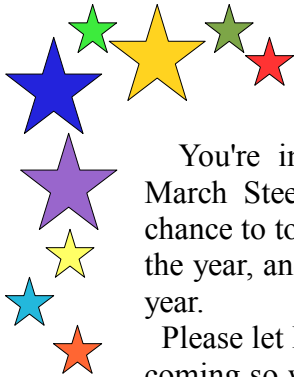
Height: 21 inches



Welcomed by

Keri & Steve Howard and big sister Anna

“Thank you for all of your prayers!” ~Keri



Attention Table Leaders:

You're invited to join us for the March Steering Meeting. This is a chance to touch base with the team on the year, and look forward to the next year.

Please let Keri or Nicky know you're coming so we can plan for childcare. We look forward to seeing you there.

Tuesday

November 8th

9:00am (Settle kids)

9:15am - 11:15am

(Prayer and meeting)

MOPPETS Thanksgiving Feast

Tuesday November 15th

Bring enough to share and give thanks!

The Annual MOPPETS Thanksgiving feast is a chance for the kids to share and receive as they learn about thankfulness. Please bring enough of one item for each child in your child(ren)'s class(es), plus a few extra if you can for teachers and possible visitors, so each person may try one piece of everything.

Example: 8 grapes, 8 crackers, 8 pretzels, or 8 cheese cubes, etc.

Class Sizes (enrolled kids): 13-18m (8), 19-24m (6), 2yrs (15), 3yrs (13), 4yrs (10)

Meet at the Bookstore!

Tuesday Nov. 29th at 11am

Barnes and Noble, CR

"Meet new friends, explore new lands, learn new things, go on new adventures and have a whole lot of fun at the same time! Join us while we share some of our favorite picture books with children during our special Tuesday morning Storytime!"



**MOPS Moms, lets gather together
and enjoy some story time ~
Let's plan on it!**

Cost is Free

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 20th of the month for the following month's newsletter (earlier is fine too!).

Please send items to:
Abbie DeWitt at
cbMOPS.
publicity@
gmail.com



or call 365-7201

Meeting Needs 7

Matt Hale

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

Hardware
Software
Networking
Virus Removal
Data Recovery
Purchasing
Consulting
Audio/Video

...and helping each other.



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!*



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

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.*



*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.*



Vendor Bazaar

Friday November 12th ~ 9am - 2pm
Saturday November 13th ~ 11am - 2pm
Guaranty Bank ~ Fairfax Location

Scentsy, Thirty-One Gifts, Pampered Chef, Norwex,
Signature Homestyles, Tastefully Simple, Usborne Books,
Prairie PTO Spiritwear, Dove Chocolate Discoveries,
www.triplecrowngraphics.com, Patty's Seasonal Florals, Premier
Designs Jewelry, Rainbow, Lil Lam's latest Trends, Beauti Control



Featuring a few MOPS Mom-preneurs!
Contact Suzie Netolicky for more info: 319-981-4087

8 Mark Your Calendar

Happy Birthday
MOPS Moms!

November

14th – Cindy Frey
(MOPPETS)
28th – Kendra Hess

★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 Meet at StoryTime – *Tues Nov 29th 11am* Barnes & Noble, Cedar Rapids

★Awana – *Wednesday Nights* – Kids Age 3 (potty trained) to 6th grade. 6:30 – 8:30pm. Includes Game time, Scripture memorization, and Bible teaching. ** No club Nov 22nd **

★Playtime Poppy: The Best Christmas Pageant Ever – Kennedy High School. December 1-3; *Th: 4:30p (ASL) 7p; Fri: 4:30p, 7p; Sat: 2p (ASL) 4:30p*. Tickets are \$3 per person (12m and up), avail. 45 minutes before the show. www.playtimepoppy.com

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am MOPS Meeting	2  AWANA	3	4	5
6  Daylight Savings Ends	7	8 9am Steering Meeting	9  AWANA	10	11  Veterans Day	12
13	14	15 9am MOPS Meeting	16  AWANA	17	18	19
20	21 	22 6:30p Steering Prayer Meeting 	23 	24  Thanksgiving	25	26
27	28	29 11am Meet at Storytime	30  AWANA	December 1	2  PLAYTIME POPPY	3 Playtime Poppy, Kennedy High School

Better Moms Make A Better World