

ISSUE  
**03**  
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# First Free MOPS Newsletter

Mothers of Preschoolers

First Evangelical Free Church, 3300 S. 84<sup>th</sup> Street, Lincoln, NE 68506



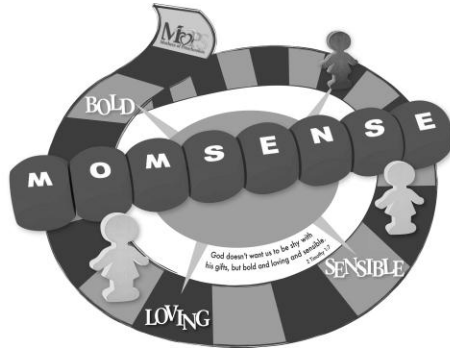
## this issue

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"God doesn't want us to be shy with His gifts, but bold and loving and sensible." 2 Timothy 1:7



## Welcome To MOPS!

Today at Mops



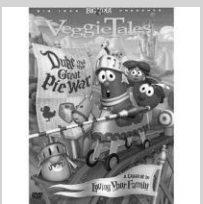
"Friendship Group Day"



Today at Moppets



"Duke and the Great Pie War" (Loving Your Family)  
 Featuring the story of Ruth, Naomi and Boaz



15 years. That is the approximate amount of time between David was first anointed king over Israel and when he actually was allowed to be king. Now during this waiting period, David was not exactly sitting around. Here are a few of the things that happened to him during this time ...

Faced a giant and won      Had a spear thrown at him at least three times  
 Escaped out a window      Pretended to be insane to escape captivity  
 Hid in a forest      Led raids      Moved from place to place to place  
 Had to live with survivor's guilt (many who helped him were killed)  
 Even at one point his own men wanted to stone him ...

This newsletter's focus is on trust. After reading a bit about David's life, the fact that he wrote in so many of his psalms about the importance of trusting God is a bit surprising. So while there are many great verses in the Bible about trusting God, the ones written by David are resonating strongly with me today.

<b>Psalms</b>	9:10	20:7	25:1-3	31:14-16	32:10
	33:20-22	37:3-5	40:3-5	56:3-4	62:8
	84:12	91:2	118:8-9	119:42	125:1
				143:8	146:3-6

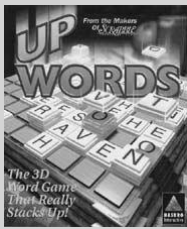
To name a few ... phew! Psalm 22 in particular seems to focus on trusting God in spite of circumstances. No wonder it was some of the words that Jesus spoke from the cross. And no wonder David was known as a man after God's own heart – David trusted in His God!

Psalm 21:7 For the king **trusts** in the LORD; through the unfailing love of the Most High he will not be shaken.

## Don't Spill the Beans: About Trusting and Being Trustworthy



Be careful...Don't spill the beans! Drop these happy beans one by one into the pot as it wobbles back in forth. Try to balance them, and try not to spill them, because if you do the game is through!



### Jodi's Positive Parenting

(Thoughts on being a good mom from my good friend, Jodi -- including thoughts from her husband, Curt, this time).

God never changes. He is defined by his name and His character remains the same. So he is ALWAYS faithful and ALWAYS worthy of our trust. We need to teach our kids WHO God is. He is Provider. Counselor. Light of the World. Faithful. YAHWEH. Savior. Redeemer. Healer. Daddy.

As they begin to grasp the different facets of who God is, we start pointing out how He has been that in our lives. We go out of our way to say, "Hey kids - look how God was Provider to us." Look how He was Healer. Look how He was...

Tangible ways to teach this abound. We have a beautiful wood bowl filled with river rocks sitting on a table in our hallway. When God shows up in our lives in any way we want to remember, we take a blank rock, use a paint pen and write it down on the rock. What God did and the date. We got this idea from the story in Joshua (I think it's chapter 4) where the Israelites build a stone monument to God after He opens the Jordan River for them to cross over. The whole purpose of the memorial is to remind their children of how God saved them.

**Trust:** reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence.  
**Trustworthy:** deserving of trust or confidence; dependable; reliable

Plunging off a platform into the waiting arms of my fellow resident assistants (that I hardly knew yet) was not my idea of a good time. Even though it has been almost 20 years now, I still remember the sensation of free falling through the air of what really only amounted to a few feet. Even though they easily caught me, I would not have wanted to repeat the experience again. Trust does not come easily. Trust develops over a long period of time, but it can be broken in an instant. I struggle with trust sometimes because I want to be in control. Trusting that God really does know best can be a challenge for me. This is rather ridiculous my not wanting to put my life in the hands of the One who created the universe and certainly holds it all together. Maybe you also struggle with trust, for good reason. You have known the pain of broken promises or even worse the sting of betrayal. Jesus knew that pain. Being led to death would have been awful, but that was compounded by the fact that it occurred directly because of the kiss of a friend. The opposite of trust is rejection – another fact that is hard to overcome.

How do we teach our children the concept of trust? Especially in a world that is full of broken promises? We have to point them to God over and again. He is the only One who NEVER breaks His promises including His vow to never leave us or forsake us. Then as moms we need to do the best we can to not make promises that we cannot keep or worse yet, don't intend to keep. Following through can be such a challenge! We can look to God as a source of help – all of His promises are "yes," and He did come to rescue us, just as He promised in Genesis.

As far as teaching our kids to be trustworthy, that almost needs to wait until they mature a bit. (Although I guess Christmas can be a good time to practice keeping secrets! 😊) But it is never too early to start modeling what it means to be a "trust keeper." Do your children see you keeping your word? Doing what you say you are going to do (as much as possible)? When someone tells you a secret, do you keep from telling others? Do you gossip or tell stories that will not result in good? This may be too convicting of a Friendship Group Day topic, at least for me!



Proverbs 25:12 "Like apples of gold in settings of silver is a word spoken in right circumstances."

There are a several passages in Scripture that talk about those who are trustworthy ...

Exodus 18:20-23      Nehemiah 13:13      Daniel 6:4      Luke 16:1-12; 19:11-27

Proverbs to inspire trustworthiness:      11:13      13:17      25:13

What intrigued me: the number of verses that talk about the trustworthiness of Scripture

Here are a few: II Samuel 7:28      Psalms: 19:7; 111:7; 119:86, 138



Cover a checkerboard with 1 grain of wheat (or rice) on the first square, 2 on the second, 4 on the third, and 8, 16, 32, 64, 128, etc. A few squares down the board there were so many grains of wheat they couldn't fit on one square. Ask this question: "At this rate of doubling every square, how much grain would you have on the checkerboard by the time you reached the 64th square?" Ask the children how much grain they think that would be? After they finish giving their answers, give them the correct answer: "Enough grain to cover the entire subcontinent of India 50 feet deep."

**Thought:** Our faith may start out small, but as God uses it, the end result can be very large! A great visualization on how we can trust God!  
**2 Corinthians 9:6** Place the grain in a prominent place and then use it as a reminder that even little prayers can change the world!

Idea from [http://www.creativeyouthideas.com/blog/object\\_lessons](http://www.creativeyouthideas.com/blog/object_lessons)

# Don't Spill the Beans: About Trusting and Being Trustworthy

## One more idea from Jodi ...

Another way to teach our kids how to trust God is to pray. Ask them what we can pray about - a test? A friend issue? For help with homework? And then we share what we are praying about. Healing for a friend. Wisdom in parenting. More success in being slow to anger and quick to listen. After we share, we pray. As God answers, we try to close the circle and say, "WOW! Look how God answered that prayer! Isn't He amazing?"



From the library:  
"Gideon the Tuba Warrior:  
Trusting God"

From Amazon or CBD:  
"Hermie and Friends: Webster the Scaredy Spider"



## Steering Team Members

Co-coordinators:  
Sarah Opp and Jori Newell

Creative Activities:  
Anita Hains and Angela Kleeger

Finance Coordinator:  
Kendra Jantzen

Friendship Group Leaders  
Coordinator: Kelly Watson

Fundraising: Tiffany Maly

Hospitality: Kathy Van Cott

Mentors: Barb Barber, Lorri Goode, Danelle Mills, Lisa Peeples and Sandy Schindler

Moppets: Rhonda Otto

Publicity: Gretchen Garrison

To contact us: please use the e-mail below or access the blog's online phone directory. Thanks!

## Bookworm!



Cooper, Patrick Never Trust a Squirrel  
Hooper, Patricia A Stormy Ride on Noah's Ark  
Lauren, Emily Trustworthiness  
Louwen, Nancy How Could You? Kids Talk About Trust  
McCallister, Angela Trust Me, Mom  
Morrison, Toby Little Louie Takes Off



Feeling boggled? Need a break from mothering?

An author that I really enjoy is T. Davis Bunn. In his latest book, Lion of Babylon, the main character learns to trust God and those around him in a whole new way. Bunn primarily writes mysteries, and I highly recommend him.



Let God Surprise You: Trust God with your Dreams by Heather Whitestone-McCallum and Angela Hunt is definitely a book for moms, as we tend to put our dreams on hold. Great reminder that God is still at work in our lives, even while we are busy raising families. (The author is a former Miss America who happens to be deaf).

Other Books on my "to read someday" list:  
Manning, Brennan Ruthless Trust: A Ragamuffin's Path To God  
Ortberg, Jon If You Want to Walk on Water, You've Got to Get Out of the Boat  
Swindoll, Chuck Perfect Trust: Ears to Hear, Hearts to Trust & Minds to Rest in Him  
Walsh, Sheila Beautiful Things Happen When a Woman Trusts God

## Songs about trusting God ...

"Forever I will Trust in You" by Out of the Grey

"When I First Trusted You" by Keith Green

"God, Is It True? (Trust Me)" by Steven Curtis Chapman

"I Will Trust You" by Steven Curtis Chapman

"My Paper Heart" by Francesca Battistelli

"Trust" by Sixpence None the Richer

"Trust and Obey" by Big Daddy Weave

"Trust Him" by BeBe and CeCe Winans

For the kids: "Trust in the Lord" from the "Shout to the Lord Kids" album

"Trust in the Lord" by Steve Green (from "Hide 'Em in Your Heart Volume 1)



"Those Who Trust" by Salvador

"I Still Believe" by Danny Gokey

"Trust in You" by Jeremy Camp

"Trust in Jesus" by Third Day

"I Will Trust You" by Gina Boe

# ~Mark Your Calendar~

## Birthday Cards



16 Lynette  
Hendrickson  
18 Carrie Gonzales  
23 Elly Fugleberg  
Lorri Goode  
24 Chelsea  
Sueverkruiepp  
27 Gretchen Garrison  
30 Melissa Abele  
31 Amber Smith



To Come ...

October 27th – “Sorry”

Robin Gifford on manners & more

ALSO: Ladies Night Out

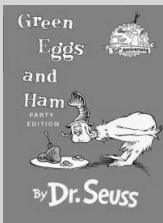
November 11<sup>th</sup> Gina Boe  
Newsletter Theme: sharing during  
Thanksgiving/Christmas time

## Community Events

October 15<sup>th</sup> Pumpkin Run @  
Pioneer’s Park – must be  
registered by 10/14 (tomorrow)

October 23<sup>rd</sup> “Green Eggs and  
Ham” at the Lied LSO 2:00 p.m.

Family activities are happening  
the hour before the concert.



October 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>  
“Beauty and the Beast” will be  
performed at the Lied Center.

Contact the Lied at 402-472-4747  
for more information about either  
one of the upcoming Lied events.

For more ideas of what is  
happening around Lincoln, you  
can visit:

[www.todointhistown.com](http://www.todointhistown.com)



## Go Big Red!



On Thursday October 27<sup>th</sup>, the Moppets are requested to show their Husker spirit and wear red (or their Husker gear if they have any). Please talk to Rhonda Otto if you have any questions. Moms – feel free to join in on the fun and wear red too!

## MOPS Ladies Night Boutique is October 27th

Looking for an evening where you could get some Christmas shopping done early, enjoy yummy dessert and maybe even go home with a gift? Our 3rd annual night out for ladies is only 2 weeks away! This event is free to attend and allows various sponsors to display their products/services. You can purchase items, or just get info about some local businesses.

In the past we've had cosmetics, jewelry, home decor, health/fitness companies, baby things, and lots of various items and of course amazing desserts!!! So please mark your calendars and start inviting your family and your friends.

You can also contact Tiffany if you are interested in having a display for your small business. Due to space constraints, we only are able to have one of each type of small business, and space is limited. This is a fundraiser for our group. Booths are \$50 for current MOPS moms, and \$75 for outside vendors.

Notes :

If you have any information to include in our MOPS newsletter, have any suggestions, questions or comments, please contact Gretchen Garrison by sending an email to [firstfreemops@gmail.com](mailto:firstfreemops@gmail.com). Be sure to put “Newsletter” in the subject line. To God be the glory in MOPs and in our lives!