



MOPS



**FIND YOUR FIRE**

2018-2019  
Christ Lutheran MOPS



# FIND YOUR FIRE

*Never let the fire go out ... When you hope, be joyful. When you suffer, be patient. When you pray, be faithful.  
Share with God's people who are in need. Welcome others into your homes. - Romans 12:11-13 (NIRV 1998)*

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Fire is a tool utilized only by human beings. Since the beginning of time, humans have congregated around its warmth for light, protection and company. Every other creature on the planet fears fire, but we've been given the unique ability to harness it, to use its power to improve our lives. Not only that, but poets and artists have used fire to describe the God-given spark that wakes us up in the morning and fuels our purpose and passion. Whatever the context, fire is not to be ignored.

Sisters, this is a year we will tend the fire in our hearts.

We will stop inhaling the fumes of our mistakes that tell us we are not enough, not a good enough mom, not pretty enough, not brave enough, not smart enough, not wealthy enough. Instead, we will choose to tend our God-given fire. We will love our children with an all-consuming love and use our words to warm the world. We will hold the torch up high and shed light on what matters most.

When our homes feel cold, we'll light a fire.

When a friend has lost her spark, we'll fan her flame.

When the world seems dark, we will be an ember of hope.

In order to do this we will:

**LIVE EXPECTANTLY:** *This is the bold reminder to think about what could go right.* We will renew our minds and choose to trust that God is good. Hope will be on the tip of our tongues. Passion will flow from our hearts and we will pray big prayers. It takes tending to keep the fire alive, so we will fan our flame by choosing to do more things that make us forget to check our phones. We will choose to play with our kids instead of crossing one more thing off our to-do list. We will be women whose passion and patience inspire the people we love most.

**SURRENDER DARINGLY:** *This is the bold reminder to let things go.* Fire is a tool of transformation, and often the most life-improving thing we can do is surrender. Surrender is often misunderstood as an act of weakness, when in truth it is an act of courage. What would it feel like to let yourself off the hook from living like it is all up to you? Let go of unhelpful expectations and the need to control the people and situations in your life. When we surrender, we become in tune with the swift but gentle timing of God. This year, we will take a daring step into the fire of transformation, so we can emerge truer and braver than we ever imagined we could be. We will be women who trust that God is fighting for us, so we need only to be still.

**BREATHE FREELY:** *This is the bold reminder to let yourself be loved.* Even though we aren't enough in our own mind, we are enough in the mind of God. There is nothing that you can do, or have done, to ruin or fracture God's love for you. There is no amount of striving or performing that will earn you more. Breathe freely and joyfully, and be refreshed. We will be women and moms who stand out because we live loved.



## What is MOPS?

MOPS is a support program for Mothers of Preschoolers (ages birth through Kindergarten). Our meetings are designed to provide you with opportunities to relax, make new friends, enjoy adult conversation, learn new skills, hear guest speakers, and be involved in group discussions on topics of interest to moms with small children.

## What is MOPPETS?

While you are participating in a morning planned just for you, your children are included in a separate program just for them. All children enjoy playtime with nurturing caregivers. For older children (ages 2-5), the program includes stories, crafts and songs.

## When Do We Meet?

CLC MOPS meets every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 9:00am-11:15am.

## Where Do We Meet?

CLC MOPS meets at Christ Lutheran Church,  
8211 112th St SW  
Lakewood, WA 98498  
Phone: (253) 582-0331



## What Do I Do Next?

Christ Lutheran MOPS is a charter of a much larger organization, MOPS International, which has been nurturing mothers for over 30 years. Your annual registration fee of \$31.95 goes directly to MOPS International and will provide you with applicable ideas, encouragement, workbooks, and a full year's subscription to their magazine and blog, *Hello Darling*.

To cover our cost of supplies and speaker fees, there are also per meetings dues – \$5 per meeting or \$40 per semester (a \$5 savings per semester).

We work diligently to keep the cost of MOPS as low as possible while still providing a quality program with exceptional childcare. Please **DO NOT** let finances keep you from attending our MOPS group! Partial and full scholarships are available and those receiving them are kept confidential. Please speak to the MOPS coordinators if financial assistance is needed.

Join us on our Facebook group at **CLC MOPS Current Members**. This is a closed group just for us and the best way to stay informed.

## What Do We Do At Meetings?

We begin each meeting with brunch. The food as well as clean-up are provided by each table on a rotating schedule. The schedule will be provided at the beginning of the year with reminders before each meeting. After brunch, various activities are planned. The activities include a mix of speakers, crafts and socializing.

## Mom's Night Out and Play Dates

In addition to regular meetings, we also schedule evenings out just for mom, and play dates throughout the year for both mom and the kids. The most important part of mom's night out and play dates is you! Sometimes it can be hard to find a time that works for the majority, in those instances we will try to reschedule.

## Homeschooling

We welcome moms who have older children who are homeschooled. However, the presence of older children in the meeting can become a hindrance or distraction for other mothers (not to mention yourself!). If you are a mother of homeschooled children beyond the kindergarten years, we ask that you incorporate them into the MOPPETS program in the following ways:

- Helping the caregivers in a MOPPETS room that matches your child's abilities.
  - Studying independently in the 4-5 year MOPPETS room.

# MOPPETS PROGRAM

MOPS is for moms, while MOPPETS is for preschoolers. Children enjoy a safe, clean and stimulating environment while moms enjoy the company of other mothers.

The MOPPETS program is available to all children birth through kindergarten. We ask that any children brought to meetings over 4 months old be taken care of by the MOPPETS program. This prevents distraction to speakers/group discussions during meetings. If you are a nursing mom, please inform the volunteers and you will be called if needed.

Our MOPPET caregivers have a heart for kids and are fully screened (WA state background check) by Christ Lutheran Church. All children will be shown love and care by these wonderful volunteers. Children ages 2-5 enjoy lessons, crafts, snacks, stories and songs.

## Check In / Out (9:00am / 11:15am)

MOPPETS caregivers will be ready to accept children at 9:00AM. Check out time is 11:15AM. Please label everything that you bring to MOPPETS with your child's first and last name. When picking up your child, you will be asked to sign them out and your child and their belongings will be brought to you from the nursery/play room. This helps prevent the confusion that results from too many people going in and out of the nursery/play room at the same time. This also ensures that the caregivers are able to keep track of all of the children.

If your child needs you, you will be called out of the meeting. Please DO NOT check in on your child. If your child sees you, he/she may become upset. If you have any concerns about your child, please have a steering team member check in on him/her.

## Sick Children

Your child will not be able to attend MOPPPETS if they have any of the following symptoms:

- Fever over 99.6 currently or in the last 24 hours
- Vomiting or diarrhea currently or in the last 24 hours
  - Runny nose (only clear runny noses are OK)
    - Rashes
  - Skin infections (impetigo, boils, ringworm...)
    - Eye infections
- Treatment of antibiotics started less than 24 hours ago
- Childhood diseases (chicken pox, strep...)



## Snacks

Snacks are provided in all rooms. We will be asking MOPS moms for snack and/or juice donations throughout the year.

Since each child develops at a different rate, please note on the sign-in sheet what is appropriate for your child. You are welcome to provide you own (labeled) snack for your child.

## Additional Notes

- If your child develops any of these symptoms while in our care, we will have you take your
  - child away from MOPPETS.
  - Please make us aware of ANY allergies.
- Please make sure that your child is changed before checking your child in. **All toddlers not yet toilet trained must wear a pull-up or diaper.** If you prefer to escort your child to the bathroom or change his/her diaper, please note that on the sign-in sheet.