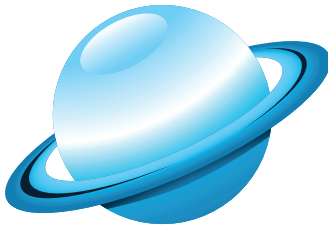


May '10



# The Daily Planet

A Look Back at Our Journey

MOPS at LifePoint Church

## A Note From Tina -



Today, at 5:56pm, while I was bathing 2 little boys who decided to put water in green sand and rub it on each other, I heard my husband come through the door and say "Ohh my... what happen here. It looks like a bomb went off". He was observing the play room, that in all honesty did need a visit from some Merry Maids. Of course I couldn't simmer my temper and said, "it's been a really busy day". In that one moment I felt as if I

completely failed the task for the day. And then one of my wonderful MOPS friend's sent me the following poem:

### What Did I Do Today?

Today I left some dishes dirty,  
The bed got made around 3:30.  
The diapers soaked a little longer,  
The odor grew a little stronger.  
The crumbs I spilled the day before  
Are staring at me from the floor.  
The fingerprints there on the wall  
Will likely be there still next fall.  
The dirty streaks on those windowpanes  
Will still be there next time it rains.  
Shame on you, you sit and say,  
Just what did you do today?  
I held a baby till he slept,  
I held a toddler while he wept.  
I played a game of hide and seek,  
I squeezed a toy so it would squeak.  
I pulled a wagon, sang a song,  
Taught a child right from wrong.  
What did I do this whole day through?  
Not much that shows, I guess that's true.  
Unless you think that what I've done,  
Might be important to someone  
With tender eyes and soft golden hair,  
If that is true... I've done my share

*Continued pg 2*

## The Search for Friendship

Until about a year ago, my friend Susan was a working woman. Then she and her husband had their first baby, and she decided to quit work to stay home with her daughter.

"Now I orbit an entirely new universe that revolves around my house," she says. "It's very hard to be in touch with old friends because they almost all work during the day when I have the time and energy to see them."

Susan isn't alone. Finding and maintaining friendships while juggling the demands of motherhood can be a challenge. If you've ever wondered, "Is it me? Am I the problem?" chances are it's not you. There are several common obstacles all moms face that make friendship hard.

### Obstacle #1: Schedules are so different.

Often we meet people we would like to befriend, but our children's schedules can make it difficult to get together.

"I meet other moms and could do stuff with them, but their kids nap when my daughter is awake and vice versa," says Susan. "Juggling my son's schedule to fit other children's schedules is hard," agrees another mom.

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**"Strangers are just friends waiting to happen."**

~ Rod McKuen

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### Obstacle #2: Conversation is difficult during play dates.

Even if you find a mom whose schedule works well with yours, having meaningful conversation when you do get together can be next to impossible.

"Having time to get to know other moms while my kids need so much attention is hard," says Sarah, mother of two little boys. "During many playgroups, we are all so busy watching our children that we don't get to talk very much."

### Obstacle #3: Different life situations

Friends who work full time, are single, or have older children can be difficult to stay in touch with.

"Spending time with friends who have older children has been a big challenge because...they are involved in sports and a lot of extracurricular activities. It makes it hard to find time," says Kristie, the mother of a 1 year old and 3 year old.

*Continued pg 2*

*A note from Tina continued from pg 1*

And then I sighed with relief, left the playroom dirty and snuggled with my one year old until he fell asleep. I am so grateful that I am not alone in this journey of motherhood. Thank you to all of you who remind me everyday that we are not stuck in outer space alone, that we share a special connection with other moms who know are struggles and joys.

Today in particular the play room was not clean and dishes not done because any extra moment I had I spent working on several MOPS items. So with that I want to thank every member of the Steering Team who I know have let the dishes go, the laundry pile up, or the dinner to be ordered over the phone just to spend time making this MOPS year out of this world. There are so many of you who pitched in to really make this a successful year. From arriving early to greet other moms, to staying late on Sundays to set up the rooms, I just want you to know I appreciate the sacrifice you all make to serve one another.

Let me say that again, I APPRECIATE YOU – Amy Carle, Stephanie Beam and the prayer team, Jen Cuneo and her wonderful MOPPET workers, Katie Thompson and her team of discussion group leaders, Kerri Husband, Amy Maher and the care team, Heidi Sprinkle and Kate Redding your fabulous tech team, Kristen Staggars and the welcome team, Mona Rosenberger, Morgan Yuenger and your team of writers, Heather Maloney and the outreach group, and Brooke Speulstra the money wizard, and my dedicated set up team! Lastly, thank you mentor moms for allowing your mistakes and lessons learned to be the wisdom pass on to us.

I hope you all will find time to connect with your MOPS friends this summer and I look forward to seeing you all back again in the fall for another amazing year together examining MOMology.  
Tina McGinn

**Attend the Girls  
Weekend Out at  
LifePoint  
June 11th & 12th**

See Details on the Back

*Friendship continued from pg 1*

#### **Obstacle #4: Busyness**

“Moms are very busy,” says Marie, who has two children and works from home part time. “I get so busy that when there is finally a moment of downtime I realize I haven’t spent any time growing relationships and that nobody is sending me emails or calling me. It is something you have to constantly spend time pursuing.”

With so many obstacles, it’s a wonder that any mom has friends! But there are ways to make and enjoy friendships while being a mom. It just takes a little creativity and a lot of intentionality. Here are some ideas, thanks to eight moms who shared their strategies for overcoming friendship obstacles.

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**“I always felt that the great high privilege, relief and comfort of friendship was that one had to explain nothing.” Katherine Mansfield**

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#### **Go where other moms are:**

Go to story time at your local library every week. You’ll find other moms in the same stage of life whose schedules probably are similar to yours (otherwise, they wouldn’t be there!).

Find out if any of your neighbors have kids and get to know them. You might be able to exchange babysitting, have play dates or share books and toys.

#### **Have “friend time” without the kids around:**

Try hard to attend a MOPS “Mom’s Night Out” where you can enjoy uninterrupted conversation with other moms. If you can’t find someone to watch your kids, try hosting a movie night or game night after you put your kids to bed.

Schedule a phone call once a week with a good friend while the kids are napping.

#### **Take risks:**

After meeting a mom that you would like to get to know better, invite her over for a play date or plan to meet again somewhere. Don’t wait for her to invite you.

Don’t let perfection stand in your way. Most moms would rather have a friend who is comfortable enough to invite them over even if the house is messy, than someone who waits until the “perfect time” (it never comes!).

#### **Be intentional:**

Set aside one or two days each week to get together with friends. Ignore the messy house and meet them at a park or other kid-friendly location!

Be willing to sacrifice – sometimes for the benefit of having friends, you may need to delay a nap or meal, or to drive far to get together. It pays off!

#### **Be realistic:**

Don’t expect one friend to fulfill all your friendship needs. Embrace what each friend in your life has to offer and accept whatever each friend is able to give in terms of time and energy. Be patient and remember that it takes time to build a friendship.

- *Kristen Staggars*

## Top 5 Beauty Must Haves

If you missed the Moms Night Out here are Amie Decker's 5 Beauty Must-Haves.

1. Manicured brows (*Tweezermans recommended*) Amie tells us that the brows frame the face and is her 1 beauty must-have beating out make-up.
2. Tinted Moisturizer (spf 15) This evens out the look of your skin but also protects from some sun.
3. Mascara (*Covergirl Exact Eyelights recommended*)
4. Bronzer Blush
5. Lip Gloss- Amie relayed to us that people listen more closely to you when your lips sparkle.

## Natural Exfoliants

If you want to have good-looking skin, try getting rid of some of it. Apply an exfoliant, that removes the old cells and helps to reveal the younger and fresher skin cells.

**Oatmeal** is a cheap natural exfoliant that has anti-inflammatory properties and acts as a natural moisturizer. Finely grind one cup of oatmeal in a blender or food processor, then stir together with one cup of plain yogurt or buttermilk and two tablespoons of honey in a small bowl. Mix thoroughly until it becomes a smooth paste, and then apply the mixture to your face. Leave it on for 15 minutes, and then rinse with warm water. Then congratulate yourself for having saved the \$95 to \$110 that this all would have cost you at the typical spa.

**Lemon Juice**- Lemon juice contains alpha hydroxy acid, which penetrates and removes the chemical glue that causes dead skin cells to stick to your epidermis [sources: Baran, Berthold-Bond]. Make your own citrus exfoliating mask. Mix one-quarter-cup apiece of lemon juice, apple juice, grape juice and cane sugar in a glass jar, making sure the sugar completely dissolves. Then apply the mixture to your face with a cotton ball, and leave it on for 10 minutes before rinsing it off.

**Papaya** contains the enzyme papain, which dissolves old, dead skin cells without harming the younger, live cells beneath -- much like the prescription medication tretinoin (Retin-A), but without the potential side effects of skin flaking and irritation. It's also believed that the enzyme can help heal the skin and cause lines and brown age spots to vanish. Papain is most potent in young fruit, so be sure to buy green papayas. Mash the green papaya and use to make a facial mask.

## The Eva Escapades

My daughter, Sophia, is a typical firstborn. She's organized, conscientious, stubborn, and likes things her way. She and I have a lot in common! For two years my husband and I studied this little creature, learning her habits and idiosyncrasies, learning her personality and how she fit into our little family. And just when we had this child-rearing thing all figured out, along came little Miss Eva..

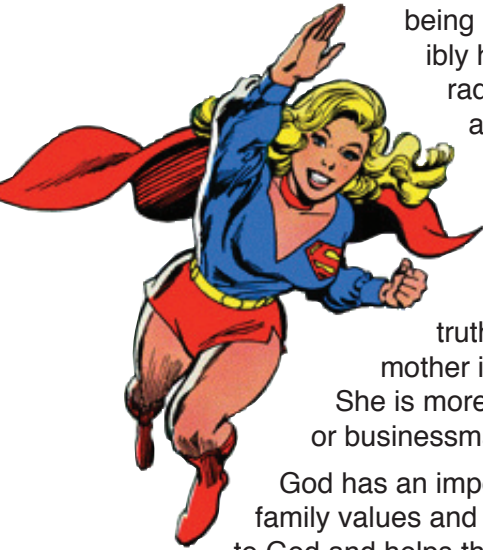
Affectionately (and sometimes not so affectionately) nicknamed Tornado and Terror from the day she started moving I haven't stopped chasing. Here are just a few of what we are now calling the Eva Escapades.

- took charcoal out of the fire place, ate it, and drew on the rug with it
- got into the trash and ate some of it, smashed eggshells on the floor
- got into my stationary and stamped her nose with an orange inkpad and then stamped envelopes and cards with her nose
- unrolled toilet paper too numerous to count as well as a whole roll of aluminum foil
- ate more than her fair share of non-food items
- got into our cupboards and emptied four boxes of cereal and crackers onto the kitchen floor... and yes, the cabinets had child proof locks at the time.
- pushes kitchen chairs over to the countertop and gets into pens and pencils and draws all over everything
- emptied an entire jar of allspice onto my kitchen table
- tore apart Daddy's wallet and Mommy's purse

She's precocious, curious, and fearless-- a deadly combination! Someone once asked me how I do it. Well, do I really have a choice? She's my daughter and my responsibility and I just have to roll with it when it comes! At times (okay most of the time) I can get annoyed, frustrated, and yes, even angry -- especially if she destroys something special or makes a mess that I have to clean up, but I love her anyway. In fact, there really is nothing she can do to make me love her less. If anything, it endears her even more to me, because (once I step outside of the moment) I can look beyond the mess and see that her spunk is what makes her uniquely Eva, uniquely created by God to be just who she is. Her inquisitive spirit, her boldness -- those very things that frustrate me now -- will one day be the very things that God will use for His kingdom.

Isn't this how God views us? We mess up and we make a mess of our lives, we do things we shouldn't, we destroy what He has created -- and yet He loves us unconditionally, no strings attached. He created us and knows us inside and out -- and loves us anyways. There is nothing we could do to lose that love and there is nothing we can do to earn that love. From His heavenly perspective He can see what we are becoming and is well aware that we'll have to mess up along the way. But He'll take those screw-ups and our perceived weaknesses and (if we let Him), use them to grow and mature us, to teach us and strengthen us, to shape us into the very person He created us to be tempered by His grace and guided by His love, our messy lives will become something beautiful. - *Katie Thompson*

## Mom's Can Change the World



Before I became a mom, I didn't fully understand that being a housewife and mom was such an incredibly hard and important job. The other day on the radio I heard the job of a mom described as both a white collar and a blue collar job. One moment you need a PHD in child psychology, the next you are cleaning something sticky off the floor. It appears that being a mom is much more complex than most people realize. One of America's great presidents understood the truth behind mothers. He is quoted as saying, "The mother is the one supreme asset of the national life.

She is more important by far than the successful statesman or businessman or artist or scientist." - *Theodore Roosevelt*

God has an important purpose for mothers. A mom teaches family values and is a model for life. She introduces her children to God and helps them understand the Bible. God wants mothers to prepare children for a life of purpose and I don't think there is anything more important than that.

Your child wants to be guided. They are looking to you for answers about their identity and importance. Here are some of the basics they want to know:

Am I loved or unloved?

Am I a boy or a girl?

Am I good or bad?

Am I valuable or worthless?

The answers to those questions are an important part of their self esteem. Children also need to know they are unique. At the Family Life conference where I learned some of this material the speaker told a story about her child. He was wonderful at coloring as a boy and she always praised him. As a man he opened his own graphic design business. One day he said to his mom, "I had the confidence to open my own business because you told me I was good at coloring." She couldn't believe telling him he was good at coloring influenced him so strongly. Never doubt your influence as a mom. I know of children that have floundered through their whole lives because they do not feel loved or understand what makes them special.

I want to end with a standard saying with a new twist, "a mother's place is in the home... where she can change the world".

Morgan Yuenger

## 2010 SUMMER EVENTS

### May

**21** - Friday- 7-10 pm, Mom's Night Out, Yoga at Lifepoint

### June

**7** - Playdate- Dutterer's Park in Westminster 10:am (*close to McDaniel College*)

**18** - Mom's Night at LifePoint Friday at 7:30 pm

### July

**19** - Around the Town Playdate (*according to the area in which you live*)

**24** - Mom's Night Out - Sakura restaurant cost \$25 RSVP by July 10th to Katie Everhart [katelynn770@aol.com](mailto:katelynn770@aol.com)

### AUGUST

**TBA** - Playdate at Port Discovery

**27th** - MOPs kick off party Fri at 7pm

### Make your own playdate!

Give another MOPS mom a call over the summer they would love to hear from you.

## Attend the Girls Weekend Out at LifePoint

**When:** Friday June 11 (6-10pm) and Saturday June 12 (8-12:30)

**Speaker:** Susie Davis- **Topic:** Legacy - Leaving an Imprint on your Family, Community, and the World

**Cost:** \$30 (will go up to \$35 June 1)

**About Susie Davis** - She was recommended by Jen Hatmaker (our speaker at last year's GWO and the retreat the year before) She's a writer, radio talk show host in TX, and a national speaker. Learn more at [www.susiedavisministries.com](http://www.susiedavisministries.com).