

TABLE TALK

Harmony Bible Church MOPS

January 17, 2014

Next MOPS

Please plan to join us on February 7 for our next MOPS meeting. "Help for Messy Marriages" with Russ and Diane Reed will be worth coming to hear. Bring a friend, you aren't alone in having a messy marriage - when 2 imperfect people fall in love it's always messy, right?

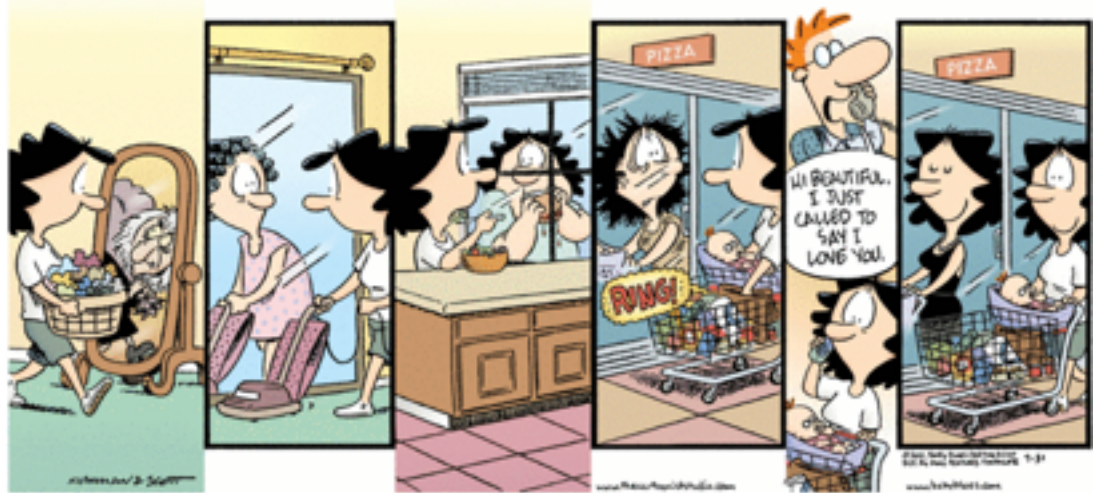
Cancellations

As we endure Iowa winter, weather does inevitably change our plans occasionally. Here is our policy: if Great River Christian School or Danville Schools are cancelled or delayed we will not have MOPS. As soon as we hear we will let you know by email, Facebook, or text.

Perspectives Change

Classes meet Sunday nights 6:30 p.m. - 9:00 p.m. at Harmony Bible Church from January 26th - May 11th. Please note that though we had originally posted that we would have childcare available, that is unfortunately no longer the case, childcare will not be offered at our site. We're sorry for this development and hope this doesn't prevent anyone from attending.

BABY BLUES



We are less than one month from Valentines Day. As you prepare, we thought this blog entry from mops.org would be a great place to start. We want to encourage you to purposefully pursue your husband and to love him well, even when he doesn't deserve it. Love seems to be built and maintained in the little things. What little things could you do today?

7 Ways to Love Your Husband

Parenting takes a toll on relationships. We get it! Here are 7 ways to love on your man.

1. Flirt. A wink across the kitchen table. A squeeze on the thigh. Bring back those doe-eyed looks from high school and show your husband that you're still crushing on him.
2. Compliment. Tell him that you appreciate the big and little things he does like taking out the trash or changing a poopy diaper. Thank him for working hard to take care of your family. And don't stop there; compliment him in front of your extended family and friends (just maybe not about the poopy diapers!).
3. Do something special for your guy. Go out of your way to do something out of the ordinary to serve your husband. Pack his lunch, take care of a household chore that he usually does, or maybe just watch football with him; whatever you do, make him feel cared for and loved.
4. Touch. In this stage of early mothering, it's easy to forget about the power of touch (after all, we feel like we're being touched by little ones constantly), but it really is an incredible thing. Think back to the first time your husband put his hand on the small of your back or held your hand. Bring touch back to your relationship in small ways like caressing his arm as you watch television, hold his hand as you walk into the grocery store or just give him a hug and a kiss before bed.
5. Gifts. Does your man appreciate a thoughtful gift? Pick up his favorite candy bar at the grocery store, replace a broken tool or order that latest book he's been wanting. The key is listening to what your husband likes and following through with a gift (be it \$.50 or \$500).
6. Love notes. Let your husband know that you are thinking of him even when he isn't around! Leave him a sweet voicemail, text him that you can't wait to see him later, write a message on your bathroom mirror in lipstick. Whatever you do, remind him how important he is to you and how much you love him.
7. Date. Make time for the two of you alone. Time to talk, laugh, dream; time to just be a couple. Whether it's a few minutes or a few hours, time spent together is crucial to a healthy relationship. Looking for date ideas? Check out the [Five Date Challenge](http://www.mops.org/the-fridge-door-december-3-2013#sevenways) on the [gloo](http://www.mops.org) mobile app or at mops.org/mobile. We've got ideas for every budget - with or without childcare! <http://www.mops.org/the-fridge-door-december-3-2013#sevenways>

Hearts At Home

Love Your Life National Conference Normal, IL
March 14-15, 2014

Gathering with thousands of moms, Hearts at Home main sessions are high energy opportunities to laugh and learn. Through drama, music, and speakers who understand the real challenges of motherhood, you'll find your vision refreshed, your heart full, and your perspective transformed. Main sessions will take place at the beginning of your conference day and immediately following your workshop breakouts.

(Full brochure at <http://www.hearts-at-home.org/2014natprint.pdf>)

Dr. Kathy Koch

Dr. Kathy is committed to helping parents love and embrace their children. With Jill Savage, she wrote the new book, *No More Perfect Kids: Love Your Kids for Who They Are*. She is the Founder and President of Celebrate Kids, Inc., and is an internationally celebrated speaker who has influenced thousands of parents, teachers, and children in 28 countries through keynote messages, workshops, seminars, assemblies, and other events. Her practical, relevant, results-oriented concepts and engaging, honoring, and humorous speaking style draw enthusiastic raves from children, teens, parents, and educators. They leave her events armed with new beliefs, attitudes, practical tools, and increased hope to build healthy relationships and increase success in family, life, and school. Her website is www.CelebrateKids.com, and her blog is www.DrKathyKoch.com.

Angela Thomas

Angela is the best-selling author of over 16 books including: *Choosing Joy*, *52 Things Kids Need From a Mom*, *Do You Know Who I Am?*, *Do You Think I'm Beautiful?*, and *My Single Mom Life*. Known for her passionate heart and story-telling humor, Angela is a gifted Bible teacher who speaks to thousands of women each year. Angela graduated from the University of North Carolina at Chapel Hill and Dallas Theological Seminary. She has filmed and written five DVD Bible studies with LifeWay including *Brave* and *When Wallflowers Dance*. Her sixth LifeWay study called *Stronger* released in June 2013. Living in Greensboro, North Carolina, Angela is wife to Scott Pharr and mother of four, make that five. Their family recently added a 17-year old exchange student from Africa. www.AngelaThomas.com

Moms Night Out

The ULTIMATE girls' night out! This evening of entertainment is sure to please everyone with amazing music, laughs, and a night filled with fun for you and your friends. Come join us for two hours on Friday night to relax, refresh, and unwind!

Sally Baucke

Sally has been married for 28 years to her college sweetheart, Craig. Together, they claim three sons ranging in age from 18-24, totaling 600 pounds of grocery-consuming muscle. Sally speaks nationwide and is the author of *What Didn't Kill Me Made Me Funny!* Originally from Chicago, Sally happily resides in Loveland, Ohio. www.funnygalsal.com

If you would like to know more about Hearts at Home please see Kim Schmidgall or stop at the info table in the back. We have a group going and would love to include YOU and your friends.

A Bountiful Eye

Proverbs 22:9

Whoever has a bountiful eye will be blessed, for he shares his bread with the poor.

In recent months, I have become more and more aware of the number of Bountiful Eyes in our MOPS group! Please consider the following ministry opportunities in our community when looking for ways to continue blessing local families.

Whatsoever You Do-Burlington (Facebook)

This is a grass roots organization working to become a non-profit in our community. This group is a Facebook based group that offers local families the opportunity to share their needs with others in the community that may be able to help meet those needs.

The IMPACT Program (Young House Family Services)

This program helps connect families in need with community resources and provides for their basic needs as best it is able. The IMPACT Program has a community closet stocked with diapers, diaper wipes, laundry soap, feminine hygiene products, paper towels, cleaning supplies, toilet paper, shampoo, body soap, etc., that families in need may access. The community closet relies heavily on both product and monetary donations to remain stocked for families. Donations may be made to Young House Family Services, 400 S. Broadway, Burlington, Iowa.

by Sara Shoop, see her to get more info or to get involved.

A Voice from our Group ...

Jumpin' Pillows by Stephanie Gaster

Some mothers cringe at even the thought of leaving their child/children with the father. Me, I welcome the opportunity and seize the minute, the hour or the day! Not only do I get a break, but my family gets one as well. My husband, Derek, has a personality completely opposite from mine. In many aspects of parenting, I'm so thankful God put us together. You see, Derek is always thinking of ways to make the humdrum, boring things of everyday living and parenting disappear. Early on in our son's life Tuesdays were special. Tuesdays were the days Brandon didn't have to go to childcare. Those days were D.B.D. days—what we called Daddy/Brandon Days. I never knew what awaited me on the other side of the door; sometimes a messy house that was once organized and picked up; sometimes laughter and what appeared to be complete chaos; sometimes a new-found accomplishment or new found way of doing something old, and, still other times, the sweet picture of father and son sleeping together so peacefully. Where does my husband come up with all these creative and fun ways of parenting? God wants to create a special bond between children and parents. He wants us to color our lives with fun, and at times, interesting, memories. Because of my husband and son, I'm reminded to be a kid again; to let go, lighten up, and gain a new perspective on living.

A perfect example of my husband's creativity happened one Monday night. I escaped for a girl's night out while my husband was on "daddy duty." The house was a mess when I left so I honestly didn't care what awaited me when I got home. I was shocked! Part of the fun included cleaning up the kitchen and picking up the living room. When I asked how the night went, Derek excitedly proclaimed, "We had a blast!"

"Really, what did my boys do?" I asked.

"We jumped on pillows! For hours! Brandon loved it!" Derek exclaimed.

"Jumped on pillows," I thought. "Are you crazy?!? I

don't want a flat pillow for goodness sake and the guest pillows!" The "ruined" pillows were all I could think about. Daddy and son had saved the jumping pillow pads for my review. Sure enough, spread across our bedroom floor were all the pillows we had in the house, except the one our son was sleeping on. Derek told me of all the fun they had, the excitement, the laughter. The whole time I was thinking of the "ruined" pillows.

The next day our son excitedly asked to jump on pillows. After all was set up, I was summoned to the upstairs to witness the fun that was unfolding all over again. Our son's face was so bright and his smile was bigger than ever. Daddy and son were having so much fun. "Mommy do it," my son requested. The first time, I refused. I looked deep into my son's eyes and there God reminded me that being a mom doesn't mean not having fun and not letting go. It means taking a step back and looking at the bigger picture—realizing and focusing on what matters most. Purposely looking for ways to build happy memories with our children and showing them that grownups can be "children" too. He reminded me that sometimes you have to "ruin" pillows in order to show our children we care and love them unconditionally. Sometimes we need to step back and "jump" into their world. So I decided to join in and jumped on pillows. I actually had fun! You see, I never knew what jumping on pillows felt like; I had never done it before. But that night, I wished I had. Now, almost a month later, our son still requests to go pillow jumpin'. You know what? Some days I look forward to pillow jumpin' myself. As for the "ruined" pillows—well we have special jumpin' pillows just for building happy, jumping memories! When the store clerk asked my son what we were doing that shopping day, my son excitedly proclaimed, "Get jumpin' pillows!"

Side Note: When my son asked if he could jump on the bed, I quickly informed him we only jump on trampolines and hotel beds. That he has never forgotten.

Thank you Stephanie for sharing your story with us. If you, like Stephanie, have a story to share, please let us know. We would love to include it. Thanks again Stephanie, I think we will all be looking for some "jumpin' pillows".

Did you read this? A funny post by Ava Neyer that recently went viral, I saw it on huffingtonpost.com and laughed and it kept running through my mind and made me laugh again. I wanted to share it with you and hope it puts all the parenting "advice" in context. Remember, wherever you find an opinion you will find another that contradicts it. Do your best, trust your gut, get in your Bible - those are the best words of advice I've ever received for parenting and everything else in life. Oh, and don't forget to laugh, because whether you laugh or cry you still have to live through it and clean it up - that's the Rebekah B. paraphrase from our MOPS theme book a few years ago. It was called *Momology: A Mom's Guide to Shaping Great Kids*, you can still get it and I would highly recommend it. I just saw it on the MOPShop as an ebook for \$3.99, I put the link in the title or go to mops.christianbook.com.

I Read All The Baby Sleep Books: I went on Amazon and bought all the top books on baby sleep and development. I read through them all, as well as several blogs and sleep websites. I gathered lots of advice.

You shouldn't sleep train at all, before a year, before 6 months, or before 4 months, but if you wait too late, your baby will never be able to sleep without you. College-aged children never need to be nursed, rocked, helped to sleep, so don't worry about any bad habits. Nursing, rocking, singing, swaddling, etc. to sleep are all bad habits and should be stopped immediately. White noise will help them fall asleep. White noise, heartbeat sounds, etc., don't work. Naps should only be taken in the bed, never in a swing, carseat, stroller, or when worn. Letting them sleep in the carseat or swing will damage their skulls. If your baby has trouble falling asleep in the bed, put them in a swing, carseat, stroller, or wear them.

Put the baby in a nursery, bed in your room, in your bed. Co-sleeping is the best way to get sleep, except that it can kill your baby, so never ever do it. If your baby doesn't die, you will need to bedshare until college.

Use the same cues as night: cut lights, keep the house quiet and still. Differentiate naps from nightly sleep by leaving the lights on and making a

regular amount of noise. Keep the room warm, but not too warm. Swaddle the baby tightly, but not too tightly. Put them on their back to sleep, but don't let them be on their backs too long or they will be developmentally delayed. Give them a pacifier to reduce SIDS. Be careful about pacifiers because they can cause nursing problems and stop your baby from sleeping soundly. If your baby sleeps too soundly, they'll die of SIDS.

Don't let your baby sleep too long, except when they've been napping too much, then you should wake them. Never wake a sleeping baby. Any baby problem can be solved by putting them to bed earlier, even if they are waking up too early. If your baby wakes up too early, put them to bed later or cut out a nap. Don't let them nap after 5 pm. Sleep begets sleep, so try to get your child to sleep as much as possible. Put the baby to bed awake but drowsy. Don't wake the baby if it fell asleep while nursing.

You should start a routine and keep track of everything. Not just when they sleep and how long, but how long it has been between sleep, how many naps they've had per day, and what you were doing before they slept. Have a set time per day that you put them to bed. Don't watch the clock. Put them on a schedule. Scheduling will make your life impossible because they will constantly be thrown off of it and you will become a prisoner in your home.

Using CIO will make them think they've been abandoned and will be eaten by a lion shortly. It also causes brain damage. Not getting enough sleep will cause behavior and mental problems, so be sure to put them to sleep by any means necessary, especially CIO, which is the most effective form. Extinction CIO is cruel beyond belief and the only thing that truly works because parents are a distraction. The Sleep Lady Shuffle and Ferber method are really CIO in disguise or Controlled Crying and so much better than Extinction. All three of these will prevent your child from ever bonding with you in a healthy way. Bedsharing and gentler forms of settling will cause your child to become too dependent on you.

Topping the baby off before bed will help prevent night wakings. When babies wake at night, it isn't because they are hungry. If the baby wants to nurse to sleep, press on the baby's chin to close its mouth. Don't stop the baby from nursing when asleep because that doesn't cause a bad habit. Be wary of night feeds. If you respond too quickly with food or comfort, your baby is manipulating you. Babies can't manipulate. Babies older than six months can manipulate.

Sleep when the baby sleeps. Clean when the baby cleans. Don't worry. Stress causes your baby stress and a stressed baby won't sleep.

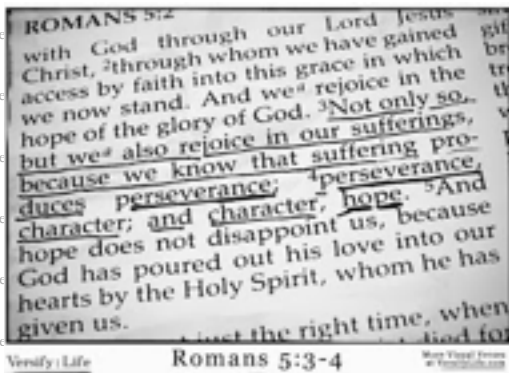
Finding Beauty in the Mess

Shelly Walker



Discussion Group Questions

- 1) What do you find hard to surrender?
- 2) Share a time when an experience taught you to rely on God.
- 3) Do you truly believe God is enough? If so, share your conviction.
- 4) In what area did you feel God speak to you today?



in her own words ...

How long have you been involved in MOPS? This is my 2nd year. I've always wanted to help with MOPS and once my preschool had Fridays open, I knew this was the time.

Why did you decide to serve on the steering team? I love Preschool aged children, I knew I could serve and be a help in the MOPPETS program; the Mentors asked me then to serve on the steering team and it just made sense! I love being involved with ALL ages of women as women's ministry director and MOPS gives me a great opportunity to connect with young moms and their children.

What has been the most rewarding part of serving our MOPS group?

Just getting to know and love the momma's and their little children. I love encouraging the moms each time we are together. Mom's need each other; I SO wish we would of had something like MOPS when I was raising 2 little kids. I love the "community" MOPS offers- just having a "sister to do mothering with" is a huge benefit! I LOVE that!

Tell us about your "of's"...

Wife of - Bruce Huber for the past 31 years :) He is my best friend, and my most favorite one to spend time with!

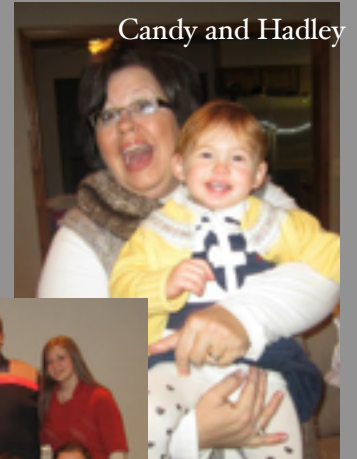
Mom of - 2 great kids and 2 great in-law kids!! Kellie (& Nolan Bengé) & Jess (& Celsey Huber)

Grandma of - one little girl - Hadley Bengé - 16 months old

Employee of - Grow -n- Glow Preschool (27 years this year, this is my last year. I have sold the preschool to a WONDERFUL gal who I am mentoring this year - she is an amazing gal who loves the LORD and wants Grow -n- Glow to continue on in New London! Praise God!

I also am employed as the Women's Ministry Director at Harmony Bible Church. I love working with women and seeing them fall in love with Jesus as we do studies, events, conferences, prayer, and encourage them to follow GOD with their whole life.

Candy Huber - MOPPETS Mentor



Tell us about your favorites...

I love MANY books....but my favorite book at this time would be "Let it Go" by Karen Ehman. It's soooo what I need at this time in my life. As far back as I can remember I've loved control and being in charge. (insert a smile here :-)) I know that the best one to be in control of my life is God - He is the Great Director of life.

I needed to stop running the show and start walking in faith, knowing that God has my best interest in mind always. I love Karen's gentle whispers and witty nudges in the book that help me learn to take direction from God Himself!

Favorite Movies would be: Rudy, Courageous, Remember the Titans, The Patriot....yep....love those kind of movies! Also, I love musicals!

Favorite Food - Parmesan Grilled Chicken with angel hair pasta.

Favorite drink - raspberry green tea.

Favorite Verse - Colossians 3: 16 & 17 "Let the WORD of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms & hymns & spiritual songs, with thankfulness in your heart to God. And whatever you do, in word of deed, do everything in the the name of the LORD JESUS, giving thanks to God the Father

through him." AND John 5:24 "Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life". My favorite Biblical character is Esther! What a powerful woman in the bible that was tested and lived her life FULLY for God, even when it was really tough!

If you could choose how you are remembered, what would you want said about you?

As someone who loved Jesus and others with a happy heart, served with a joy from within, a woman who loved & encouraged her family & others, and prayed fervently for her family and others.

What is your favorite beautiful mess story or part of your life?

Jesus loves me no matter what, even when I have bad days, am a bad wife, am impatient, and am overwhelmed with life....HE STILL LOVES ME with such an amazing love! That's a great part of my life and my journey as I walk with Christ.

Being Intentional - Welcome to the new year. As we begin each year and reflect on the previous year we make resolutions to change our lives for the better. Have you broken any of yours yet? I made one resolution this year- no soda and do you know what happened on January 1st? Iowa played LSU in the Outback Bowl (College Football), I went to Buffalo Wild Wings with my brother in law and had 6 Coke's. Needless to say it didn't last long before I broke my resolution and although I broke my resolution quickly I have now kept it for a whopping 15 days. WOOHOO! One of the greatest things about the new year is an opportunity to make a change in what we do. I want to challenge you to think about capitalizing on opportunities to speak with your kids about God! Let's look at Deuteronomy 6 for some insight into this:

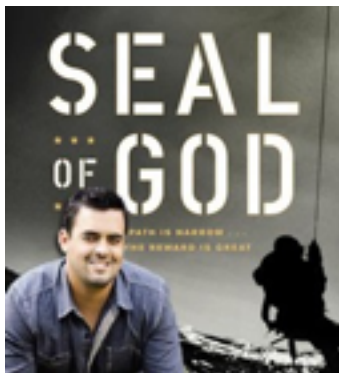
Deuteronomy 6:4-7 "Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

One of the scariest things in life is knowing that no one will have more potential to influence my children than Joy and I. This is scary and at the same time a blessing because we have the opportunity to mold our kids into young men and women of God. As the biggest influencers in our children's lives we have to do two things. We must check our hearts to be sure we are keeping God's Word in them; we cannot pass on something we do not value. The second thing is to capitalize on the opportunities to speak to our children about God. God lays out four times that are present in every home, every day, in which we can be intentionally showing God's love to our children and teaching them His commands. They are: when we sit in our house, when we walk by the way, when we lie down, and when we rise. These are four fantastic times to teach our children and to show them love. Why you ask, when we are at home, in the car, getting up, or laying down our kids are especially open to listening to us **and** they are a captive audience. If our child is in the car and you are driving down the road they cannot go anywhere!

Although these four times happen in your home everyday do not feel overwhelmed or like you have to make the most of every single opportunity you are presented with. A start could by talking to your kids when you are tucking them in at night and twice a week as you are driving them to school. The important thing is to start doing it. Start talking to your kids about the Bible and create a rhythm in your home for these kinds of talks. Be intentional with the time you have with your children by making the most of the times they are willing to listen and talk.



Upcoming Event at Harmony - This is a perfect event for any outdoorsman/woman, invite them, they will be glad they came.



Harmony Bible Church is hosting the 18th Annual Sportsmen's Wild Game Dinner which will be held on February 1, 2014. Doors open at 5:00 p.m., dinner begins at 5:30 p.m. Our guest speaker is former Navy Seal Chad Williams, Author of "Seal of God". There will be various seminars, displays, and prizes. There is no charge and all ages are welcome!

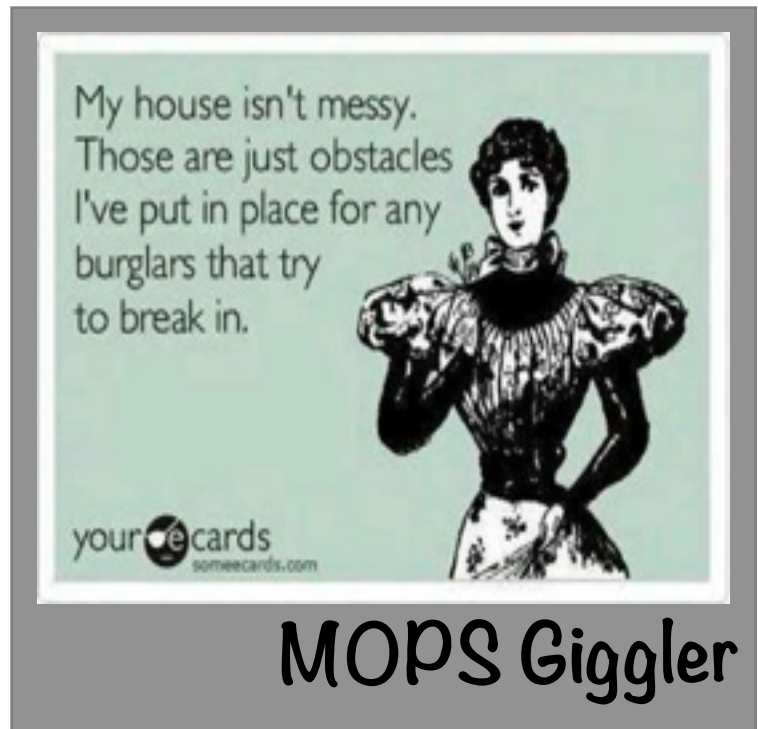
Please bring your favorite wild game meat dish (or any other meat dish.) Potatoes and beans will be provided.

FreeStyle MOPS

FreeStyle MOPS is coming up in March and may be a new idea for you, here is what it is. There will be 10+ different topics and activities for you to choose from, presented by a variety of people. You will have the opportunity to choose three different sessions to participate in and will rotate through those sessions during the meeting. In order to do this, we would like more info from you. Can you help us out by sharing your ideas for sessions or expertise? Please answer these questions:

- Are there any topics/activities that you would like included?
- Is there anything that you want to share?
- Do you know any "experts" who may be interested in sharing?

Please be in touch with someone on the steering team or post on our Harmony Bible Church MOPS facebook page with your answers and we will begin to build a great day!!



15 Verses of Comfort for the Suffering - imom.com

The right word at the right time can help us when we need comfort in our suffering. Here are 15 scripture verses with words that have the power to give that comfort.

- * 2 Corinthians 1:3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.
- * Matthew 5:4 Blessed are those who mourn, for they will be comforted.
- * Psalm 119:50 My comfort in my suffering is this: Your promise preserves my life.
- * John 16:20 Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.
- * John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
- * Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
- * Psalm 27:13-14 I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD.
- * Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
- * Job 5:11 The lowly he sets on high, and those who mourn are lifted to safety.
- * Ecclesiastes 3:1-8 There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.
- * Romans 8: 37-38 No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
- * Psalm 119:76 May your unfailing love be my comfort, according to your promise to your servant.
- * Isaiah 61:1-2 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn
- * Isaiah 66:13 As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.
- * Hebrews 13:5 I will never leave you or forsake you.

