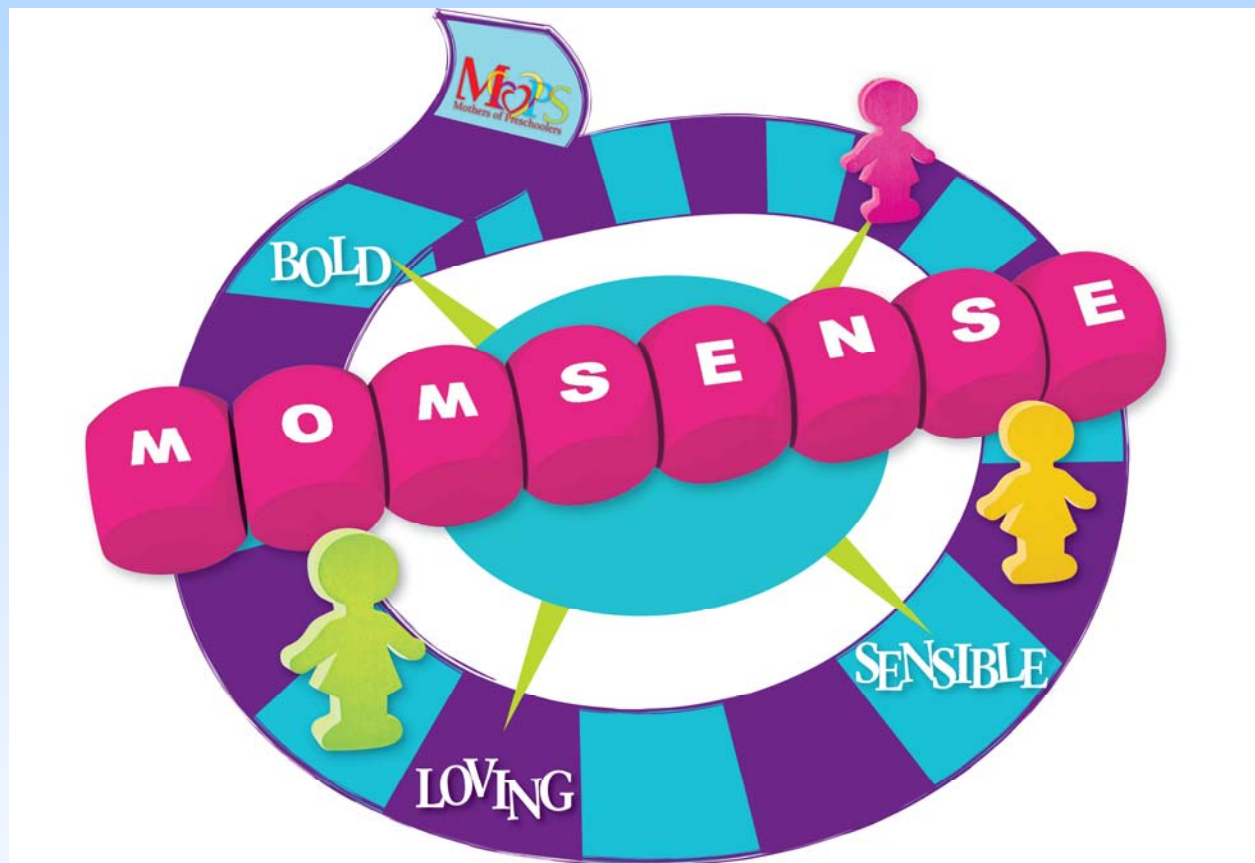




2011-2012



SOUTHSIDE CHURCH OF CHRIST
196 AIRPORT ROAD
LEBANON, OR 97355
(541)258-7893
www.southsidelebanon.com

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WELCOME TO MOPS!

MOPS stands for “Mothers of Preschoolers” and strives to meet the needs of every mom of a child from conception through kindergarten.

Being moms is what brings us together and allows us to build a community. The early years of being a mom are just as fundamental to you as they are to your baby, and those years are filled with unique needs that other moms can relate to and understand.

At MOPS, you will find lots of other women who are, or have faced the same challenges you are facing and are here to offer:

- Support
- Encouragement
- Friendship
- Nurturing environment
- Spiritual growth

Get ready to make lots of new friends, develop your talents, and expand your horizon. We’ve got lots of exciting topics planned that will help us become better moms, wives, friends, daughters and women of God.

~The Southside MOPS Steering Team

**MOPS ain't your mama's moms group.
MOPS is relevant, inclusive and fun.
MOPS is by moms, for moms.**

Join today and see what we mean.



WELCOME TO LEBANON MOPS AT SOUTHSIDE CHURCH OF CHRIST



2011 -
2012

MomSense: Bold • Loving • Sensible - equips moms to embrace their mothering instincts and develop their own parenting style while navigating through the myriad of daily mom decisions. Most women wonder:

- How do I decide what to do when I really don't know what to do?
- Should I trust my intuition?
- With so much available information, how do I discern what is best?
- What are the most important family values?

Developing a mothering strategy is somewhat like playing a game - and this year's theme is appropriately game related. Have fun being a mom! Playing game involves being bold and taking risks, loving those in the game with us and being sensible while figuring out what works and what doesn't.

Just as in real-life, sometimes in games, unexpected, "chance" events occur, abruptly changing our paths. We must regroup and determine our next steps. Sometimes we follow the instructions of experts. Sometimes we follow the advice of trusted friends. Sometimes we decide our "house rules" work best for our family.

Teaming together with other moms is a great strategy. Relying on a spouse or mentor can help us play more effectively. Most of all, developing a strong God-Sense is essential for mothering. Growing as a mom through the analogy of game playing assures every mom gains confidence in her abilities as a mom.



*Gods doesn't want us to be shy
with his gifts, but bold and loving
and sensible. 2 Timothy 1:7*



MOPS is a place designed specifically for you, a mother of preschoolers. Here you'll experience authentic community, mothering support, personal growth and spiritual hope, all to help you be the best mom possible. MOPS seeks to meet the six basic needs of mothers of pre-schoolers which are:

Identity - *"Sometimes I'm not sure who I am."*

Mothers sometimes lose sight of the fact that they are unique individuals of great value. Their attention is focused primarily on their children, leaving them feeling like they've lost touch with who they are.

Growth - *"Sometimes I long to develop who I am."*

Mothers often convince themselves that their own lives must be put on hold while their kids grow. But they are better moms when they keep themselves, as well as their kids, growing.

Relationship - *"Sometimes I long to be understood."*

Mothers need close relationships and need to intentionally pursue intimacy in their marriages, their friendships, and with God.

Help - *"Sometimes I need to share the load."*

Mothers have many responsibilities every day. They are capable of doing a lot, but they are not meant to mother alone. They need to ask for help and they need others who can give it.

Perspective - *"Sometimes I lose my focus."*

In the busyness of family life, things that are most important can get lost in the daily urgencies. Moms need to be reminded of what matters most over the course of a lifetime and for eternity.

Hope - *"Sometimes I wonder if there's more to life."*

Mothers may be busy but they have moments when they ponder the deeper issues and questions of life. When they find Jesus Christ, they come to know the reason for living. They find a love like no other and they can teach true hope to their children.

MOPS

continued.....

MOPS groups meet in churches and over the internet worldwide. The women are of many ages and backgrounds, but all share the same desire—to be the best moms they can be!

MOPS groups are:

- Relevant
- Relationally Inclusive
- Growth Oriented
- Purposeful
- Passionately Christian

Who is it for?

- Urban, suburban and rural moms
- Stay-at-home and working moms
- Teens, single and married moms

What does it do?

- Offers support for those experiencing the same things
- Provides a chance to meet new friends
- Gives an opportunity to discover and cultivate leadership skills
- Provides a way to experience God's love through trusted resources and relationships.

We all know that having children changes everything. Our MOPS group is a great place to come for encouragement, inspiration, socializing, learning, and fun as we develop relationships with other mothers of preschool children and discover how to be the best moms we can be. We provide a caring, accepting atmosphere for today's mother of preschoolers. Here you have an opportunity to share concerns, explore areas of creativity, and hear instructions that equip you for the responsibilities of family and community. New friendships and smart approaches to tackling the challenges of motherhood are waiting for you!

For more information about MOPS International, resource articles, forums and encouragement for moms, visit them on the web at www.mops.org.

For more information about our own local MOPS group, check us out on [Facebook](#) and the MOPS page at www.southsidelebanon.com.

MOM
Master of
Multitasking



REGISTRATION AND FEES



For registration with Southside MOPS and MOPS International, please fill out our registration form and a MOPPETS registration form for each child attending MOPPETS. Even if you have filled out these forms before, please complete again to keep our records current.

Your annual MOPS International Membership registration fee of \$24 goes directly to MOPS International and will provide you with applicable ideas and encouragement through a 1 year subscription of the bi-monthly MOMSense Magazine, weekly Mom-E-Mails, and a variety of MOPS Resources.

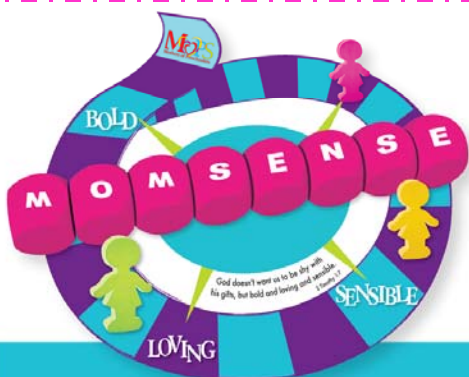
We work diligently to keep the cost of MOPS as low as possible while still providing a quality program with exceptional childcare. We are blessed that all of our MOPPETS workers volunteer and do not require additional fees for their services.

Your fees help cover meeting costs such as curriculum, craft supplies, MOPPETS snacks & supplies and MOPPETS volunteer gifts. **DO NOT let finances keep you from attending our MOPS group.** Partial and full scholarships are available. Please speak with Krista Wolgamott and be assured that all needs are kept confidential.

Please make checks payable to Southside Church of Christ. Be sure to give your payments to Lynsey Bishop so they can be properly recorded on your registration form.

There are three options for your Southside MOPS fees.

1. A one time yearly payment of \$92. This *includes* the MOPS International registration fee of \$24 and 16 meetings at \$4.25 per meeting. (This is a yearly savings of \$44 over the 'pay by meeting' method.)
2. The \$92 fee split in to two payments of \$46 each (October & January)
3. The \$24 MOPS International registration, due in October and \$7 per meeting.



STEERING TEAM

MOPS Program Coordinator

Krista Wolgamott

541.619.2801

aaronandkrista@southsidelebanon.com

Hospitality Team Leader

Natalie Ellis

541.990.9033

natalieellis@live.com

Hospitality Team

Laurel Lynne Sewell

541.981.9294

sewellstaxidermy@aol.com

MOPPETS Coordinator

Samantha Miller

541.990.2139

millerj94@hotmail.com

Registration/Finance &

Moms' Nights Out Coordinator

Lynsey Bishop

541.401.9029

Creative Activities Team Leader

Jill Barnes

541.259.2965

jlanae13@yahoo.com

Creative Activities Team

Claudia Pottorf

541.258.3295

clpotto@gmail.com

Hospitality & New Mom Meal Coordinator

Lori Pointer

541.990.2046

henryandjacie@hotmail.com

Publicity

Amy Fenerty

541.990.8209

amyfenerty@gmail.com

Mentor Moms

Kathy Holmes

Home: 541.258.8556

dh001@centurytel.net

Cheryl Lekkerkerker

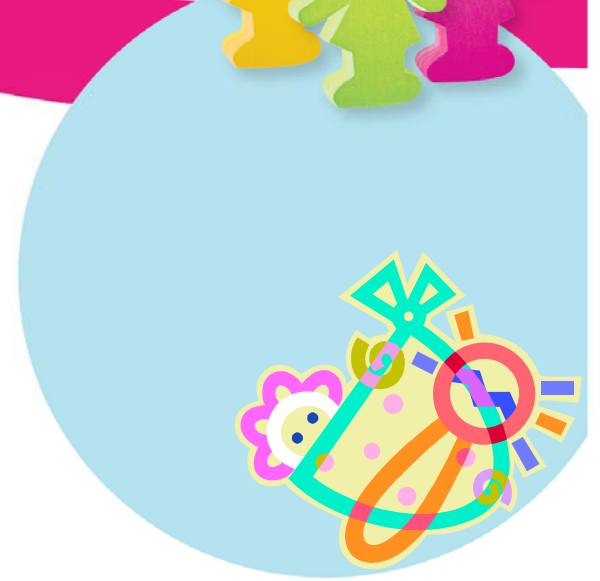
541.791.4333

jlek3ker@hotmail.com



Meeting Schedule

- ❁ **October 7:** “Hi-Ho Cherry-O” - Welcome and Orientation to MOPS
- ❁ **October 21:** “Creating your Game Board” - Notebook Project and Mentor Mom Introduction
- ❁ **November 4:** “Payday!” - Couponing with Tina McDaniel
- ❁ **November 18:** “Hungry Hungry Hippos” - Freezer/Crock Pot Meals
- ❁ **December 2:** “Operation” - Q & A with Dr. Dana Kosmala
- ❁ **December 16:** “Tinker Toys” - Jewelry Making
- ❁ **January 6:** “What’s your Game Plan?” - How to Strategize Your Best Family Plan with Speaker Jamie Lambert, Family Life Minister at Southside
- ❁ **January 20:** “Paper Dolls” - Sewing 101 with Nancy Wolgamott
- ❁ **February 3:** “Barrel of Monkeys” - Creating Opportunities for Your Kids to Learn Through Play at Home with Speaker Joy Eddings, Director, Little Ewe Preschool
- ❁ **February 17:** “Ants in Your Plants” - Make & Take Fun Educational Activities for Kids that You Can Create at Home
- ❁ **March 2:** “Game of Life” - How to Change Paths from Unhealthy Parenting Experiences You May Have had Growing Up with Speaker Aaron Wolgamott, Teaching Pastor at Southside
- ❁ **March 16:** “Memory” - Ceramic Handprints by “Impressive Prints” (additional fee if ordering handprints)
- ❁ **April 6:** “Chess” - Raising a Child in a Faith-Challenging World with Speaker Brian Gosser, Discipleship Pastor at Southside
- ❁ **April 20:** “Cake Walk” - Cupcake Decorating
- ❁ **May 4:** “Taboo” - Supporting One Another and Healing After Miscarriage with Speaker Julie from Nonprofit Support Group, “Helping Parents’ Hearts Heal”
- ❁ **May 18:** “Crossing the Finish Line” - with Speaker Deb Radke



REFRESHMENTS

Each meeting a brunch will be served. All registered moms will take turns being responsible for helping provide the meals. Each mom will bring a dish three to four times during the year and the schedule will be provided at the beginning of the year. Hospitality Steering Team leaders will help with reminders, as well as ideas of what you can bring.

Bringing the recipe for what you made is a great way to share ideas and help busy moms try new things!

Coffee and paper goods are provided each meeting. If you have a gift for service and would like to help out with set-up or clean-up of our food/drink table, we would love to include you on our hospitality team.

Please contact our Hospitality Team Member, LaureLynne, with your availability.

MEALS FOR NEW MOMS

Isn't it a great relief to receive a meal for your family in a time of need?

This year, we will be taking meals to moms with new babies and moms with special circumstances. When a new baby arrives or a need arises, we will let everyone have an opportunity to volunteer.

If you are willing to contribute a meal to a family in need, please sign up using the sign up sheet at the meetings. Please, highly consider how you can help with this wonderful ministry!

You can also talk with other MOPS moms for meal ideas and websites with tasty recipes specifically for taking to others or events.

Lori Pointer is in charge of organizing this ministry this year. Her contact info is:

Email: henryandjacie@hotmail.com

Phone: 541.990.2046



MOPPETS PROGRAM POLICIES

MOPPETS is the childcare program for your children (*ages newborn through kindergarten*) to attend while you attend MOPS. Your children are precious to us at Southside Church of Christ, and we count it a joy to care for them. They will enjoy a loving, clean and safe environment.

Children will be separated by ages in order to provide the safest environment that best meets their needs. The ages may adjusted depending on the number of children we have in each class, in order to keep class sizes appropriate. The classes are:

Nursery (0 – 24 mo) – located in the church nursery near the Worship center

Twos & Threes – located down the hall between the church office and the kitchen

Fours & Fives – located down the hall from the church office behind the gate

Each class will have age appropriate activities. Activities include: arts & crafts, indoor play or play-ground time, snacks, Bible stories, music, some videos, and toys. Because each class has a scheduled outdoor playtime, we ask that you be sure to send them ready to play outside.

In order to keep all kids safe and with the commonality of life-threatening food allergies, our MOPS group (moms and MOPPETS) is a **“PEANUT-FREE ZONE”**. Please do not bring snacks from home, even if you think it is safe.

We would like to encourage mothers to leave their children in MOPPETS where they will be well cared for. If you feel more comfortable, you are welcome to keep your nursing infant (0-6 months) with you in our regular meetings. But please remember , we want the MOPS time to be a relaxing break for all moms, so if your child is being fussy or distracting, please take him/her out of the meeting until they are quiet. We appreciate your cooperation in making our meetings successful and fulfilling to the MOPS purpose.

Each child cared for in the MOPPETS program will need to have a (one-time) registration form filled out before they can participate. Then children can be checked in and out each week using the check in form at the door of each classroom. This is also where you may check out a pager so you can be contacted during the meeting in case you are needed to attend to your child.



MOPPETS PROGRAM POLICIES CONT.

Tips to remember each time you bring your child to MOPPETS:

- Help your child attach his or her nametag
- Sign your child in and out and take a pager
- Drop-off time is from 9:15 to 9:30 a.m.
- Pick-up time is no later than 11:40 a.m.
- Mark your children's belongings with their names, i.e. bottles, bags, etc.
- Inform the caregiver of any special needs when signing in.

- Please DO NOT bring snacks from home. Each class will be provided with age appropriate snacks & drinks each week, including the nursery.

- Refrain from bringing in sick children. Rashes, fevers, runny noses that are not clear, and diarrhea are just a few no-no's. Just remember the 'golden rule'—if you don't want another mom to bring her sick kid, don't bring yours either—no matter how bad you'd like a break! If your child comes down with a childhood communicable disease (chicken pox, pink eye, strep throat, etc.) please notify Krista Wolgamott so that we can notify the other mothers of the exposure.

- Leave all personal toys at home unless it's a special "lovie".

- If your child is in the nursery or 2's & 3's class, please bring a bag for him equipped with diapers, wipes, a change of clothes, a labeled sippy cup or bottle, and any other comforting items such as a favorite toy, blanket, or pacifier.

- Your child will remain in the same class throughout the entire MOPS year, regardless of when their birthday falls (i.e. if they start in the 2 year old class, they will remain there throughout the year, even if they turn 3 in January) unless the MOPPETS Coordinator requests a change to better accommodate the child or the classroom environment.





Additional Southside Family Opportunities:

- Marriage Retreats at Seaside February, March, April 2012
- Parent's Night Out! Friday nights-dates TBA
- Saturday Marriage & Family Seminars- Dates TBA
- Annual Fall Carnival October 31, 2011 6-8pm

SOUTHSIDE CHURCH OF CHRIST

196 Airport Road.
 Lebanon, OR 97355
 541-258-7893
www.southsidelebanon.com

SERVICE TIMES:

Traditional Worship
Adult Sunday School/Children's Sunday School
 9:00am-10:00am

Contemporary Worship
Adult Sunday School/Kid's Junior Worship
 10:30am-11:30am

Contemporary Worship
 6:00pm - 7:00pm

SOUTHSIDE PASTORS:

Aaron Wolgamott, Teaching Pastor
aaron@southsidelebanon.com

Jamie Lambert, Family Life Pastor
jamie@southsidelebanon.com

Brian Gosser, Discipleship Minister
brian@southsidelebanon.com

Dick Sargent, Seniors Pastor
sarge@southsidelebanon.com

**Parenting Classes
 2011-2012**

Growing Kids God's Way
 18-week program
 Dates TBA

