

Momology: The Art and Science of Mothering

Even there your hand will guide me, your right hand will hold me fast. (Psalm 139:10)

VOLUME 5, ISSUE 3

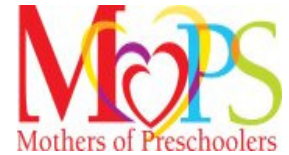
AUGUST 2010

HARVEST FELLOWSHIP
CHURCH

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Dreaming

By Lindsey O'Connor

A long time ago, little girls were very good at pretend. Plastic dolls and dress-up clothes and microphone spoons were their props as they rocked and twirled and sang, dreaming of what was to come. Time marched on, and the little girls grew. The props fell away and new one took over—diapers and blankets and pacifiers, only the babies weren't plastic this time.

The mommy-girls smiled as their babies grew, and one day they noticed their little baby-girls rocking and twirling and singing, practicing their future. And the mommies remembered their own dreams. Some smiled at the power of a dream, recognizing their former toys as their current tools, and whispered, "Dream on, sweet child." Other mommies suddenly remembered a tucked away dream and dusted it off with excitement. But some mommies barely breathed, surprised that forgotten dreams now remembered hovered with the scent of unrealized longing.

Which mommy are you? Are you living dreams fulfilled, nurturing new vision, or do you look at your life and see lost dreams?

Dreams are powerful. Martin Luther King knew it when he made history saying, "I have a dream..." Others have said "we dream, therefore we become," which is rather like the Proverb "as a man thinks, so is he."

Dreams are thoughts wrapped in wishing and longing, desire and hope, for things that can be that are not now. They are visions of something better or different for ourselves, our children, and our world. Whether secret or shared, vivid or vague, thought desires or full-blown mind pictures, they can propel us to achieve, to become. Dreams lift us above the daily and stretch us as we reach beyond our grasp.

My friend Julie Barnhill knows the power of a dream. When she was a little girl, she made imaginary crowds cheer. "Why Mr. Carson, thank you for having me on your show," she'd say, smiling in front of a mirror. As the girl became a mommy, she still pretended. With spit-up on her shirt and preschoolers in her van, she'd talk over the radio program and her kids, "Why Dr. Dobson, thank you for having me on your show." She tended and pursued her dreams for another decade, and last year I watched Julie sit down behind a real microphone and say, "Dr. Dobson, thank you..." only this time it wasn't pretend. Keeping her dreams alive has even allowed Julie to say, "Thank you for having me here, Oprah."

We can mother well while still tending our dreams. So...

Think. While taking a bath or a walk or in snatches of time when the children are sleeping, take time to ponder the recesses of your heart. Focus on possibilities instead of limitations. Thought time is the seedbed of dreams.



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Create. Stoke your creative nature. It often breeds more creativity and sparks the imagination—the essential of dreaming.

Talk. Even if your dream is private, talk with others who live in the world of your hopes or who embody aspects of your aspirations. Allow their experiences to motivate you.

Read. Expand your thinking and enter worlds beyond your own. Gain insight, vision, and new ideas.

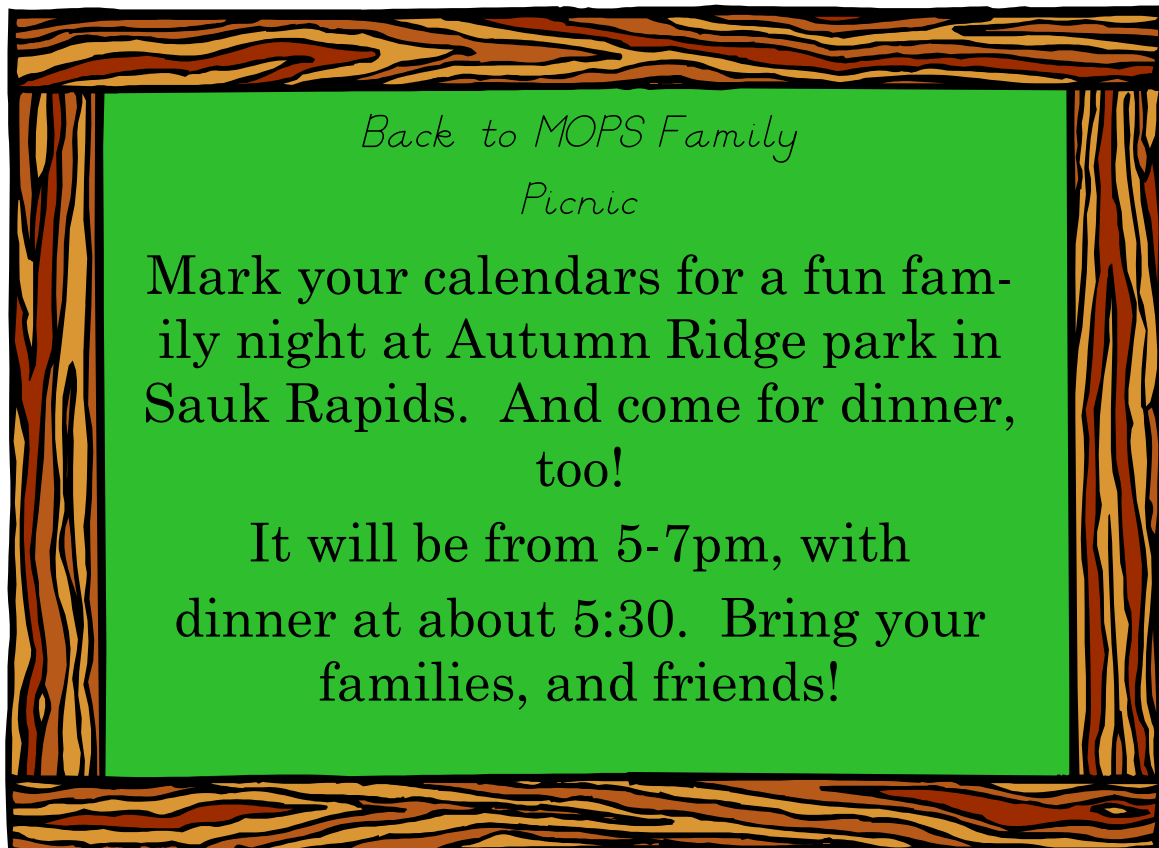
Pray. Ask God to be the architect of your aspirations. He may have a bigger dream for you than what you could envision.

Act. Take action to turn dreams into reality. It may not seem life-changing at first. We don't have to know all the how's of accomplishing our desires in order to take the first step.

Sometimes we must allow a dream to die and be replaced with something new. Donna dreamed of becoming pregnant. But when her long-held desire was derailed by infertility, she found a new vivid dream—a little girl saying, "I'm on my way, Mommy." God re-birthed her dream through adoption, and four years later Kristina bounced into her life from Russia with two brothers.

"If one advances confidently in the direction of his dreams," wrote Henry David Thoreau, "and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." So advance and endeavor to reach your dreams! Yet know that the process of reaching the dream-wrapped hope is also gold.

This article originally appeared in MOMSense magazine, May/June 2004, MOPS International, Inc.



Church of the Month: Trinity Lutheran Church www.trinitysr.org

2163 Mayhew Lake Rd., Sauk Rapids 320-252-3670

What we believe can be summarized in three phrases

Grace Alone

God loves the people of the world, even though they are sinful, rebellious and undeserving. He sent Jesus, His Son, to love the unlovable and save the ungodly.

Faith Alone

By His suffering and death as the substitute for all people of all time, Jesus purchased and won forgiveness and eternal life for them. Those who hear this Good News and believe it have the eternal life that it offers. God creates faith in Christ and gives people forgiveness through Him.

Scripture Alone

The Bible is God's error free Word, in which He reveals His Law and His Gospel of salvation in Jesus Christ.

Worship times / styles

8:00 am - Traditional Service - Follows the liturgy and uses hymns from the Missouri Synod hymnal (LSB)

10:30 am - Contemporary Service - A more informal liturgy, with praise songs.

Both Worship Services focus on the Word of God and center our attention on Him.

Anuak Worship Service (African Immigrants) Sundays at 2:00 pm

Monday Night Service at 7:00 pm (Memorial Day - Labor Day)

"I find the Bible-based sermons fulfilling; Pastor Ehlers and Pastor Cloeter use the Bible extensively to reach all people, to teach them of God's love and role in our lives."

~ Heidi (MOPS mom)

Every month, a church will be profiled here. Please email Heidi at h_stiegel03@q.com with thoughts and information on your church home. Thanks!

Founded in 1994, Hearts at Home began as a small ministry to mothers in Central Illinois. After seeing a local support ministry to help mothers flourish in Bloomington, IL, eight women gathered to pray about the possibility of offering education and encouragement to mothers outside of their area. They thought maybe 500 women would attend, but 1,100 showed up - and they came from 10 different states!

Since that time, Hearts at Home has encouraged thousands of moms around the world who desire to become better educated and equipped for the profession of motherhood.

The 2010 North Central Conference is going to be held in Rochester MN, November 12-13.

Visit www.hearts-at-home.org for more information!



Family of the Month:

*Kelly & Francisco Camacho,
Tyler and Parker*



Kelly (a Harvest MOPS DGL) writes: "I have been with my husband since I was 16yrs old. His name is Francisco and we were married May 22nd 2004. We have two sons, Tyler (born July 27, 2007) and Parker (born March 22, 2005). My family enjoys being outside relaxing by a fire and spending time together. We also enjoy going to water parks and going camping.

The best moments for my family is getting together with are extended family and seeing the generations.



The best thing about being a mom is hearing the kids tell you that they love you and having someone to take care of. The one thing I find hard about being a mom is having to punish my kids and them telling me that they don't like me."

Thanks to Kelly for introducing herself and her family.

Please email Heidi (h_stiegel03@q.com), and tell us more about you, and your family so we can get to know each other better. One or more families will be included in each month's newsletter.

Dish: _____ **Recipe** Serves: _____

We are gathering information to produce a Harvest MOPS cookbook! While we work out the details, we'd like YOU to get started by sending us your favorite recipes. We'd like everyone to send at least one but you are welcome to send multiples (with the understanding that we may not be able to use all of them). Please email your recipes to harvestmops@yahoo.com. We are praying to have a book ready in time for Christmas giving. Thank you in advance!

Upcoming Community Events



KidsConsignIt

a Seasonal Children's Consignment sale held twice a year

Sale Dates for Saint Cloud are October 2nd & 3rd

Also Check out our new website, same address, just a new fresh

look! www.kidsconsignit.com

MOPS Fundraiser Opportunities

Throughout the year, we participate in fundraisers. These fundraisers help provide money for speakers, crafts for our MOPS Meetings.

Your help is greatly needed and greatly appreciated. Please consider helping out, so we can have another successful and enjoyable MOPS year!

Contact Michelle at michellegoetz@gmail.com to sign up.

Save these dates! Note we have scheduled these dates since last newsletter!

- *Cashwise Brat Sale (August 20, 21)*
- *Scrapbooking Day (September 18. Scrap from 9AM-7PM for \$25 TELL YOUR FRIENDS)*
- *Antiquities Photo sessions (October 22-23)*
- *Pizza Ranch (Nov 10th)*

...watch the newsletter for more information on these opportunities!!



Faith Position Statement / Purpose Statement

"MOPS International exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader in the name of Jesus Christ. "

www.MOPS.org

www.HarvestMOPS.com

2010-2011 Steering Directory

Co-coordinators - *Amy Guzek & Amie Kirby*

Assistant Coordinator - *Elizabeth*

Finance - *Deanna Nelson*

Fundraising/ Door Prizes - *Michelle Wilson*

Hospitality - *Kristi T & Nora Bach*

Creative Activities - *Nicole Mykennen*

Service/Outreach - *Emily Steinmetz*

DGTL - *Camille Madsen*

DGL - *Valerie Rueter, Mackenzie, Kelly Camacho, Deanna Nelson*

MOPPETS Co-Coordinators - *Carlana Johnson, Melissa Mayland*

MOPPETS Caller - *Mary Solland.*

Playgroups/Special events - *Valerie Rueter*

Publicity - *Julie Alsaker*

Newsletter Editor - *Heidi Stiegel*

Mentor Moms - *Karin, Shirley Friese*

Dates to Remember

August 12

LAST Playdate at Lake George (10-11:15am)

August 26

Back-to-MOPS Picnic @ Autumn Ridge 5-7pm

September 9

First day of Harvest MOPS (9-11:15am)

Welcome to MOPS and bring a friend!!!

September 18

Scrapbook Day

September 23 MOPS meeting

Speaker: Deb Brown "I am SUPERMOM and other motherhood myths"

Would you like to help with our MOPS group?

Our MOPS group is in need of moms to fill important positions on our steering team. Currently these are the open positions:

Discussion Group Leader (need 2)

Prayer and Care

Mentor Moms (need 4)

Do you feel called to help in one of these areas? Please contact Amy Guzek (267-6202) or Amie Kirby (266-8836).

And remember, God doesn't call the equipped; He equips the called.