

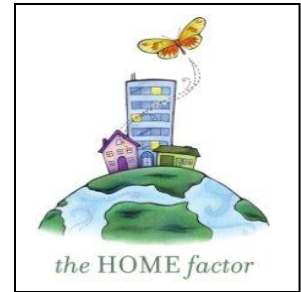
IVC MOPS "WELCOME HOME" NEWSLETTER

February 2008

Volume 6

By Megan Pickering, Publicity
<http://www.geocities.com/MOPSIVC>

CHECK OUT THE WEBSITE—IT HAS EVERYTHING FROM BLOGS TO TABLE INFO TO GREAT MOM LINKS!



I heard this on WDJC the other day—and hope it encourages you! Keep as a reference for those really hard days, when you wonder what the heck you have gotten yourself into in life.

POSITION :

Mom, Mommy, Mama, Ma

JOB DESCRIPTION :

Long term, team players needed, for challenging permanent work in an, often chaotic environment.

Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call.

Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities!

Travel expenses not reimbursed.

Extensive courier duties also required.

RESPONSIBILITIES :

The rest of your life.

Must be willing to be hated, at least temporarily, until someone needs \$5.

Must be willing to bite tongue repeatedly.

Also, must possess the physical stamina of a pack mule

and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from

the backyard are not someone just crying wolf.

Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers.

Must screen phone calls, maintain calendars and coordinate production of multiple homework projects.

Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks.

Must be willing to be indispensable one minute, an embarrassment the next.

Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices.

Must always hope for the best but be prepared for the worst.

Must assume final, complete accountability for the quality of the end product.

Responsibilities also include floor maintenance and janitorial work throughout the facility.

POSSIBILITY FOR ADVANCEMENT & PROMOTION :

None.

Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you

PREVIOUS EXPERIENCE :

None required unfortunately.

On-the-job training offered on a continually exhausting basis.

WAGES AND COMPENSATION :

Get this! You pay them!

Offering frequent raises and bonuses.

A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent.

When you die, you give them whatever is left.

The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

BENEFITS :

While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth, unconditional love, and free hugs and kisses for life if you play your cards right.

Don't Forget

***The **Safe Haven Table** is bringing *Italian inspired fare* for our next MOPS meeting on **February 21, 2008.**

***Bethany Thigpin welcomed baby Ava on January 29, 2008.

***Begin to start thinking about what part you would like to serve in the 2008-09 MOPS year. Available steering positions will be listed in the March newsletter— Discussion Group Leaders and various committee members are always needed too!

In the Garage

Rebecca M. (663-5477) **NEEDS** and is willing to **PAY A FAIR PRICE** for a: Full-size bed for her daughter

To place a **NEED** or a **DONATE** item in this section, email Megan Pickering at: wallypickering@hotmail.com

Ask a Mentor

What are some good ways to combat the physical and emotional fatigue that comes with this stage in life? (Answer provided by Durinda Warren)

Physical fatigue is common among MOP. Try to schedule a restful break for yourself each day. Maybe during nap time. Maybe a warm bath after the children are asleep. When I was in graduate school and the single mom of a preschooler, I studied after she went to sleep at night. Drink plenty of water and stay away from too much caffeine or sugar. It is wise to ensure that the fatigue is not due to poor eating habits or an illness.

Sometimes emotional frustration manifests as fatigue. Remember that you are not expected to be perfect nor do everything right. It is ok to make mistakes. Take a deep breath and love on your children. The laundry and dishes can be done later. And don't be discouraged if you weigh a little more than you did before children.

Minister to your spirit thru worship music, prayer, and the Word of God. In those busy days, play worship music in the background as you do your work. If you don't have time to read your Bible, invest in cd's and listen to them as you do dishes, laundry, drive, etc.

At the conclusion of each day, praise the Lord that you did not make a trip to the Emergency Room, your house is still standing, and the little darlings are asleep. Time passes quickly. Enjoy them because they will never be this age again.



MOPS Businesses

Lydia Hill (690-8082) is a *Beauti Control/Independent Consultant*. Please call to schedule a fun, spa escape party!

To place your listing here, email Megan Pickering at wallypickering@hotmail.com

Meet a MOPS Member

This month's MOPS is: **Randa Woodward**

1. How many children do you have (and their ages)? **My children are Jake 3 ½ and Maddy Rose 18 months**
2. Best advice you have ever received. **Love with empathy and not sympathy. People (usually total strangers) feel really comfortable telling me their most shocking and sad stories. Without this distinction I was heavily burdened for them. It really helps me in work as an OT and in women's ministry.**
3. What is your favorite hobby? **Right now it is sewing little girl clothes. It was gardening before kids. I hope to return to it when my children are older.**
4. If you could have a superpower, what would you want? **Mind reading. So I'll know if my children are manipulating me or have a legitimate reason for crying over tiny stuff.**
5. Any confessions? **I am not a morning person and my children are... Most days they've been up since 5 when I feed them breakfast at 8. I keep hoping they'll clue in that they should sleep later so they won't have to wait 3 hours to eat.**
6. Beach or mountains? **Beach, I grew up on the water.**
7. Favorite TV Show? **I really think that Sesame Street is hilarious and love to laugh while Jake watches it.**
8. Describe the perfect date for you. **My perfect date was our 3rd anniversary in Victoria BC, Canada. It snowed, we stayed in a charming B&B, walked the city, and ate delicious gourmet meals. Please let Randa know you appreciate her by thanking her for sharing a little more about herself with the group!!**

MOPS Steering Members

Jennifer Warren (Coordinator): 358-8656
Rebecca Mitchell (Secretary): 663-5477
Brandi Mast (Hospitality): 664-0519
Melissa Wilson (Discussion Group Leader): 613-3844
Debbie Howell-Moroney (Webmaster): 981-1200
Linda Harper (Mentor Leader): 995-2118
Lydia Hill (Creative Activities): 690-8082
Allison Carmichael (MOPPETS): 908-7916

For any questions regarding this newsletter or to add a mentor question, column of interest, or anything else, please contact Megan Pickering (Publicity): 664-7175 or wallypickering@hotmail.com