



Handbook 2009-2010

Welcome to MOPS!

The MOPS Steering Team welcomes to you to the 2009-2010 MOPS year!

MOPS seeks to equip women for the joys and challenges of their lives as moms, and one key factor in the MOPS experience is the relationships built within the group. Time and time again, moms at MOPS share that the friends they make in MOPS are significant for this season of their life and on into their future. God created us for relationships! It's one of the defining parts of being human.

However, when you become a mom, all your relationships change. It's like you have landed on a different planet—Planet Mom—and the relationships on Planet Mom don't look like the ones on your previous planet. Your relationship with yourself is different—you are a mom! Your relationship with your husband, girlfriends, extended family, community and God have all changed. Many of these changes are positive, some are not. However, even positive change requires adjustments on your part.

This handbook is for you to use as a resource and to answer any questions that may arise. Also, please feel free to call on any of us if you have any questions, comments, concerns or prayer requests. We are here to serve and facilitate what God wants to do through us and others.

The Steering Team

Statement of Faith

MOPS International is a Christian non-profit organization that believes in working with local Christian churches to maximize ministry opportunities to further God's Kingdom. MOPS programs are chartered in churches of many different denominations and Christian traditions, but all share the common desire to reach out with the gospel of Jesus Christ and to bring glory to God in everything.

Churches and individual MOPS ministry leaders who are chartered through MOPS International must embrace and agree on the basic, orthodox truths of the Christian faith and the essential

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issues of salvation. We believe the Bible is the foundation for these truths. It is God's Word, uniquely and fully inspired by the Holy Spirit, and is authoritative on all matters on which it speaks. MOPS International is committed to telling the truth of the saving work of Jesus Christ, of God's grace to mankind, of the reality of the Trinity, and the role of the Church in God's plan for the world.

By agreeing with this statement we are affirming that MOPS at Calvary Church also believes in and will seek to teach the foundational truths of the Christian gospel.

Program Information

MOPS Fees

MOPS charges \$5/meeting to help cover the cost of speakers, crafts and hospitality supplies. We also charge a \$10/child fee per semester to help cover the costs of hiring lead teachers for our MOPPETS classrooms. Scholarships are available if these meeting fees pose a financial hardship for your family. Please contact Alison Peterson at (651)762.2672 (Finance) for information.

MOPS International Membership Program

Registration for the MOPS International Membership Program is required for every MOPS mom at Calvary and was included as part of your fall semester registration fee (\$20). This program provides great benefits to moms throughout the year.

This year, each MOPS mom will receive a copy of the book "Life on Planet Mom", on which our theme is based. Ongoing annual benefits also include weekly MOM e-mails and a bi-monthly MOMSense magazine.

There are scholarships available to help cover this fee. Please contact Alison Peterson at (651)762-2672 (Finance) if you could use financial assistance.

Discussion Groups

MOPS participants are placed in discussion groups and assigned a leader for the duration of the year in order to promote community and strengthen relationships. Moms will sit with their group at each meeting to fellowship, discuss speaker topics and work on creative activities.

Hospitality Procedures

Each discussion group will take a turn "hosting" our morning meeting by signing up to fill a specific role during the meeting and to provide a food item. The groups are assigned their hosting day on a rotation basis. Your Discussion Group Leader will pass out a sign up sheet for the morning that your group is scheduled to host. You will need to choose one hospitality role for the morning AND one food item that you will bring to that meeting.

When your group is scheduled to "host" the meeting, please plan to arrive at 9:00am so that you have plenty of time to check in your children and complete your responsibilities for the morning. After the meeting, the children of those moms who signed up to assist our Hospitality Coordinators with clean up will be cared for by your designated MOPPETS volunteers in the Tiger Room (102). Please make sure to check the "Host Table" box on your child's name tag when checking them into their classroom to indicate that your child will need this extended time of care. Volunteers will bring

your children to the appropriate room so that you can begin clean up responsibilities immediately following the end of the meeting.

MOPS Directory

We will be taking pictures of all registered moms during the first three meetings (through the end of October) in order to create a pictorial photo directory. The directory will include contact information for moms in the MOPS program. The purpose of this directory is to keep moms in touch with one another; it is not intended for use in solicitation for home businesses or sales opportunities.

Connections Newsletter

Bi-monthly you will receive a new edition of our newsletter called *Connections* by email. It will give you a preview of what's happening in upcoming meetings, devotionals, recipes and parenting ideas, as well as announcements for some additional activities planned for moms to participate in. If you have anything you'd like to see published or would like to contribute something, please contact either Dana Stob (danastob@comcast.net) or Heidi Wise (heidiewise@gmail.com), Publicity Co-Coordinator. All input is greatly appreciated.

Meeting Cancellations

If inclement weather occurs, please be advised that we will determine the cancellation of meetings according to the White Bear Lake School District. If school classes are cancelled, we will also cancel our scheduled MOPS meeting.

MOPPETS Program

MOPPETS is the name of the MOPS children's program (infant-K) where kids spend time with volunteers who have generously donated their time and talents to teach them about God's love. MOPPETS is NOT two hours of "babysitting". It is a quality program designed specifically to care for the needs of your infants and preschoolers. During our meetings, your kids will engage in age appropriate activities, crafts and songs all related to an interactive Bible story for the week, using MOPS International curriculum. Your children will also have supervised play times and a snack.

Class placement will be determined by the age of your child as of September 1, 2009; however, in an attempt to keep class sizes manageable, class placement is also determined by numbers. Every attempt will be made to keep your child in the same class for the whole year (except for kids that start the year in the Nursery).

We are committed to offering quality care for your children. Each MOPPETS volunteer fills out an application and must agree to a criminal background check. The MOPPETS registration fee (\$10/child per semester) aids us in securing qualified lead teachers for each classroom. In the event that our scheduled MOPPETS volunteers are unable to serve, we will need to call on willing moms from our host group to substitute for that volunteer in one of the MOPPETS rooms. Your participation in the classroom in those (hopefully) rare cases enables us to keep the MOPS ministry viable therefore being able to serve more moms just like you in our community.

Policies & Procedures

1. Children may be **checked in starting at 9:15am**, and should be picked up at 11:30am sharp! Sign in your child at the centralized check-in table and include any special instructions on their name tag to note anything that would benefit our volunteers in caring for your child (i.e. when to feed, potty training procedures, reminder about food allergy, special toy, etc).
Some children will cry when dropped off; we encourage you to walk away knowing that your child is being comforted and cared for by loving adults.
2. Please do NOT bring sick kids to MOPS. Children should be kept home with any of the following symptoms or illnesses:
 - Fever greater than 100.5F within the past 24 hours
 - Runny nose, especially not clear;
 - Coughing
 - Diarrhea or vomiting within the past 24 hours
 - Impetigo
 - Active Chicken Pox, Measles, Mumps, Conjunctivitis (Pink Eye), Fifths Disease, Foot and Mouth (still has rash); any questionable rashes
3. Please identify and label all diaper bags, bottles, cups, snack containers, wipes, pacifiers, etc. with your child's first and last name.
4. Mothers should refrain from checking on their children during the meeting. The MOPPETS volunteers are trained and willing to care for your child, even if they cry. If your child continues to cry after 20 minutes, unless otherwise instructed, a helper will come find you.

Please remember that MOPS meetings are for mothers! Unless your child is nursing or sleeping, please check them into their assigned classroom.

MOPPETS Snack Drive

To provide snacks for our children, we will hold a Snack Drive at both October meetings. All moms with a child enrolled in MOPPETS (with the exception of the nursery) will be asked to bring one snack item per child they have registered in the program (i.e. box of crackers, teddy grahams, goldfish, animal crackers, raisins, etc.). This snack is an important part of the MOPPETS program, and is enjoyed by the children. **Please choose peanut free items.**

We've been working hard to prepare a time of refreshment, relaxation and growth for you this year. Please feel free to connect with us at any time through out the year with your comments, suggestions and ideas for making the meetings even better!



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