



# Hello, Mama!

Run wildly toward wonder, hope and kindness

**Self-acceptance is the act of appreciating knowing oneself.** This is undoubtedly a difficult thing to accomplish at times. Doesn't it seem we are constantly bombarded with messages of self-loathing and doubt? Social media seems to be intent on destroying all our good feelings - physically, mentally and emotionally. Heck, I'd even go so far as to say our own "friends" can be santicommmies.

If you had asked me 5 years ago, if I cared what people thought about me, the answer would have been a resounding "yes"! But that need for acceptance by everyone around me changed dramatically when I had children. The moment they were born, I labeled them (as we all do) as perfection. Because you see, they *are*. In my eyes and in the eyes of God. Frankly, it doesn't matter what anyone else around them thinks - and that's a vibe I want them to carry with them always. Which is why my personal views on self-acceptance have changed so much. **I absolutely believe our children absorb our self-reflections.**

I'm truthfully so much more comfortable in my skin now. I know where I firmly stand in my faith, and values. I am loyal and friendly, but I will strike fiercely in defense of my family. I want to be healthy for my children and I want to be loving to my spouse.

And I have vowed to go easier on myself and advocate loudly for myself. **It's important to find your own self-worth and show it.** Our speaker this month, Heather Arnold, is here to tell us more:

Heather resides in Grove City, Pennsylvania with her husband, Paul, and two children, Jacob and Annalise. Heather is first and foremost a wife, mom, daughter and friend. In addition, Heather mentors in personal as well as small group settings and also addresses large ministry events for women as a teacher, speaker and worship leader. Currently, Heather is passionately pursuing her Heavenly Father's call to a living worship and the study of His Word. The Lord continues to pour into Heather, encouraging her to continue to speak authentically and declare His love, His freedom, His joy and His peace, which are available to all. It is Heather's deepest desire to share with others - especially children and women - the love, the identity, the acceptance, the security, the significance and the





hope we have in Christ as a result of the saving work Jesus provided on the cross.

Enjoy her words today - and save some of those encouraging words for your self - you deserve it! -- Caitlin B.

## ★ SERVICE

One of the greatest assets to our MOPS program is our dedication to service in our surrounding communities.

The Alpha Omega Walk for Life is May 13 at 9am. Those interested in donating to the cause may join Jessica Graeser (on behalf of MOPS) in her fundraising. Walkers are also encouraged!

Please email with the subject to [gcacmops@gmail.com](mailto:gcacmops@gmail.com) with questions about our past/future service projects.

## ★ MOPPETS

Your young child is allowed a "comfort item" (make sure it's labeled!) at MOPS to help make the transition a little easier.

We can always use a few fantastic volunteers! If you know someone who loves children and likes to help, please have them email us with the subject VOLUNTEER at

[gcacmops@gmail.com](mailto:gcacmops@gmail.com)

Please make sure you are signing your children IN/OUT on the clipboards outside each classroom door. If your child has a food allergy, please ensure you indicate as such on the IN/OUT sheet and on your child's nametag. If someone other than you will be picking your child up from MOPS, you MUST indicate that in the comments section of the IN/OUT sheet.

Thanks!

MOPPETS  
sickness

policy/school cancellation  
policy

We ask that if your child has vomited in the last 24 hours or has a fever, thick green or yellow nasal discharge, croup, strep throat, or any other contagious disease that you please keep him/her home.

If Grove City School District cancels or there is a 2 hour delay the day of a MOPS meeting, we will automatically cancel the meeting for that day. If you have older children in another school district and that school district has a cancellation or delay, you

**Our last meeting of the 2016-2017 MOPS year is next month! Make sure you register for next year so you don't miss any fun!**  
**5/11/2017**





will need to find childcare for your older children as we do not have the accommodations for them.

## ✧ MOPSHOPS

### May MOPSHOP

Thank you so much for such great participation for the March and April MOPSHOPS! Our business symposium was such a great way to help our mompreneurs and the Easter event was successful and fun!

Looking ahead to next month, our MOPSHOP will be at your Discussion Group's discretion. Please join up with your DGL and start brainstorming!

As always, direct any questions to [gcacmops@gmail.com](mailto:gcacmops@gmail.com), using the subject MOPSHOPS

## ✧ HOSPITALITY

Each month, our discussion groups take turns providing small dishes for our MOPS meetings; **for the month of May, the schedule is as follows:** cold dishes - Milky Way (table 5); hot dishes - Meteor Shower (table 6); **volunteer dishes are NOT needed next month!**

## ✧ STEERING TEAM

We are moving toward the end of our 2016-2017 year. Take a moment to thank these fearless women for leading us this year - maybe you'll want to put your stamp on the next MOPS year?

Ashlee Traister - Coordinator; Missy Nagel-MOPPETS; Dorene Powell/Colleen Strachan; Hospitality; Nicole Gardner - MOPSHOPS; Jaime Armstrong - Service; Abby Wolfe-Finance; Caitlin Bicker-Publicity; Patricia (Patti) Bardy - Discussion Group Team Coordinator

Jennifer Bess (Ursa Minor), Dawn Clendenning (The Pleiades), Erin Fabry (Ursa Major), Doreen Powell/Amanda Renicks (Polaris), Jessica Graeser (Phases of the Moon), Larissa Lisk (Orion), Michele Smith (Milky Way), Valerie Thompson (Perseid Meteor Shower)-Discussion Group Leaders; Heather Carothers, Jodi Hines, Cheryl Lilly and Linda Vester - Mentor moms

## Contact Us

MOPS Grove City, PA Chapter meets at:

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