



A Newsletter

Just For M.O.M.S.

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We're on the Web!

See us at:
cornerstonecf.org
Select "Women's Network" in the Ministries section!

M.O.M.S. Alive in 2005!

Mark your calendars. . . M.O.M.S. has some new and exciting topics to share in 2005! Since we will be having only one organized meeting a month this semester, we have scheduled a second activity for our moms each month. Some of the activities and M.O.M.S. Night Out details haven't been confirmed, but the dates are set! Mark your calendars for the activity and check your email for details in the days to come!

Also, please note that the first meetings of the month are **FREE** this semester! We again received a generous donation that will allow our MOMS to attend the meetings for free! So invite a friend and take advantage of this generous gift!

Upcoming meetings and activities for the first 2005 semester include:

January 10 – "Behavior" with Dr. Craig Carpenter. Dr. Carpenter is a licensed counselor family counselor and currently a columnist in the popular Arizona Child Magazine. He will be coming and sharing how to manage your child's behavior. You won't want to miss his lively personality and wisdom on this important topic.

January 17 – M.O.M.S. Activity: Story time and Book Exchange @ April Ellis' home. 9:00 a.m. to 11:00 a.m. More details to come!

January 28 – M.O.M.S. Night Out! Fondue night. Place TBD. More details to come!

February 7– "Intimate Issues" with speaker Linda Jolly. Linda will be joining us in to discuss "Intimate Issues" which is based on the popular book of the same name. Linda will share the 3 keys to an intimate relationship. Linda has spoken all over the valley and leads workshops regularly for East Valley Bible Church in Gilbert.

February 19 – M.O.M.S. Night Out! Couples Night! 7:00 p.m. to 9:30 p.m. Place TBD. More details to come!

February 21 – M.O.M.S. Activity: Park Day at Desert Breeze Park. 9:00 a.m. to 11:00 a.m. More details to come!

March 7 – "Mother Guilt" with speaker Ross Bursik. We've all felt it, but how do we cope? Come join Ross Bursik, the Director of the Women's Southwest Baptist Conference, as she speaks to us about this "not so good" feeling.

March 18 – M.O.M.S. Night Out! TBD

M.O.M.S. Alive in 2005 (continued)



Activities are scheduled each month so that our kids can get to know each other and we can get to know each other's kids!

March 21 – M.O.M.S. Activity: Play time at the Chandler Mall. 9:00 a.m. to 11:00 a.m. More details to come!

April 4 – “Total Body Health and Nutrition” with speaker Dana Rosdahl. Spring is here and we are happy to have Registered Nurse and ASU Educator Dana Rosdahl here to share with us how to have total body health and how to build self image.

April 15 – M.O.M.S. Night Out. TBD

April 18 – M.O.M.S. Activity: Dugan Dairy Tour. 10:00 a.m. More details to come!

May 2 – “How to Unwind Before You Unravel” with speaker Patty Berens. Summer is fast approaching and schedules are about to change! Come learn how to not unravel...fast, fast, fast.

May 13 – M.O.M.S. Night Out! TBD

May 16 – M.O.M.S. Activity: Day at Phoenix Zoo! 9:00 a.m. More details to come!

June 6 – M.O.M.S. Activity: Day at Tempe Town Lake. 9:00 a.m. More details to come!

June 17 – M.O.M.S. Night Out. TBD

June 20 – M.O.M.S. Activity. Swimming @ Sally Ketterings. 9:00 a.m. More details to come!

July 15 – M.O.M.S. Night Out. TBD

July 18 – M.O.M.S. Activity: Swimming at Hamilton Pool. More details to come!

Don't forget that we also have playgroups. Contact April Ellis for details on playgroups @ saellis@msn.com or 480-833-3864.



Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor... Let no one ever come to you without leaving better or happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile; kindness in your warm greeting.

Mother Teresa

Women's Network at Cornerstone!

If you are enjoying M.O.M.S. and are looking for other ways to connect and grow with other women, here are the morning bible studies offered at Cornerstone this semester. Registration Coordinator is Dina Van Hazel, 480-821-8175.

Thursdays, Jan. 13th- Mar. 10th, 8:45-11:00 a.m.

Group Session 8:45-10:00 a.m.

A Walk Through Ephesians by Pastor Linn, 9:00-10:00 a.m. Do you sometimes wonder, "How does the Bible apply to my life today?" Join us as Pastor Linn teaches from the book of Ephesians, explaining the great truths written there and what it means to live life in Christ! This exciting study will challenge you in your walk with Christ and take you to a deeper level of understanding God's Word.

Break Out Studies 10:00-11:00 a.m.

Experiencing The Heart Of Jesus, by Max Lucado Move toward developing an intimate relationship with Jesus Christ as you focus each week on one aspect of Jesus' character - His grace, love, forgiveness, freedom, courage, joy, prayer, peace, power and hope. This workbook study is designed to help you spend time daily in the Word getting to know your Savior on a whole new level!

The Ultimate Makeover, by Sharon Jaynes. Women desire to be beautiful. Real and lasting beauty begins on the inside and works its way out! This book study is about becoming spiritually beautiful in Christ. Come join us and discover an inner beauty treatment with lasting results with the makeover artist Himself - Jesus Christ!

After The Boxes Are Unpacked, by Susan Miller. Have you moved recently? Moving can be emotionally difficult - even with the best circumstances. Full of heart-warming stories and biblical and practical application, this 16-week book study offers hope and encouragement to women going through a time of adjustment and transition after moving. Come and get connected with a group who understands what you are experiencing.

C.A.F.E. Conversation, Accountability, Fellowship and Encouragement, led by Amy Mescher. Come build relationships of accountability and encouragement with other women, ask questions and discuss Pastor Linn's teaching from the book of Ephesians, and pray together for God's will in your lives.

Wednesdays, Jan. 12th - Mar. 9th, 9:00 - 11:00 a.m.

Search the Scriptures, led by Marcia Shelberg. Join us for a study of the Word, sharing and prayer. See how the truths from 2 Corinthians and Daniel apply to our lives today! Homework provided from the book by Alan Stibbs.



5 Ways to Raise Joyful Kids

by Mimi Doe

Raising joyous children is easier than you might think. An "all is right with the world" kind of happiness is deeper and more penetrating than a new toy or a bag of gummy worms. Genuine joy nurtures your children's spirits now and gives them the ability to access that joy for the rest of their lives.

The following 5 tips can help you foster joy in your children's lives:

1. Discover what makes your own spirit sing: Take time to engage in a long walk at the end of the day, a hot soak in the tub, a good novel, knitting by candlelight, laughing with a pal on the telephone - whatever it might be for you. By engaging in self-care, you show your child how everyday joy is spun. You are the mirror for him or her and reflect an adult who knows how to create happiness no matter what is going on in your world. When Mama or Papa is happy everyone's happy.

2. Praise the process not the product: If kids find their joy solely through their parent's approval, they set themselves up for a lifetime of disappointment. Make sure to be authentic with your kids and encourage them to take risks and try new things rather than only praising the outcome of a class, project, race, or game. Love them for who they are not what they achieve and then watch their authentic joy unfold.

3. Help your children experience the delight in giving: Kids long for connection with others more than another new toy or trip, as hard as that might be to believe. Reach out with kindness as a family and watch the joy bubble back into your lives. What one kind deed might you do today with your child? Bake an extra loaf of banana bread for an elderly neighbor, write a thank you note to the bus driver for always smiling in the mornings, or invite the child who is new in town over for a play date?

4. Make time to laugh together: The average family spends far too little time engaged in humor and way too much time engaged in complaining. Leave a book of tasteful jokes lying around the house or tuck a funny cartoon in your child's lunch box. Create a Funny Family Movie Night and watch classic family comedies. Surprise your child and turn an ordinary day into a celebration. Who knows, you might begin a tradition.

5. A healthy body can better express joy: Make sure your child gets enough sleep, eats healthy foods without a lot of sugar and has plenty of opportunities for quiet time, as well as wholesome exercise in their day. Doing so will help regulate moods so joy is a fluid ongoing experience whirling around a balanced mind, body and spirit.

Your M.O.M.S. Leadership Team

Cornerstone
Christian Fellowship
Women's Ministry

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Sunday Services

8:30 a.m.
10:00 a.m.
11:30 a.m.
5:00 p.m.

MOMS Director

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or

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Playgroups

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Community Service

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Sally Kettering
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Special Needs

(prayer, meals)

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Jennifer Jefferson
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ANNOUNCEMENTS

Do you have a fantastic babysitter you would like to share and who is interested in more babysitting jobs? Send us her name, phone, email address and credentials (CPR Certified, etc) and we will post it in the M.O.M.S. newsletter for other moms to share! Send to Deneen Schmidt at deneenaz@aol.com or 480-629-5573.

Looking for an exciting place to click in to church? If so, you should check into serving in one of our children's classrooms. One Sunday a month will provide a rewarding, fun experience. If you're interested in volunteering please contact Rachelle Edmondson at 480-361-5524 or redmondson9@cox.net