



MYC (Mothers of Young Children) Devotional

My Summer Vacation

by Kathy Lewis

I hope your summer went well. I know that mine was a bit on the out-of-control side. I realized this fully when my ten-year-old told me that I had planned too many activities for her. What with swim team, a piano ensemble, two camps and Vacation Bible School, it was all a little too much (and that was just the month of June!). While I heard her, I did not put on the brakes until she wound up in the emergency room with a case of strep, stomach flu and a migraine.

So there I was in mid-summer, about to take my kids on a long vacation to visit my parents in California and I was sporting a major case of the summertime blues. When I stopped to wonder why, one thing came to mind. No Sabbath. **For the past two years, I have had a wonderful form of Sabbath available to me each week during the fall, spring and summer sessions of the Mothers of Young Children Devotional group.**

We meet and discuss just these sorts of things – how to find

"I like having this time during the week when I can focus on God on a day other than a Sunday."

Sabbath amidst the craziness of parenting young children. Some of us are new moms experiencing the joys and terrors of a first child. Some of us, like myself, are on our second or third child and find that we *still* have many questions.

We gather together and discuss the chosen book for that session – wonderful accessible reading that helps us find God’s help in the midst of our parenting struggles. The preparation is minimal, but the discussions are always meaty. I leave each week with a renewed sense of peace and a practical arsenal for my fight against isolation, anger and exhaustion. Instead, the lessons I learn weekly from the other moms in the group keep me aware of the tremendous blessings that are my children.

As I packed my bags for California, I took the time to call one of these women in a vain attempt to re-write my summer experience. The lesson I took with me on the plane was based on the summertime reading, Naked Fruit by Elisa Morgan.

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The Mothers of Young Children Devotional was formed 3 years ago to give moms the opportunity to develop friendships, share their joys and concerns of motherhood, and strengthen both their faith in God and confidence in being a mom! All this while having a safe and nurturing place for their children to spend a few hours a week. The group, which has evolved to include over 25 moms, spends the time together discussing the chosen book, sharing insights (sometimes related to the book, sometimes not) and praying for each other. Some of the previous books discussed are *She's Gonna Blow* by Julie Ann Barnhill, *Diapers, Pacifiers, & Other Holy Things* by Lorraine Pintus, and *Naked Fruit - Getting Honest About the Fruit of the Spirit* by Elisa Morgan.

"This group has been a lifesaver to me. After having my first child I felt really alienated and this group helped me know that I'm not alone, God is always there, and that my feelings are perfectly normal. I will probably be in this group until my kids graduate from college!"

"It has been a great place to meet women of the church and grow together as we grow in Christ."

"The women are so close and so supportive, I feel like I can talk about my struggles and not have anyone judge me."

"My faith has been strengthened so much by this group as we learn to apply our faith in our everyday life."

The MYC Devotional is a wonderful group to take a part in and has helped a lot of mothers get through the ups and downs of motherhood while also growing their faith in God, so moms ... come join us!!

The MYC Devotional meets Thursdays this fall beginning September 8th for a heartfelt study of *The Power of a Positive Woman* by Karol Ladd. Meetings are from 9:30-11:30 a.m. with childcare provided. Please contact Kim Arthur at 405-0220 or kim@theearthurs.net if you would like to attend.

Thanks to Lori Whitmire for submitting this article!



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My friend shared the following: I can find Sabbath by dragging my kids with me. **Peace:** Add group prayers to my arsenal when fighting the daily sibling battles. **Joy:** Blast the VBS cd and rock out to "He's The King" while my kids dance around me. **Grace:** Revel in God's grace when I get a surprise hug and "I love you" from my kids.

But **Forgiveness** is at the top of the list. Forgiveness for each time I don't hold it together and end up blowing my stack, forgiveness when one sibling finds the ultimate button to push on another, and forgiveness when my expectations just don't measure up to the day ahead.

What a blessing that I have these friends to remind me of God's gifts to me!

Inviting all SHPC Young Couples...

2nd Annual Foundations Lake Party

Sunday, September 11th

3:00pm - Dusk

Mesquite Point - located on the right side of Pace Bend Park

Don't forget your swim suit, sunscreen, folding chair, lake toys and potluck.

Pace Bend is approximately 30 miles west of Austin on Lake Travis. From the intersection of RR 620 and Hwy. 71, take Hwy. 71 west 11 miles to RR 2322 (Pace Bend Park Road). Turn right on RR 2322 and travel 4.6 miles to the park entrance. See www.co.travis.tx.us/tnr/parks/pdf_files/pacebend.pdf for a map.

School is starting up, and so is our fall parenting class! We will be studying *The Parents' Handbook: Systematic Training for Effective Parenting (S.T.E.P.)*, by Don Dinkmeyer. The 7-week program discusses misbehavior, communication, encouragement, natural and logical consequences, family meetings, and drug and alcohol abuse prevention.

This series is open to families
**Classes will be Sundays
October 2nd**, and ending No-
class is \$25 per family plus
child per class). Prepayment is required to secure your place in the class.

**PARENTING
CLASS**

with children ages 4-12.
**from 5 – 6:30 p.m. beginning
November 13th**. The cost for the
the price of childcare (\$1 per

Sign-ups will be in the narthex Sunday September 4th and 11th

Please contact Amanda Hyde — wanda@io.com or 301-3272 — with questions.



CORRECTION

Our church book group meets on second **Thursdays**, not Tuesdays as we reported in the August newsletter. The next meeting will be in Portable A at 7 p.m. on **Thursday**, September 8th. Our featured book will be *The Kite Runner*, by Kahled Hosseini.

If you would like to join the group, call Margaret Nakamura at 301-2602.