



Playing the Comparing Game

Do you compare yourself to other moms? I do... ALL THE TIME! I find myself constantly comparing myself, my mothering style and my abilities to other mothers.

For me all this comparing seemed to start when my first born was just days old. I had done my homework, read 3 books on breastfeeding, and was ready to begin nursing my newborn baby. All that knowledge when out the window when my sweet, precious baby girl didn't latch on properly. After much effort and trying to nurse her, I realized I just wasn't going to be successful at it. I knew that my daughter was going to be perfectly healthy, but I felt like I had failed. Then the comparing began. I had numerous friends who were able to nurse and reap all the benefits from it. Why were they so successful and I wasn't? Were they better moms than me?

Of course the comparing continues. I see other moms with children who sit perfectly still during an entire worship service at church. I see other moms with children who sit at the table with impeccable manners. I see other moms with children walking politely beside them at the grocery store and not touching every piece of candy at the check out line. My children, on the other hand, don't always sit quietly in church. They don't always have good manners at restaurants. They don't always keep "their hands to themselves" and "walk" in the grocery store. How are those moms so successful at disciplining their children? Are they better moms than me?

Then, there is the other side of comparing. I admit to thinking in ways that make me wrongly judge other mothers. I once saw a little kid stick straws up his nose while we were eating at a fast food restaurant. I remember saying to my husband, "My child will never do *that*." Well, six years and two children later, I was wrong. Although

neither of my children has put straws up her nose, I wouldn't be surprised if it happened tomorrow. Does that make me a bad mom? No. I have taught my children manners, but sometimes children do things you can't control.

I am guilty of thinking "why didn't that mom brush her daughter's hair?" when I see little girls with their hair not brushed and their long locks flowing aimlessly down their back. Now, I know the frustrations of having daughters with long hair and having to keep it brushed. Some days I am that mom...the mom who doesn't brush her daughter's hair. Does that make me a bad mother? No. Some days it's not worth the battle. Some days I'm too tired.

I could go on and on about how I compare myself to other mothers. But, I have realized that comparing is MESSY. It can cause unnecessary negative feelings within myself. It can create untrue and false ideas of other moms. It can cause unrealistic expectations for me.

God tells us in Galatians 6:4, "Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else" (NIV). God gives each one of us talents and abilities. We should do our best at a task and take pride in our attempts. We shouldn't compare ourselves or our abilities to anyone else.

We are each a child of God. He made us perfect. We need to strive to find our own identity as mothers, as wives, as daughters, as friends. The next time you start to compare yourself to another mom, take time to remember your own God given abilities and strengths. Then, use those talents and abilities to better yourself, your family, your community, and to glorify Him.

About the Author:



Name: Amy Patterson

Hometown: St. Pauls, NC

Favorite Movie: Sound of Music

Favorite Book (besides The Bible): Little House on the Prairie and Little Women

Favorite Song: "Blessings" by Laura Story

Favorite Color: Light Blue

Favorite T.V. Show: Downton Abbey

Favorite Quote: "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." -John Wooden

Favorite Food: Shrimp and Grits

Favorite Hobby: Sewing, Scrapbooking, Photography

Comparison – Don't let it steal your joy.

A Mentor Moment by Deborah O'Neil

Blogger Alice Bradley states that motherhood shouldn't be a competitive sport. Yet, mothers can get caught up in comparing our mothering with that of others. The fact is, most of us don't consider ourselves good enough in some area, so we look for ways we are better than others, especially other mothers. We use our children as measuring sticks for how well we are doing. We begin with our mothers without considering that we were raised in different times, with different expectations. Competition often develops among friends, as well. After all, we want reassurance that we are not alone in our struggles, so we ask, "Your baby can already sleep through the night...sit up...walk...say the ABC's...use the toilet...read?!" It is hard to avoid comparing our children when society promotes competition.

Motherhood is not a competition; it is a sisterhood. It is about encouraging other moms in the same quest: training and loving our children. (Sarah Windham) Comparing divides us and tears us down. Instead of drawing closer to each other and appreciating our unique differences and our God-given sets of skills, we compare and drift apart. The fact is, God made us all different on purpose. You might want to be like someone else, but you were created to be you, and YOU are the mother God chose for your child. (Angela's Adventures, blog)

Motherhood is not a competition;
it is a Sisterhood.

Botanical Gardens Play Date

Monday, November 4 at 10:00am

Enjoy a morning outside with the kids before the weather gets to chilly! Bring your stroller and enjoy the beautiful fountains and gardens. There is a butterfly garden and a children's garden for the young ones to enjoy

Cost: \$8 per adult, \$7 military, all children 5 and under are FREE!

Payment should be made at the door when you arrive. We will meet right outside the doors when you first go inside the garden.

Let's Take a WALK!

Snyder MOPS has joined the American Heart Association in support of the Sandhills Heart Walk on **October 12** For more information contact Mary Joy Slesman at :

maryjoy.slesman@gmail.com.

Pumpkin Patch Play Date

We have scheduled our annual visit to West Produce in Spring Lake for

October 21st at 9:30a.m.

It's time to PLAY!



The Guilt of My Sin- Why flunking doesn't always mean failing.

By Kellie Ross

I have a crazy amount of dirty laundry, figuratively and literally. At any given moment the amount of dirty laundry I have could completely take over my house or my life. Sometimes I will get a wild hair and try to wash everything right down to the bottom of the laundry basket. But, if you turn your back on that dirty laundry for one second it sneaks right back up on you and you find yourself again overwhelmed by the girth of it all. That's exactly how my figurative dirty laundry is too. I tried to run from my past for a while-pretend the mistakes I made never happened. But then just as sure as I got comfortable BAM... something would happen and everything would come rushing back at me. I would be overwhelmed with regret and shame for the things I had done. Carrying around that load of dirty laundry was almost too much to bear. Everyone would tell me, "Give it to God, just give it to God". I would find myself silently screaming, "WHAT DOES THAT EVEN MEAN?"

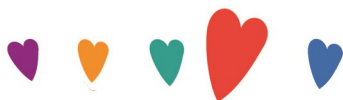
I thought that I had given it to God. I silently prayed to be rid of it all. Then it hit me, Mercy comes with grace. I had accepted mercy but had been hiding behind shame instead of accept-

ing grace. I had exchanged grace to carry guilt, thinking I would never be enough. I knew that I just had to say it out loud, to acknowledge that I have this dirty laundry for whatever reason and that I know it was wrong and I want to be forgiven for it...so I had an out loud conversation with God right there on my bathroom floor. I said, "God, you and I both know that I did all the wrong things and I failed my first semester at ECU and I am so so unexplainably sorry but I am ready to be more than the person that did that-I am ready to be forgiven."

Something about the embracing of it all left me totally free to not be defined by it anymore. Accepting that God took my sin from me and loves me anyway gave me the power to use the wisdom I gained for Him instead of against myself.

"Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin."

-Psalm 32:5



Check your Schedule!

- 10/21-Pumpkin Patch Play Date 9:30am
- 10/30-Playdate in the Park 10:30am
- 10/31-Snyder Memorial Fall Celebration
- 11/1-November Moms Morning In
- 10/4-Botanical Gardens Play Date
- 11/15-November MOPS Meeting
- 11/23-MOPS Night Out



Our Compliments

to the Chef!

Thank you Red Table for this months breakfast!

November-
Orange Table

December-
Mentor/Table Leaders

TIME OUT!

with the Moppetts

Welcome back to our corner! In September our little ones learned that saying 'please' and 'thank you' is a way for them to show their love to family and friends. They also learned using good manners brings joy to others – and God. This month's lesson encourages our children to take care of God's world. An easy place for this to start is in their bedrooms and playrooms. Teaching our children to respect their toys and rooms is their first step (of many) in learning how to care for God's world at large. Some fun and easy ways I have found to encourage my girls to clean are to sing during clean up time, to 'time' our clean up to see who can put toys away the fastest,

and by starting a small daily reward chart for Adeline to use to track her toy cleaning. (As well as handling laundry mess by getting her dirty clothes IN the basket rather than 'close' to it! Ha!) Reading through these two lessons reminds me that each day I respect others, use my manners, and care for my room and 'toys', Adeline and Abigail are learning through my example. And each day when I stop, breathe, and pray, they are learning, again through my example, that time with God is just as important to me as time with a broom in my hand.



"Train up a child in the way he should go, even when he is old he will not depart from it."

Proverbs 22:6

For questions or more information on the Moppetts program contact Holyn Bogert at 254-220-8424 or holyn.bogert@gmail.com

HAPPY BIRTHDAY TO YOU!

10/4-Happy Birthday Shelly Main

10/5-Happy Birthday Holyn Bogert

10/6-Happy Birthday Marla Reid



10/10- Happy Birthday Laura Martina

10/21-Happy Birthday Jenny Harris

10/27-Happy Birthday Kellie Artis

2013-2014 Steering Team

Karen McAmis-Co Coordinator (jkmcamis@msn.com)

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