



Better Moms Make A Better World

Tower of Girl Power by Stephanie Fink

A few months ago, I received a phone call. This was not just any phone call; it was a call from my doctor, "We just received your lab work back and we'd like to schedule you an earlier complimentary appointment."

An earlier "complimentary" appointment? I've been with this doctor's office for two years now and even when my thyroid and vitamin D levels have been low they waited until my next appointment. *Am I dying???*

I feel it only fair to tell you that I have a flair for the dramatics...it's part of my ~~charm~~, okay, neurosis.

Back to the call... "Our earliest available appointment is next Monday at 5:30 pm...is that good for you?"

The obvious question just had to be asked, "Am I okay? Is everything alright?"

"The doctor hasn't even seen your blood work results yet, we'd just like to set you up with a complimentary appointment."

*Why does she keep saying **complimentary appointment**?*

I had a gut wrenching feeling that this complimentary appointment had nothing to do with complimenting me on how they liked my new caramel highlights which now framed my face. So I hung up the phone and prayed a rather freakish prayer.

"God, am I dying?" Silence.

So I called my husband. When he hears a weird calm in my voice, he freaks out so being a faithful best friend he said,

"Humm...let me pray, babe."

In between my freakish prayer and a gold medal performance on the spazznastics mat, I promised God that I would not do life alone.

I needed to make this promise because I have a horrible habit of acting like everything depends on me and that I'm a burden to God and my friends. I don't like bugging people but I do love to be "bugged" or help my friends.

So I got out of my comfort zone and shared this appointment with some friends.

My running partner, Jess, said, "I'll take the boys and feed them dinner."

I told her that I didn't even think that far ahead and that I'd let her know. I was putting her off because I didn't want to put her out. I later emailed her back and said, "Yes, thanks a bunch and I'll drop dinner off with the boys."

Tough girl emailed back, "No, you may not bring dinner over."

Well... My friend Laura said that she'd love to go to the appointment with me. I thanked her and said I'd let her know shortly.

WHY do I have such a difficult time receiving help and putting my friends off?

After some time with God, I emailed Laura and accepted her generous offer.

My friend Nancy prayed with me. On my appointment day she even left a prayer on my cell phone.

Later that day, I prayed yet another freakish prayer, "Lord, why am I doing okay right now? I'm not nervous anymore."

The reason I was doing more than okay was because I had a tower of girl power surrounding me.

This time around, I didn't try to do life alone. This time, I didn't isolate myself. This time I let my girlfriends in and wow, does that make all the difference in the world.

My girlfriends knew what I needed before I even stepped off the spazznastics mat. *Phew.*

God's love, comfort, protection and provision were evident in my amazing girlfriends. I would have missed all of God's love if I kept isolated. Minus being a lunatic and such, I am okay. Thank you God for the tower of girl power, that kept me standing strong!

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:12 (New International Version)

Do you have a tower of girl power to support you? Are you part of a tower to give your girlfriends needed power?



Welcome!



Welcome to MOMSnext! We are so glad you are here. It is great to see familiar faces from last year, as well as so many new moms joining us this year. Our MOMSnext group is an open, accepting place for all mothers of school-age kids to come, just as they are, to experience authentic community, personal growth, practical help and spiritual hope. MOMSnext will encourage, equip and develop moms in the next phase of mothering. So sit back, relax, and get ready to be encouraged and refreshed in your vital calling as a woman and a mother!

Sincerely,

The MOMSnext Leadership Team

Peace starts at Home: You have a big role to play in helping maintain a peaceful home. It's a big job, so don't be afraid to ask for help...especially God's help.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. –John 14:27



2010 – 2011 Meeting Dates

November 10 – Janet Mancini – *Purposeful Mothering*

December 8 - Judy Rossi – *Where is your Heart at Christmas*

January 12 – Jean Anfindsen – *Having "The Talk" with your Kids*

February 9 – Kari Meyer – *Word Gifts: Releasing the Power of Encouragement*

March 8 – Barbara Curtis – *Raising Kids in a Pop Culture*

April 12- Kathi Lipp – *The Me Project: 21 Days to Living the Life you have Always Wanted*

May 10 – Sherri Munshi – *Shopping Your Closet*

Fall Service Project

MOMsnext Moms serving and encouraging each other AND their community. Our MOMsnext fall service project is supporting The Good Shepherd Alliance in Ashburn. The Good Shepherd Alliance is a Christian non-profit organization providing help and hope for the homeless and those in need ~ men, women and children ~ through emergency and transitional housing and outreach services leading to self-sufficiency and self-worth. Flyers are on each table with specific items from the GSA wish list. Donations should be brought to the November meeting. Please contact Brandy Stone with any questions: bstone00@verizon.net or 703-723-0398.

Women's Heart to Heart Event

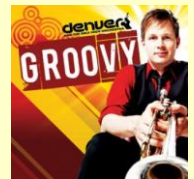
Tuesday, November 1st from 7:00 - 9:00 pm at CFC/room 129. A time for encouragement, fellowship and fun. Steph Fink, will speak on "The Colorful Art of Friendship." For more information: http://www.cfellowshipc.com/pages/page.asp?page_id=169757

The Art of Marriage Conference

A six session video event on November 4th & 5th at CFC. Experience God's design for marriage through engaging stories & real-life testimonies. See their web site for information and registration: www.cfellowshipc.com/pages/page.asp?page_id=167553

Door Prizes...

We have purchased CDs from Denver and the Mile High Orchestra. Their goal is to make great music for kids that won't drive parents bonkers! Check them out at: <http://store.gofishguys.com/music/denver-and-the-mile-high-orchestra-groovy.html>



If you have a home based business and would like to donate something for a door prize, please contact Kristen Mason at masonkt@msn.com.



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