



The Apple's Core

Keeping Christ at the Core of Our Hearts

Manipulating the Path of Life

By Wendy Blackwell

About six months ago I became the proud owner of a beautiful orange mountain bike. My boys even went so far as to pick the one with flowers on it. Though this may sound like one of those gifts that fits in the category with new kitchen pots or a new vacuum cleaner, this is one I actually asked for. As God has blessed me with an active and adventurous husband and two energetic boys to join in the fun, I decided that I was not going to be left behind. As the sole female in my family, I was going to have to step out of my comfort zone and then hold on tightly. Thus, we are back to where we started—the orange mountain bike with flow-

ers on it. However, it was not enough to just own the bike and look at it parked in line with the three others at our house. I had to get on, put my feet on the pedals and GO!

The adventure began... after the first few bangs and bumps I realized that this experience was going to be unlike anything I had done before. The risk was greater—the odds of going down were fairly good for a mom who was just trying to keep up; the stakes were higher—



crash could result in significant injury to a body that did not bounce as well as it once did; but the reward was superior—the sense of accomplishment at the end was great for this mom who did it! Seeing the looks on my boys' faces and hearing the words, "Way to go, Mom!" undoubtedly made the whole experience worth it even though I now had matching bruises that were ironically the same distance apart as my handlebars.

After a couple of times on the trail, I realized that the pre-pedaling advice I was given along with the lessons learned the hard way could be summed up in four points which not only

(Continued on page 2)

Welcome to E-Moms!

We welcome you to the first meeting of E-Moms for the 2007-2008 season! We have already begun praying for you and preparing a schedule full of relevant topics and encouraging speakers to share with you. We hope you will be greeted by many friendly faces each time you attend E-Moms, but some you will see every month are those of the ladies on our leadership team. Here is a little bit about each us:

Coordinator: Wendy Blackwell, originally from Atlanta, GA, came here 7 years ago on a military move. She home-schools her boys, Luke (11) and Benjamin (8), and enjoys walking, being outdoors with her sons, and a good book and cup of tea on a rainy day! This is her 4th year on the leadership team.

(Continued on page 4)

Published by E-Moms, A Ministry to Moms of Elementary-Age Children

September 2007



2007-2008
Theme Verse:

Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

Colossians 2:6-7

The Sole Source

Be on the lookout for YOUR ideas in "The Sole Source"! We will ask you for topical "tried and true" suggestions at each of our monthly meetings and we'll share some of them in the next newsletter as well as on the web.



When our eyes are on Jesus, we can "lay aside every encumbrance and the sin which so easily entangles"—the logs, rocks, and narrow passages of this life.

Manipulating the Path of Life

(Continued from page 1)

applied to the bike trail but also to this thing called life we are all trying to manipulate—

1. KEEP YOUR EYES UP—

These are the four words my husband shouted back to me as we started down the path. They proved invaluable! However, it was difficult to do. My tendency was to look down and attempt to manipulate each obstacle—each log, rock, or narrow passage—perfectly. In approaching the path this way occasionally I would make it (by no means perfectly), but after being so focused on the current challenge I was usually blindsided by the next one. So it is with life. Hebrews 12:2 tells us to “fix our eyes on Jesus, the author and perfecter of our faith.” When our eyes are on Jesus, we can “lay aside every encumbrance and the sin which so easily entangles”—the logs, rocks, and narrow passages of this life.

2. SPEED IS GOOD—I quickly discovered when I would apply the brakes before going over a difficult part of the path that things got worse. The bumps seemed harder...sometimes I would get stuck in the middle...or the task seemed impossible. However, when I used my forward momentum things went much better, and I was over the log before I knew it. Hebrews 12:2 goes on to say when our eyes are on Jesus and we are not entangled in the obstacles, we can “RUN with endurance the race set before us.” When we are running (with our eyes up, of course), the obstacles pass under us much faster and easier.

3. EXPERIENCE IS VALUABLE—Each time I encountered an obstacle, I learned lessons that prepared me for the next one—the best speed to be going, how to shift my weight, when to lean forward and when to

pull back. The same can be said of life—each challenge is an opportunity for growth and learning to better prepare me for what is around the next corner or over the next hill.

4. HOLD ON TIGHTLY—On the bike, the handlebars are the control center. To lose my grip on those would have disastrous results. In my life, the truths about God are the control center. What I believe determines how I steer the course I choose. Failing to cling to those truths when the obstacles come (and they will!) could have disastrous results.

So, whether you are mounting your bike to tackle the trail or waking up to face another day as a mom, hopefully these four points will encourage you to do it well!

90 Minutes

The theme for the 2007–2008 90 Minutes season is “Dad’s Toolbox”. Our reference for this year will be Chip Ingram’s popular book, “Effective Parenting in a Defective World”. Come join us for the first session, “Raising Positive Kids in a Negative World”, **October 1 at 7pm**, in the Terrace Rooms. All fathers and grandfathers interested in being more purposeful in their parenting are invited to attend. Contact us: ninetyminutes@verizon.net

Mentor Mom Chat

Come join us on **October 1st at 12:30 pm** at the Immanuel playground for an informal gathering with the Mentor Moms. Bring a cup of coffee or your lunch and join us for a chat! Feel free to bring your children with you. Hope to see you then!



E-Moms

E-Moms will meet again on **October 22 from 7-9 pm** in the Terrace Rooms. Our speaker will be Cathryn Jones, wife of Immanuel’s Senior Pastor, Dr. Ron Jones. Come let her inspire you to “Step Up to the Plate: Give God Your Best!” Join us for an evening of encouragement and fellowship!

We love our children, but please remember that our meetings are designed as a night out for moms only.



Mark your Calendar for these important upcoming events!

Resources

Do you have the desire to find and follow God's plan for your life? The E-Moms Book of the Month for September is [What Happens When Women Walk in Faith: Trusting God Takes You to Amazing Places](#), by Lysa TerKeurst. This encouraging book is filled with relevant personal stories married with Biblical insights to help you on your way to recognizing God's leading in your life. It also includes Bible study guides

for personal study that will help you apply what you learn from this book to your own journey of faith.

Other resources to try include:

[31 Days Toward Passionate Faith](#), by Joni Eareckson Tada — inspiration based on her own desire for a more passionate faith

[Growing in Wisdom and Faith](#), by Elizabeth George — a practical guide to daily life choices, based on James

[Becoming a Woman of Faith](#), by Cynthia Heald — a Bible study

[Extraordinary Faith: God's Perfect Gift For Every Woman's Heart](#), by Sheila Walsh — no matter your situation, God is faithful to walk you through it

[Authentic Faith: The Power of a Fire-Tested Life](#), by Gary Thomas — a look at spiritual disciplines and how they can help you focus on things of eternal value.



*Buy the Book of the Month at tonight's meeting at a **20% discount**, or in the Immanuel Christian Bookstore at the discounted price this month when you mention E-moms before you check out!*

Getting to the Core

Our theme for E-Moms this year is "Surrendered Steps." As busy moms, we all know how easy it is to get caught up in the many daily urgencies before us! While God desires for us to fulfill our calling to motherhood well, this often does NOT involve all the things we feel compelled to put on our

"to do" lists! As we strive to surrender each step to the Lord and to discern His will in our daily lives, E-Moms wants to encourage you to take time to read the Bible each day. You will grow in your relationship with the Lord and be more focused on Him as you make your daily choices!

As you commit yourself to God's Word, consider joining one of IBC's wonderful Bible studies. Offered at various times, some even have childcare. For more information, check out the Women's Ministry and also the Education sections at: www.immanuelbible.net or call IBC at 703-941-4124.

*"Show me your ways, O Lord, teach me your paths; **guide me in your truth and teach me**, for you are God my Savior, and my hope is in you all day long."*

Psalm 25:4-5

Mentor Moms

We have three wonderful ladies serving as our Mentor Moms this year, ready to encourage you and to help you tackle your parenting challenges! Submit your "Ask the Mentor Mom" questions at our monthly meetings and the Mentor Moms will answer one or two questions a month in this space! See page 4 for more details on spending time with our Mentor Moms.

Jan Yantz has been in No. VA for 14 years and she has an active life with 5 children: Laura (19), Anna (17), Becca (15), Alissa (14), and Jonathan (12). She is our returning Mentor Mom and has served on E-Moms leadership for 6 years. Jan enjoys reading, flower arranging, and cooking.

Enid Walker, originally from Raleigh, NC, has been in the area nine years. She has been a speaker at E-Moms several times and this is her first year on leadership. Enid has 5 children: Kara(22), John-Mark (20), Ariel (19), James (15) and Zoe (8). Her favorite thing to do is visit with friends, and she also likes movies, books, and going to the beach.

Melinda Bargery is an Air Force wife from Tennessee who has lived all over the globe, including England, Germany and the Philippines. She is an experienced home-school teacher with four children: Sarah (18), Haley (19), Jackson (14) and Mary Margaret (5). She loves supporting her kids in their various sports and also studying the Bible with other women in her neighborhood. This is her first year as a Mentor Mom.



Have a question for the Mentor Moms? Drop it in the "Ask the Mentor Mom" basket at our next meeting or send it to:

e-moms@immanuelbible.net



Keeping Christ at the Core of Our Hearts

E-Moms is a Ministry of
Immanuel Bible Church
6911 Braddock Rd
Springfield, VA 22151

Questions?
703-941-4124 or
e-moms@immanuelbible.net

E-Moms is a ministry for mothers of Elementary-aged children. We aim to encourage, refresh, and inspire moms! You will get the opportunity to meet face to face and develop relationships with other moms in the same stage of life who are experiencing some of the same parenting joys and challenges as you. Our monthly meetings provide you with great food (all prepared for you), encouraging speakers (all relevant to you), and stimulating discussion (all geared toward you). Come join us!

CHECK US OUT ON THE WEB! YOU'LL FIND THE SCHEDULE OF SPEAKERS FOR THIS YEAR, GREAT IDEAS FROM OTHER MOMS ON TOPICS YOU CAN RELATE TO, AS WELL AS THE ELECTRONIC VERSION OF THIS NEWSLETTER!

WWW.IMMANUELBIBLE.NET/FAMILY/PARENTING/EMOMS.PHP

Meet the E-Moms Leadership Team

(Continued from page 1)

Assistant Coordinator: Janis Ours has attended E-Moms for 3 years and was a table leader last year. She has two children, William (9) and Katie (7) and has many interests, including soccer, hiking, biking, flute, cake decorating, cooking and scrapbooking.

Speaker Coordinator: Kelly White is a past E-Moms table leader and this is her second year as the Speaker Coordinator. She grew up in Colorado and Annapolis, MD. Kelly's children are Tyler (10), Tristan (8) and Julia (5 1/2). Her interests include hiking, walking, scrapbooking and stamping.

Table Leader Coordinator: Janine Peterson has been in this area 16 years and this will be her 4th year on E-Moms leadership. Her children are Bradley (12) and Amy (9). She likes to spend time with family and friends, read, & she hopes to pick up cross-stitching again!

Publications Coordinator: Mandy Croushore is a long-time resident of the D.C. area and this is her second year on the E-Moms team. She has 3 children, Emma (11), Molly (8), and Ryan (5). Mandy's interests include photography, cooking, reading, and crafts.

We have 3 creative ladies serving you on the Hospitality team this year:

Sheryl McNally is originally from Michigan, but considers Springfield home after 10 years here. She is returning for her second year on E-Moms leadership. Sheryl likes hanging out with her girlfriends, going to the beach, and watching sons Tyler (12) and Joey (10) play sports.

Gail Morris has been at Immanuel 16 years and began attending E-Moms last year. This is her first year on the E-Moms team. Gail has 3 children, David (9), Matthew (5), and Alison (2). Her hobbies (at least before having 3 kids!) include scrapbooking, sewing, reading, as well as playing flute and piano.

Mary Pincombe is a native to the area and she has attended E-Moms for the past two years. Last year she was a table leader and this is her first year on the Hospitality team. Mary has 2 children, Olivia (8) and Paul (5) and she enjoys scrapbooking and basketball (playing and coaching).

We look forward to serving each of you and encouraging you to "Keep Christ at the Core of Your Hearts" this year!