

FALL SEMESTER

SEPTEMBER 13–DECEMBER 6 | 9:30–11:30 AM

Cost: \$85 (plus \$5 per child for childcare)

September 13 – Kick-Off

Join us for our annual kick-off meeting as we introduce this year's theme, **"All For Love."** Meet your table leader and mentor mom and get acquainted with the other ladies in your group.

September 27 – Lies Moms Need To Stop Believing

Paul Angone, best-selling author and media spokesperson on the unique challenges facing the Gen Z and Millennial generations, will join us to discuss lies that permeate every part of our culture. Through his hilarious storytelling, he reminds us that we are not alone, we have a hope for our future, and we have truth that we can build our lives on. But first, we must uncover and leave the lies behind.

October 4 – Are My Kids On Track? (Video with David Thomas and Sissy Goff)

Back by popular demand, some of our favorite parenting speakers, David Thomas and Sissy Goff, will explore the first stages of development in both boys and girls. They will help us learn what it means to call out the unique identity of the kids we love. We'll receive fresh insight and much-needed encouragement for the road ahead!

October 18 – A Playdate To Remember (Off-site)

We have picked a special place for a fun playdate. Enjoy getting to know the ladies at your table and other moms in the group better while the kids play.

November 2 (TUESDAY)* – Cathedrals Under Construction

Jenny Dean Schmidt, executive director and host of the ChannelMom radio program, will be here to share from her personal and professional life. Jenny will talk to us about our personal construction process to becoming the beautiful mom and woman God created us to be.

November 15 – Bedtime Battles Be Gone

Just because you are a mom does not mean you have to be chronically tired! If you are struggling with bedtimes that take hours, sleepless nights, endless feedings, or super short cat-nappers, Sleeper Teacher Sara Cuthbert will help! Taking into consideration the multitude of parenting styles, Sara has practical tips that will help the whole house get a better night's sleep.

December 6 – Christmas Brunch

A special holiday brunch will be served along with music and a devotion, helping us to start our Christmas season with the right focus and intention!

***MomNation** combined event.

SPRING SEMESTER

JANUARY 10–MAY 2 | 9:30–11:30 AM

Cost: \$85 (plus \$5 per child for childcare)

January 10 – Just For Fun: Game Day

Leave behind the hustle and bustle of the holiday season. Wear your comfy clothes and join us for a fun game day with lots of door prizes and laughter. It will be an entertaining and relaxing morning to start off the New Year.

January 24 – Loving Our Kids Through Big Emotions

All kids experience big emotions, and sometimes those come out in unhealthy or destructive ways. Legacy Comprehensive Counseling and Consulting Clinical Director, Molly White, Ph.D., BCBA-D and Kara Knox, LPC, BCBA will be with us to share their expertise in Zones of Regulation. Their services aim at helping kids decrease negative, unwanted behaviors as well as increasing positive, socially appropriate behaviors.

February 7 – The Ripple Effect of Sex

Francie Winslow, producer and host of Heaven in our Home podcast, longs to give a fresh, biblical perspective on the topic of married sex...a crucial and sometimes taboo topic that often gets overlooked in the church. She will talk about the ripple effect of sex and why it matters to God's mission for us and our marriages.

February 24 (THURSDAY)* – Evening Meeting Date Night (Bring your husbands!)

We are flipping our normal meeting upside down. Instead of a morning meeting with your girls, let's make it a date night with your husbands! Instead of breakfast, we'll have dessert. We will hear from Brandon and Kelly Young, a dynamic couple who has served our community and our country in a variety of roles including the military, nursing, and several non-profits. Their story of service, marriage, redemption, faith, and leadership is **incredibly** powerful and inspiring. Childcare will still be provided.

March 7 – Keeping Our Kids Safe While Also Letting Them Live

In this two-part morning, we will first explore helpful and practical tips on child safety such as basic first aid, CPR, and choking intervention, as well as water safety. Then we will hear from our own mentor moms on the power of constantly giving our kids back to the Lord in prayer, letting them live the lives they were created for.

March 28 – Empathy: The Human Connection

Each one of us has a constantly shifting story with chapters of pain and redemption, hope and wonder, or somewhere in between. In a world that focuses on our differences and conflicts, empathy is something we so desperately need to figure out. Join us for a morning of exploring this complex word and how it impacts every relationship around you!

April 11 – Experiencing God's Grace

Are you tired, mama? Worn out by trying to be all of the things to all of your people? This morning we will lean into what it means for us to truly understand God's grace. Knowing that we are forgiven, loved, and redeemed changes **EVERYTHING** and impacts our friendships, our marriages, and how we interact with our kids.

May 2 – Spring Brunch

A beautiful morning dedicated to celebrating our MOPS community! Come enjoy a yummy breakfast and time to reflect on what a great year it has been!

***MomNation** combined event.