



WOMEN'S MINISTRY • 2021 - 2022

FOR SUCH A *Time* AS THIS

WELCOME TO WOMEN'S MINISTRY 2021-2022

Our theme and verse for this year is taken from the book of Esther. I love this book. It's a story of intrigue—an example of how one woman thwarted an evil plan to destroy the nation of Israel. Esther was courageous. She desired to serve God while risking her safety. God has a purpose for the situations in which He places us, and Esther was certainly an example from the Bible for us today. This book reveals the sovereignty of God in all areas of our lives.

Esther was in the right place at the right time. Her intentional actions maximized her time on Earth. Don't we all want to make the most of every day in our lives? We want to pour into our families, our home, as well as grow in our relationship with the Lord. Time is precious to each of us.

We have designed this booklet to help you make choices that fit your season of life and prioritize what matters most. We offer community of small groups in Bible studies, various MomNation groups, a women's Sunday school class, online groups, both day and evening, with many of our groups doing service projects periodically together. We top it off with special events featuring national speakers and worship leaders. Girlfriend clubs can be a fun way to meet around a shared hobby or interest once a month.

It is our hope that you will make time to peruse this booklet and find community and ways to know Jesus better as well as join Him on mission. Wherever you are on your journey, whether just beginning to follow Jesus or a follower for many years, you have a place in our Women's Ministry.



JANET CARTER AND THE WOMEN'S MINISTRY TEAM

Executive Director of Women's Ministry

jcarter@missionhills.org

FOR SUCH A
time
AS THIS
ESTHER 4:14

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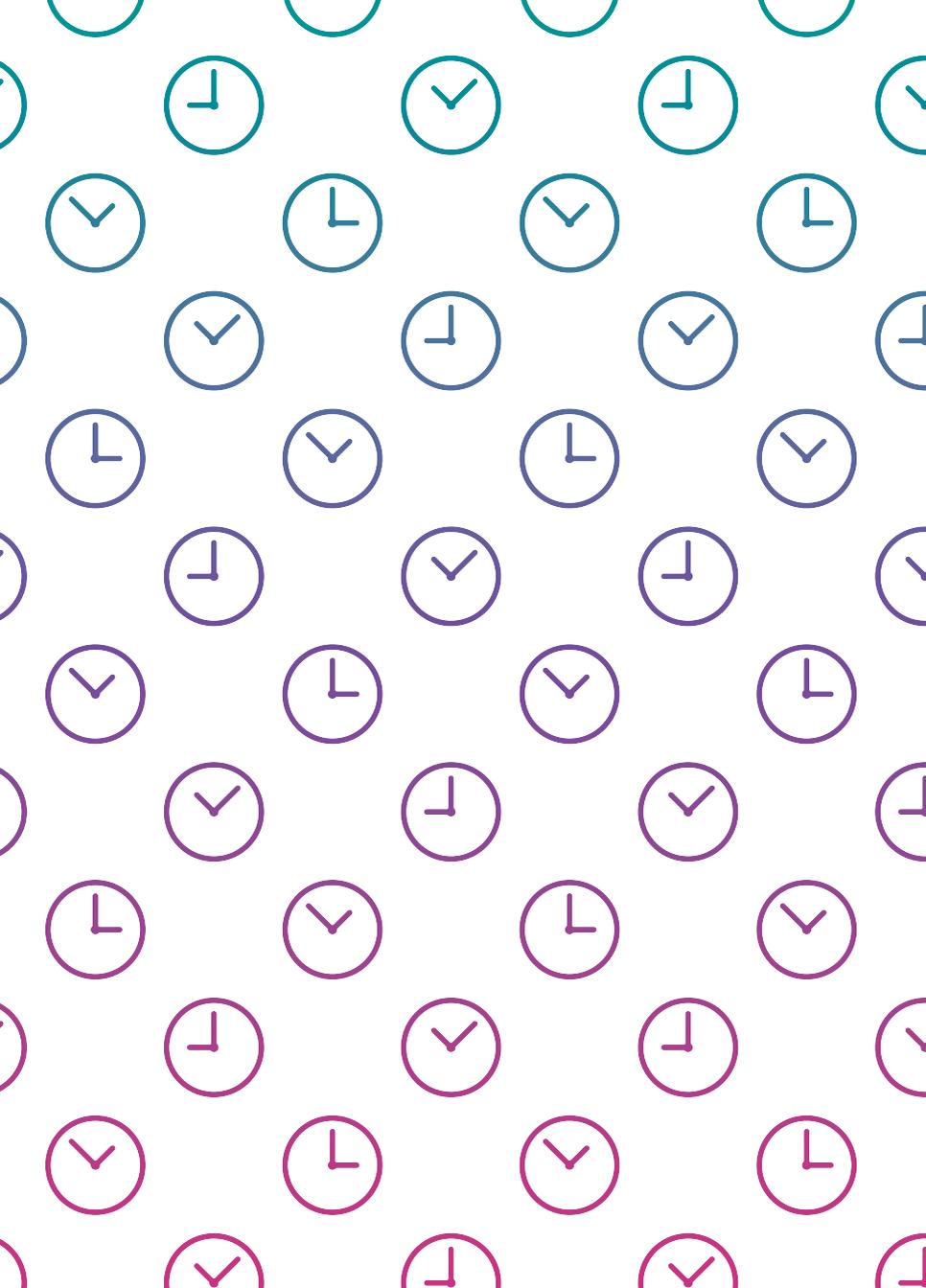
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Year at a Glance

2021-2022

August 17	Night of Worship
September 7	Bible Studies Fall Semester Begins
September 13	MomNation Fall Semester Begins
October 1 + 2	Lysa TerKeurst
November 4	Chunky Knit Blanket Workshop
January 10	Bible Studies + MomNation Spring Semester Begins

More events coming in Spring 2022.
Check missionhills.org/women for updates.



Bible Studies

sorted by day of the week

Our Bible studies meet in small groups of about 12-18 women, mostly multigenerational. We encourage you to stay with the same group all year to give you the best opportunity to build friendships.

We offer a number of studies from which to choose. To simplify the process, we suggest that you choose a study that is right for you based on:

- Level of homework intensity
- Most convenient day or night of the week

If you are new to Bible study, we suggest you start with a low intensity option.

In order to guarantee your curriculum is ready on the first day of classes, please register by August 20 for the fall semester and December 5 for the spring semester at missionhills.org/wbs.

Once on this page, under **GROUPS FILTER** you may select either **MHC - Littleton Campus** for in-person classes or **Online** for at-home options.

Our morning studies provide childcare through our wonderful Kids Ministry Weekday Program. For more information, please see policies in the back of this booklet.

LOW 1-2 HOURS

LOW INTENSITY

These studies require approximately **1-2 hours** of homework per week.

MID 2-3 HOURS

MID INTENSITY

These studies require approximately **2-3 hours** of homework per week.

HIGH 5+ HOURS

HIGH INTENSITY

These studies require approximately **5+ hours** of homework per week.

FALL STUDIES

Mondays: 9:30-11:30 AM
MomNation Study, pg 37
Nehemiah, \$25
 (September 20-December 13)

Tuesdays: 9:30-11:30 AM
MomNation Study, pg 37
Nehemiah, \$25
 (September 21-December 14)

Tuesdays: 10 AM-Noon
Elijah, \$25
 (September 7-November 30)
With Us in the Wilderness, \$25
 (September 7-November 30)
Exodus part 1, \$25
 (September 7-November 16)

Genesis part 1 - Joy of Living, \$25
 (Sept 7-Nov 16, Jan 11-Jan 25)

Wednesdays: 10 AM-Noon
Elijah, \$25
 (September 8-December 1)
With Us in the Wilderness, \$25
 (September 8-December 1)
Exodus part 1, \$25
 (September 8-November 17)
Nehemiah - Creative, \$40
 (September 8-December 1)

Thursdays: 10 AM-Noon
Elijah, \$25
 (September 9-December 2)
With Us in the Wilderness, \$25
 (September 9-December 2)
Genesis part 1 - Joy of Living, \$25
 (Sept 9-Nov 18, Jan 13-Jan 27)
Judges + Ruth - Precepts, \$30
 (September 9-November 11)

SPRING STUDIES

Mondays: 9:30-11:30 AM
MomNation Study, pg 37
With Us in the Wilderness, \$25
 (January 18-April 26)
 *first and last meetings on Tuesdays

Tuesdays: 9:30-11:30 AM
MomNation Study, pg 37
With Us in the Wilderness, \$25
 (January 18-April 26)

Tuesdays: 10 AM-Noon
Nehemiah, \$25
 (January 11-April 12)
Ruth, \$25
 (January 11-April 12)
Exodus part 2, \$25
 (January 11-April 5)

Genesis part 2 - Joy of Living, \$25
 (February 1-May 3)

Wednesdays: 10 AM-Noon
Nehemiah, \$25
 (January 12-April 13)
Ruth, \$25
 (January 12-April 13)
Exodus part 2, \$25
 (January 12-April 6)
Ruth - Creative, \$40
 (January 12-April 13)

Thursdays: 10 AM-Noon
Nehemiah, \$25
 (January 13-April 14)
Ruth, \$25
 (January 13-April 14)
Genesis part 2 - Joy of Living, \$25
 (February 3-May 5)
1 + 2 Samuel - Precepts, \$40
 (Nov 18-Dec 2, Jan 13-Apr 21)

FALL STUDIES

Wednesdays: 12:30–2:30 PM
Exodus part 1, \$25
 (September 8–November 17)

SPRING STUDIES

Wednesdays: 12:30–2:30 PM
Exodus part 2, \$25
 (January 12–April 6)

FALL STUDIES

Mondays: 6:30–8:30 PM
Elijah, \$25
 (September 13–November 29)
With Us in the Wilderness, \$25
 (September 13–November 29)
For Women in their 20's + 30's
Elijah, \$25
 (September 13–November 29)

SPRING STUDIES

Mondays: 6:30–8:30 PM
Nehemiah, \$25
 (January 10–April 11)
Ruth, \$25
 (January 10–April 11)
For Women in their 20's + 30's
Nehemiah, \$25
 (January 10–April 11)

Tuesdays: 6:00–8:00 PM
Elijah, \$25
 (September 7–November 30)
Exodus part 1, \$25
 (September 7–November 16)

Tuesdays: 6:00–8:00 PM
Nehemiah, \$25
 (January 11–April 12)
Exodus part 2, \$25
 (January 11–April 5)

Thursdays: 6:30–8:30 PM
Genesis part 1 – Joy of Living, \$25
 (Sept 9–Nov 18, Jan 13–Jan 27)

Thursdays: 6:30–8:30 PM
Genesis part 2 – Joy of Living, \$25
 (February 3–May 5)

If you are unable to attend one of our studies at the Littleton campus, we offer many at-home options.

ZOOM

Participate in a weekly small group discussion via video conferencing. You can connect to the discussion through Zoom using the website **zoom.us** on your computer or by downloading the free Zoom app on your smartphone.

FALL STUDIES

Monday Evenings: 7:00–8:00 PM
Exodus part 1, \$25
 (September 13–November 29)
 Leader **Lisa Goheen** | lmgoheen02@gmail.com

Tuesday Mornings: 10:00–11:00 AM
Judges + Ruth – Precepts, \$30
 (September 7–November 9)
 Leader **Janet Carter** | jcarter@missionhills.org

Tuesday Evenings: 6:30–8:30 PM
Judges + Ruth – Precepts, \$30
 (September 7–November 9)
 Leader **Mary Link** | marylink@usa.net

Tuesday Evenings: 7:00–8:00 PM
Elijah, \$25
 (September 7–November 30)
 Leader **Cari Allen** | callen@missionhills.org

Wednesday Mornings: 10:00 AM–Noon
Judges + Ruth – Precepts, \$30
 (September 8–November 10)
 Leader **Mary Link** | marylink@usa.net

SPRING STUDIES

Monday Evenings: 7:00–8:00 PM
Exodus part 2, \$25
 (January 10–April 11)
 Leader **Lisa Goheen** | lmgoheen02@gmail.com

Tuesday Mornings: 10:00–11:00 AM
1 + 2 Samuel – Precepts, \$40
 (Nov 16–30, Jan 11–Apr 19)
 Leader **Janet Carter** | jcarter@missionhills.org

Tuesday Evenings: 6:30–8:30 PM
1 + 2 Samuel – Precepts, \$40
 (Nov 16–30, Jan 11–Apr 19)
 Leader **Mary Link** | marylink@usa.net

Tuesday Evenings: 7:00–8:00 PM
Nehemiah, \$25
 (January 11–April 12)
 Leader **Cari Allen** | callen@missionhills.org

Wednesday Mornings: 10:00 AM–Noon
1 + 2 Samuel – Precepts, \$40
 (November 17–April 20)
 Leader **Mary Link** | marylink@usa.net

BIBLE STUDY PODCAST

God of Creation – A Study of Genesis 1-11, by Jen Wilkin

If your schedule does not allow for regular meetings for Bible study, you don't have to miss out! Work through a study at your own pace and listen to a Podcast discussion anytime, anywhere. No registration required. For more information on how to get involved, go to missionhills.org/biblestudypodcast. Hosted by **Kelly Brown + Kristy Allen**.

WOMEN'S SUNDAY SCHOOL

SUSTAINERS

Sundays: 11:00 AM-Noon

Taught by **Debbie Harman**

- Suitable for ladies of all ages.
- Covers relevant book studies, with low-intensity homework.
- Fee determined by each study.
- Meets year-round!

Bible
Studies

descriptions by
homework intensity

LOW INTENSITY

Elijah by Priscilla Shirer – includes DVD teaching

- Understand the value of seasons of growth and testing in your spiritual maturity.
- Be encouraged to wait on God’s good work in your heart and mind, even in seasons when you feel like no one sees.
- Learn to trust in the goodness and faithfulness of God and His purposes for your life.

Nehemiah by Kelly Minter – includes DVD teaching

- Be challenged to let God break your heart for a hurting and lost world.
- Learn real-life ways to put feet to your faith.
- Be inspired to listen to what God has put in your heart to do.

Nehemiah – Creative by Kelly Minter – includes DVD teaching

- Have fun incorporating creative projects into your study of Nehemiah.
- Registration fee includes cost of projects.

Ruth by Kelly Minter

- Learn about Ruth’s journey of unbearable loss, redeeming love, and divine legacy.
- Delve into the virtuous character of Ruth, her unique relationship with her mother-in-law Naomi, and her blossoming love with Boaz.
- If you have ever felt devastated, struggled as a stranger, longed to be loved, or wept along the way, you will find a loyal sister in Ruth.

Ruth – Creative by Kelly Minter

- Have fun incorporating creative projects into your study of Ruth.
- Registration fee includes cost of projects.

With Us in the Wilderness by Lauren Chandler – includes DVD teaching

- A study through the book of Numbers.
- Know that God’s character is steady through every wilderness season.
- Unravel confusing Old Testament stories for a deeper understanding of God’s love.

MID INTENSITY

Exodus – Part 1 + 2 by Jen Wilkin – includes DVD teaching

- Through a verse-by-verse study of the book of Exodus, learn the deeper theological implications of stories you have known for years.
- Understand how God protects His children and prioritizes their worship of Him above all else.
- Explore how God provided deliverance for His children to be able to worship Him freely and how it affects our lives today.

Genesis – Part 1 + 2 by Joy of Living

- A verse-by-verse study of the book of Genesis, the foundation for understanding God’s plan for our lives today.
- Study the beginnings of sin and redemption, of society and civilization, and of marriage and family
- Examine the stories of Adam and Eve, Noah, Abraham, Isaac, Jacob, and Joseph, telling of both their faith and their failures, and seeing God’s hand on their lives.

LOW 1-2 HOURS

LOW INTENSITY

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MID 2-3 HOURS

MID INTENSITY

These studies require approximately **2-3 hours** of homework per week.

HIGH 5+ HOURS

HIGH INTENSITY

These studies require approximately **5+ hours** of homework per week.

HIGH INTENSITY

Judges + Ruth – Precept Upon Precept by Kay Arthur – includes DVD teaching

- Study the books of Judges + Ruth using the Precept Inductive Bible Study Method.
- Learn how only God's truths and moral principles bring peace and freedom from bondage.
- See how Jesus both redeemed us and defends us, offering us an opportunity to rebuild our broken lives.

1 + 2 Samuel – Precept Upon Precept by Kay Arthur – includes DVD teaching

- Study the books 1 + 2 Samuel using the Precept Inductive Bible Study Method.
- Learn the importance of a life of obedience and how it is lived out in the midst of interpersonal conflicts.
- See how a covenant-keeping God turns a man from the worst sins to a victorious finish.

ALL NEW WOMEN JOINING PRECEPTS STUDIES

PLEASE ATTEND THIS FREE TRAINING:

THURSDAY, AUGUST 12

10:00-11:00 AM | Room M9

Mom
Nation

OUR THEME

MomNation is dedicated to encouraging, equipping, and empowering you in motherhood through the many stages of life. Come find fellowship and inspiration to be the best mom you can be.



After a year spent hunkering down, living smaller, and experiencing a little more fear and anxiety than usual, we are declaring this is the year of going big.

It's a year of fresh starts and turning ordinary experiences into extraordinary ones. This year we embrace the transformative power of love, to the point where it starts to affect everything we do. It results in less scrolling, more conversation. Less comparison, more community. Less fear, more confidence.

More over-the-top displays of compassion. More patience. More life in our souls. This year, love will save us. In fact, it already has, because love's name is Jesus. Join us as we become less guarded and more daring because this is our year to live **all for love**.

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13:4-7, ESV

FIND YOUR GROUP

Find the group that fits your stage of life.

MomNation	Meeting Day	Frequency	Time	Schedule
MOPS Mothers of Infants- Preschoolers	Monday	Twice Monthly	9:30-11:30 AM	See Pg. 20
MOPS Mothers of Infants- Preschoolers	Tuesday	Twice Monthly	9:30-11:30 AM	See Pg. 24
Moms in the Middle Moms of School-Aged Kids + Teens	Monday	6-7 meetings per semester	9:30-11:30 AM	See Pg. 28
Working Moms MOPS	Saturday	Monthly	8:00-9:45 AM	See Pg. 32
MomNation Bible Study**	Monday	Twice Monthly	9:30-11:30 AM	See Pg. 37
MomNation Bible Study**	Tuesday	Twice Monthly	9:30-11:30 AM	See Pg. 37
Single Moms Group	Monday	Monthly	6:30-8:00 PM	See Pg. 41

Childcare provided for all groups listed above.

** Corresponding Bible Study that meets two times a month on opposite weeks as MOPS and Moms In The Middle.

SUPPORT GROUPS

Tapestry – A Ministry for Widows

As We Wait – Infertility Support

Sensory and Special Needs Group

Single Moms Group

See more information on these groups on pages 40-41.

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.

FALL SEMESTER

SEPTEMBER 14–DECEMBER 7 | 9:30–11:30 AM

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

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Cost: \$55 (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." Every mom has a story and each one is important. Come get acquainted with the other ladies in this group and explore the importance of sharing your story.

September 27 – Ask The Kids Panel

The world looks a lot different than when we were kids. So, this morning we will have a panel of middle and high school students willing to answer your questions about what it is really like growing up today. They will share thoughts about faith, school, friends, and technology to help us get a better understanding of the issues facing our own kids.

October 18 – A Legacy of Faith

The Bible is clear that as believers we are supposed to live out our faith and share the good news with everyone. Why, then, is sharing our faith so hard and sometimes downright awkward? Join us as Sherri Crandall, Vice President of Global Ministries and Leadership Experience at MOPS International, shares practical ways to live out our faith and the impact it has on the faith legacy we leave our kids.

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 – Loving My Actual Christmas

The upcoming holiday season is a particularly difficult time for women to slow down and relish what is right in front of them. Local author and speaker Alexandra Kuykendall will share her own personal efforts to be completely present in the holiday season and help remind us to find joy in our own imperfect Christmas.

December 6 – Christmas Brunch

Join us for a special holiday brunch and enjoy some relaxation and casual fellowship before the holiday craziness begins... the perfect way to start the Christmas season!

*MomNation combined event.

SPRING SEMESTER

JANUARY 10–MAY 2 | 9:30–11:30 AM

Cost: \$55 (plus \$5 per child for childcare)

January 10 – *Alone Together: Parenting in a Digital Age*

We live in a world saturated with technology. Although not inherently bad, it can--like everything else--be used for evil and destruction. In this session, Russell Keller from AXIS, a Colorado Springs organization dedicated to guiding parents through today's culture, will examine the leading technologies that are discipling the next generation. We will see how they have revolutionized the world and offer incredibly practical steps for how to use them with wisdom.

February 7 – *Marriage: A Story of Redemption*

Today 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, several non-profits, and leading in the Mission Hills ReEngage ministry. Their story of service, marriage, redemption, faith, and leadership is **incredibly** powerful and inspiring.

February 22 – *Galentines: Health and Beauty Day*

A day for the girls! Take a step away from the fast pace of life and enjoy a morning of fun and relaxation. Come dressed in your comfy clothes and we will have practical tips on nutrition, makeup (with a live demonstration), healthy movement, and a delightful treat!

March 7 – *Deciphering the Gender Identity Conversation*

There's been a lot of talk about gender identity recently, and let's face it... things are confusing. Young people are taking note and the question is: what are they resolving as truth? Let's jump into this controversial topic and hear from experts on how to disciple our youth in conversations about sex, sexuality, and gender.

March 28 – *Let's Give Back: Serve Day TBD*

Join us for a morning of stepping out of our own circles and giving back to the community around us.

April 11 – *Who Needs More Support, Your Kids or Your Aging Parents?*

There is almost nothing more draining and guilt inducing than trying to balance caring for an elderly parent while raising kids. Our panel of speakers will discuss the challenges, obstacles, and helpful tips that come with living in the "Sandwich Generation."

May 2 – *Spring Brunch*

Join us for a fabulous Spring brunch to wrap-up and celebrate the year together!

FALL SEMESTER

SEPTEMBER 11–DECEMBER 11 | 8:00–9:45 AM

Cost: \$45* (plus \$5 per child for childcare)

*Continental breakfast will be provided.

September 11 – Kick-Off

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

October 9 – 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.

November 6 – Marriage: The Importance of Couch Time

Our guest speakers, Rich and Shelly Howard with *OneFamily*, firmly believe that healthy, thriving families need healthy marriages. They will share practical strategies to protect and guard time with your spouse to help keep your marriage a priority.

December 11 – Been There, Done That: Holiday Edition

A fun question and answer time with our own mentor moms who have truly "been there and done that." They will share their best advice on thriving (and not just surviving) this holiday season and raffle off some fun giveaways, too. This is a great opportunity to be mentored by some amazing, godly women.

SPRING SEMESTER

JANUARY 8–MAY 14 | 8:00–9:45 AM

Cost: \$45* (plus \$5 per child for childcare)

*Continental breakfast will be provided.

January 8 – Self Care/Health Care Panel

Finding time to take care of yourself can be daunting with all the demands of life. Too often, we don't even stop to make an appointment. We will have a panel of health care professionals who can help us talk through a wide variety of health-related topics. This is your opportunity to ask questions about how your body and mind continue to change after having babies. Questions can be submitted anonymously as well as in person

February 12 – Love and Logic Workshop

Miki Kellerman is a long-time educator and school administrator in the Denver area who also teaches Love and Logic curriculum. This practical, easy-to-apply parenting advice is great for any stage along your motherhood journey. A significant question and answer time will be provided.

March 5 – Parenting Out of Confidence and Not Fear

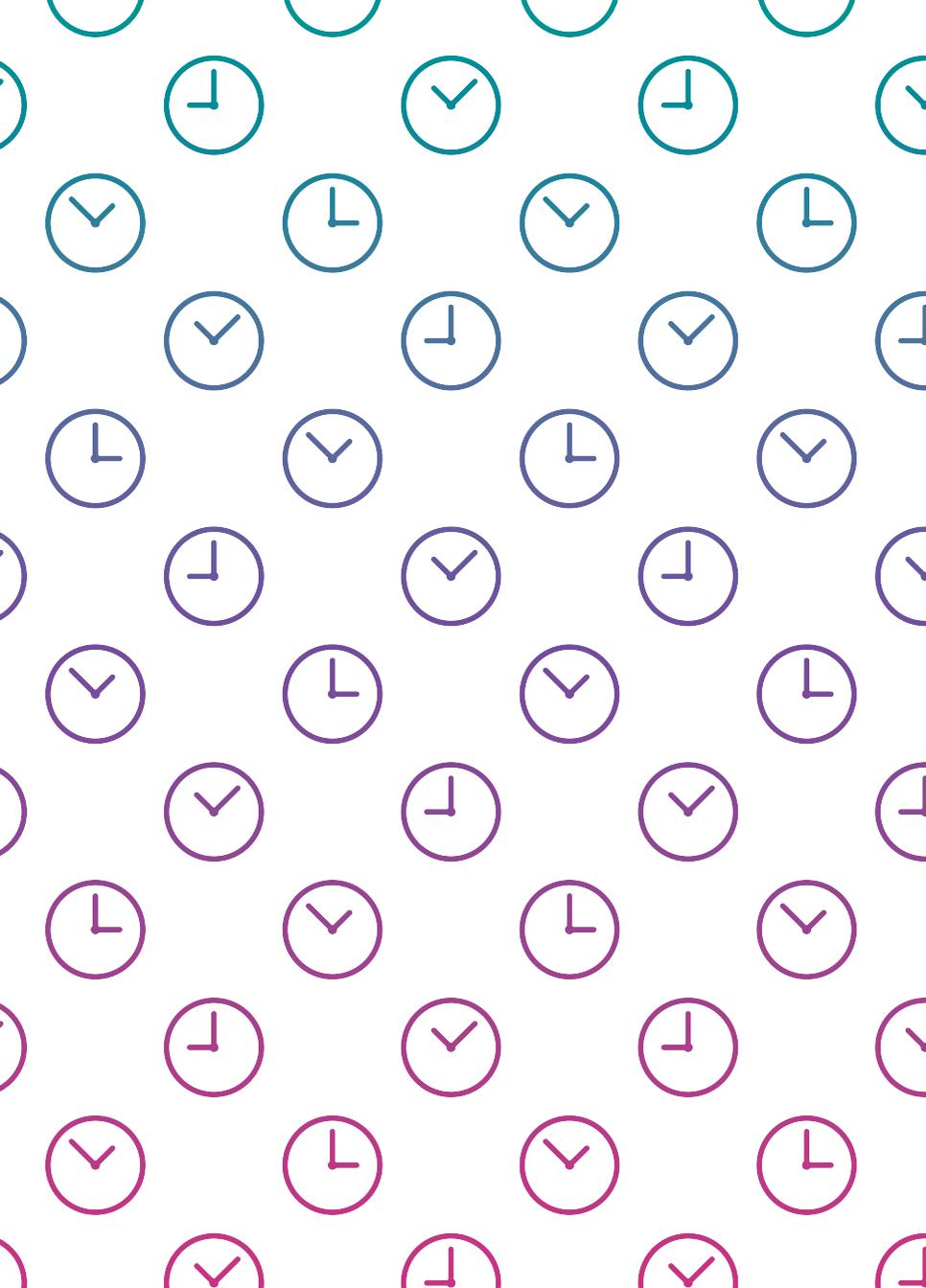
It can be scary raising kids in today's world. Sara Heim-Smit, Douglas County Schools psychologist, joins us to share helpful strategies in setting boundaries for kids to protect them from dangers both in person and online. As a professional who works with students and families, she knows that awareness is a crucial resource to being able to parent out of confidence and not fear.

April 9 – Working Moms Best Practices

Come enjoy a fun, interactive morning designed to tap into each mom's own area of expertise. This will be a unique and valuable networking time as well.

May 14 – What Is Your Legacy?

We have a fabulous Spring brunch planned to celebrate our year together. Joining us will be retired Executive Vice President of The Dow Chemical Company, Carol Williams. Drawing on decades of working in the male-dominated field of engineering, Carol will share her thoughts on how to create a lasting difference through your leadership in both your career and your home.



Mom Nation

Bible Studies

Love bears

all things,

believes

all things,

hopes

all things,

endures

all things.

1 Corinthians 13:7, ESV

These studies are designed to coordinate with weekday **MOPS** and **Moms in the Middle** groups. We meet twice monthly on the weeks we do not meet for MOPS or Moms in the Middle. This allows for two weeks to complete one week's worth of homework. Come as you are - whether you are new to the faith, don't own a Bible, or want to strengthen your faith. Let's grow closer to Jesus together!

Studies are available on Mondays or Tuesdays.

See page 9 for more details.

FALL STUDY

Low Intensity:

Nehemiah - A Heart That Can Break

by Kelly Minter, includes DVD Teaching

Fall Cost: \$25 (*Childcare is provided.*)

- Be challenged to let God break your heart for a hurting and lost world.
- Learn real-life ways to put feet to your faith.
- Be inspired to listen to what God has put in your heart to do.

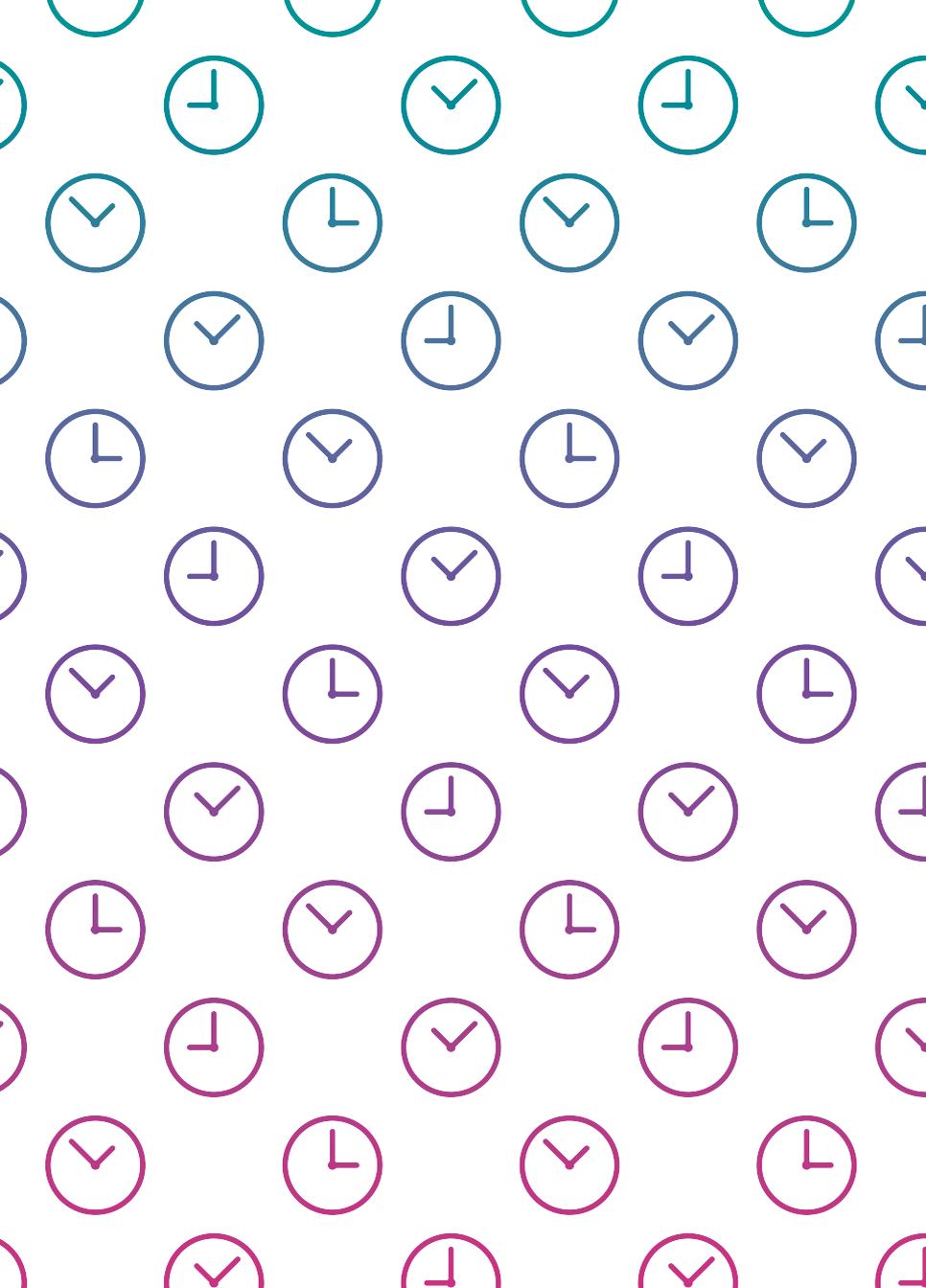
SPRING STUDY

Low Intensity:

With Us in the Wilderness by Lauren Chandler, includes DVD Teaching

Spring Cost: \$25 (*Childcare is provided.*)

- A study through the book of Numbers.
- Know that God's character is steady through every wilderness season.
- Unravel confusing Old Testament stories for a deeper understanding of God's love.



support
groups

TAPESTRY – A MINISTRY FOR WIDOWS

As a widow it can be difficult to find a community where you feel like you fit in and others understand what you have been through. Join us to connect and find ways to feel supported. It does not matter how old or young you are or how long you have been widowed. All are welcome.

Leslie Samson | lesliesamson@gmail.com

AS WE WAIT – INFERTILITY SUPPORT

Are you struggling with infertility and feel like you need to talk with other women who understand what you are going through? Are you battling secondary infertility and need hope? You are not alone. Our journeys of infertility and loss are all unique, but we share many common threads. Please reach out if you would like to connect with other women who have shared your story in some way.

Renee Umeda | rsumeda@gmail.com

Kelsey Brooks | kelseybrooks20@aol.com

SENSORY + SPECIAL NEEDS PLAYGROUP

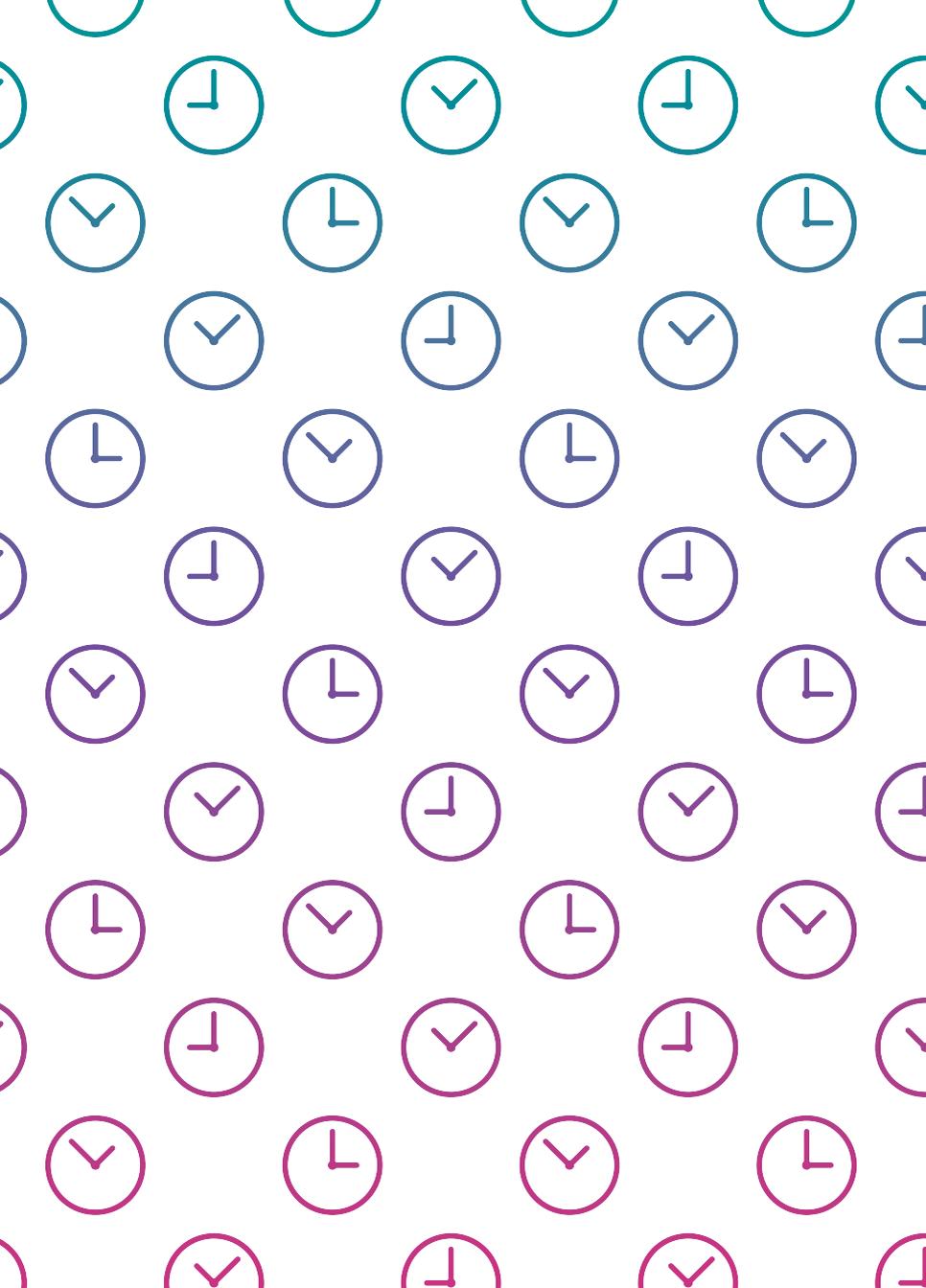
Connect with other parents with kids who have Autism, ADHD, sensory processing disorders, and other developmental delays. Check out the Facebook page to connect with other parents who are on a similar journey.

Facebook Group: [MHC Sensory and Special Needs Group](#)

SINGLE MOMS GROUP

A support group designed for single moms. Whether you are a teen, never married, divorced, or widowed, being a single mom can be challenging. Together we will support each other and be equipped with positive instruction and practical tools that will inspire us to live well as single moms and raise healthy children. *Childcare is provided.*

Sarah Nisbet | sarah.nisbet@gmail.com



outreach

Often, we want to serve but don't know how or where to begin. Our Bible study groups choose one option per small group in the spring semester to serve together. Our MomNation women also choose outreach projects to do during the year. Of course, you are welcome to participate in any one of these choices and serve individually. Below are some of the ministries we support through prayer and service.

ALTERNATIVES PREGNANCY CENTER

youhavealternatives.org

Alternatives Pregnancy Center cares for Denver-area women and men in pregnancy-related crisis and offers them a meaningful alternative to abortion. Advocate: **Brian Gibson** | Gibson@sbcglobal.net

EXTENDED HANDS OF HOPE

extendedhandsofhope.org

This organization offers safe housing and supportive services to domestic sex trafficking survivors, empowering them to move forward with hope and dignity, and raises awareness through education.

Advocate: **Judy Wilson** | judywilsonpa@gmail.com

LOVE INC

loveinclittleton.org

Love in the Name of Christ (Love INC) seeks to be the eyes and ears in the community, while local churches are the hands and feet. They work to mobilize local churches to transform lives and communities in the name of Jesus Christ.

Advocate: **Kathryn Roy** | kathryn@loveinclittleton.org

HOPE HOUSE OF COLORADO

hopehouseoofcolorado.org

Hope House of Colorado empowers teen moms to strive for personal and economic self-sufficiency and to understand their significance in God's sight, resulting in a healthy future for them and for their children.

LIFE CENTER LITTLETON

lifecenterlittleton.org

Our vision is simple: transforming communities period. We live this out one life at a time, sharing the hope and love of Christ while meeting immediate needs and providing long-term solutions to empower people to live the life that God has for them.

Advocate: **Micah Harrison** | mharrison@missionhills.org

NORTH LITTLETON PROMISE

northlittletonpromise.org

North Littleton Promise builds life-giving relationships with immigrant kids and their families through faith, education, and leadership.

Advocate: **Maureen Shannon** | maureen@northlittletonpromise.org

OPEN DOOR MINISTRIES

odmdenver.org

Open Door Ministries provides housing and training as well as encourages women in urban Denver that have chosen to leave their destructive lifestyles.

OPERATION CHRISTMAS CHILD

samaritanspurse.org

This organization provides gift-filled shoe boxes to the local churches throughout the world as a tool for evangelism and discipleship, transforming the lives of children and their families through the Good News of Jesus Christ.

Advocate: **Chris Ferrigno** | christy6354@gmail.com

One of the exciting and stretching ways that women can join Jesus on mission is to participate in a short-term mission trip.

Around the world, women have many things in common and anyone can be used by God to minister to others. Short-term trips will challenge and bless you, and you will return transformed in some way. Our God is a big God, and he does amazing work on each and every trip.

WATCH FOR UPCOMING WOMEN'S TRIPS

For more information on all trips, contact **Leslie Castagna** | lcastagna@missionhills.org.

Freedom Challenge is a movement of passionate women dedicated to freeing oppressed and enslaved women and children in Freedom Challenge Projects around the world. We do this by participating in physical challenges that test our limits while raising funds and awareness to combat these dark social injustices, and set women and children on the path to freedom. We model a four-pronged approach to freeing women and children in the Projects:

Prevent, Develop, Rescue + Restore.

Do Good: Help free enslaved women + children.

Do More: than you ever thought physically possible.

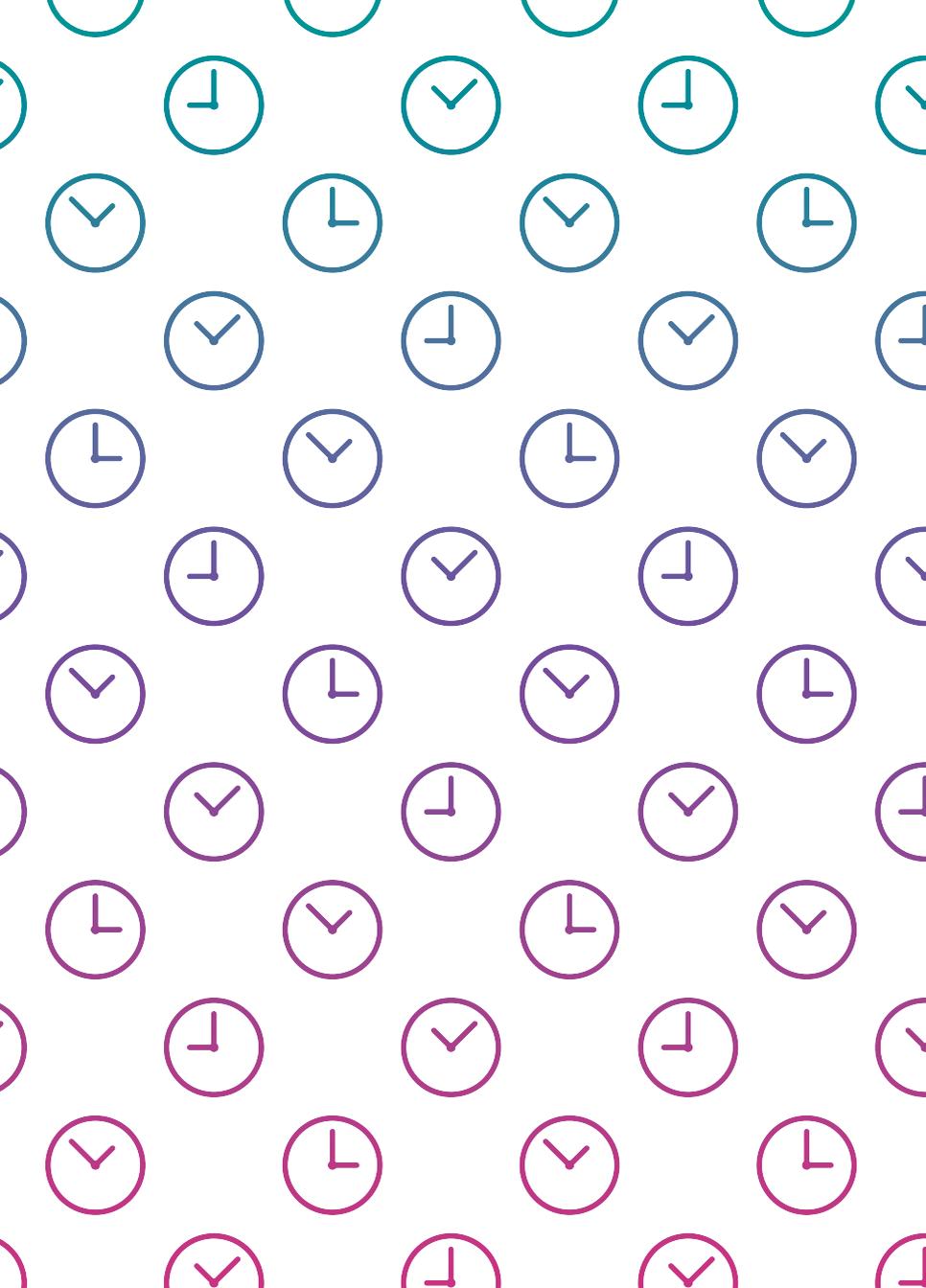
Do It Together: connect with women who have a heart for a hurting world.

Join us on a Saturday in late Spring 2022 (date to be determined) as we walk to raise funds for the Freedom Challenge. Invite your daughters, girlfriends, small group, or Bible study group members to join us as we walk a 2.7 mile loop at the Bluffs Regional Park in Lone Tree, Colorado.

Registration is \$10. Each participant or virtual participant will give or raise \$50, \$100 or \$150 or more to participate in the Freedom Steps. We will meet at the Bluffs Regional Park shelter in the parking lot, which is at the east trailhead. Contact **Patsy Lange** | dplange@q.com or **720.305.7878** if you are interested in participating or if you have questions.

To learn more about Freedom Challenge or upcoming 2022 Challenges visit thefreedomchallenge.com.

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.” Proverbs 31:8-9



girlfriends
clubs

Girlfriends Clubs are designed to help women of all ages connect with one another through interest-based groups. Investing yourself and your time in one of these groups creates new friendships and strengthens existing ones. Each Girlfriends Club meets at least once a month for a time of fun and connecting with others. While having fun, each group also gives back to the community by choosing different service projects.

For more information on a group, please contact the group leader. For general questions, please contact **Jacque Carlson** | jcarlson@missionhills.org.

CROCHET CUTIES

First + third Monday of each month | 1:00-3:00 PM | Room M3

Join our group and have fun crocheting while making new friends. We encourage members to invite their friends to join us as an outreach. Our group is for all ages and skill levels. We have gals that can teach crochet from beginner to advanced. Each year we do several projects as an outreach to our community. We also enjoy quarterly luncheons together.

Contact **Mary Parman** | mkparman@comcast.net
or **Pat Jacobsen** | traincraft@aol.com

GAMIN' GALS

Second Thursday of each month | 7:00-9:00 PM | Centennial

Join Gamin' Gals to connect with other women, play games, and have lots and lots of fun! The best part about playing games is that it provides a way for women to connect. As our outreach, we are providing essential toiletries for the homeless who come to the Food Bank at the Life Center.

Contact **Lois Olson** | olsons80@q.com

HEARTFELT QUILTERS

Second Thursday of each month September-May
(No December Meeting) | 11:30 AM-2:00 PM | The Mill

Come enjoy the fellowship of ladies who love making quilts for families dedicating a newborn, residents of assisted living facilities, and women coming out of human trafficking, along with special projects from time to time. All ages and all skill levels are welcome. Find out how fun and easy it is!

Contact **Dottie Gleason** | dottigleason@comcast.net
or **Missy Flansburg** | missy@flansburgdesign.com

HIKING ADVENTURES

Second Saturday of each month | Time Varies Depending on the Hike
Location is Group Decided

Let's fellowship with each other in God's beautiful mountains! All skill levels are welcome as we explore a new hiking trail each time.

Contact **Margery Morris** | margeryfx@gmail.com

LADIES OF LITERATURE

Second Thursday of each month | 7:00 PM
Sitting area outside of The Grove

Enjoy a monthly book selection and great discussion with a fun group of girlfriends. We generally read the newest fiction titles. For our service project, we collect and donate books for various organizations.

Contact **Penny Moyer** | pennymoyer@gmail.com

PRAYER + PILATES

Fourth Monday of each month | 9:30 AM | Room M9

Have you ever wanted a stronger body...or a stronger prayer life? What if you could do both at one time?! Come join us for Prayer + Pilates, where we will work out and practice reflective prayer exercises to join both important parts of our lives together in a playful, explorative way. Our service project will be collecting items to donate to encourage missionaries serving in difficult places through Azmera ministries.

Contact **Crystal Boecker** | c.boecker@yahoo.com

SEW WHAT

Fourth Thursday of each month September–May
(No December Meeting) | 11:30 AM–2:00 PM | The Mill

We have lots of fun and learning for experienced and non-experienced sewers. If you would like to learn sewing basics or teach a skill, this is the place to do it. We encourage you to bring your own “projects in progress.” This is a great environment for moms and daughters, or grandmas and granddaughters, to work on a special project together. We also make time for praying, sharing, and reaching out to our community. For our service project, we sew garments for those in need for Mission Hills short-term mission trips.

Contact **Dottie Gleason** | dottigleason@comcast.net
or **Missy Flansburg** | missy@flansburgdesign.com

*special
events*

SPECIAL *events*

WOMEN'S NIGHT OF WORSHIP - OUTSIDE!

Tuesday, August 17 | 6:30-8:00 PM

Cost: FREE

Join us for a special evening for women to worship together outside on a beautiful Colorado night. Summer can be such a busy time, so let's prepare our hearts for the year ahead. Our very own Justin Adams will lead us in a soulful night of worship and praise. *We want you to be comfy, so bring your own lawn chair.*



LYSA TERKEURST

GUEST SPEAKER + AUTHOR

Friday, October 1 | 7:00-9:00 PM

Saturday, October 2 | 9:00 AM-Noon

Cost: \$35 (total for both days)

Featuring many exciting shopping boutiques.

Sorry, no childcare.

Lysa TerKeurst, author of many books including *It's Not Supposed to Be This Way* and *Uninvited*, has built her ministry around trusting God's truths in unexpected circumstances. This weekend will be filled with worship led by Katie Wilcoxson, stories, and God's undeniable love for you. Join us for a fun weekend of laughter, learning, and worshipping Jesus together.



GIRLS NIGHT OUT CHUNKY KNIT BLANKET WORKSHOP

Thursday, November 4 | 7:00-9:00 PM

Cost: TBD

Sorry, no childcare.

Mark your calendars for an evening filled with faith, food, friends, and fun! Have you ever wanted one of those gorgeous chunky knit blankets you see in all the designer magazines? Invite your friends and come learn how to make a chunky knit blanket for yourself or for a gift. No knitting or crocheting experience needed, and we will provide all the materials for you. Join the party!



save the dates

LAUREN CHANDLER

GUEST SPEAKER, AUTHOR,
SONGWRITER + WORSHIP LEADER

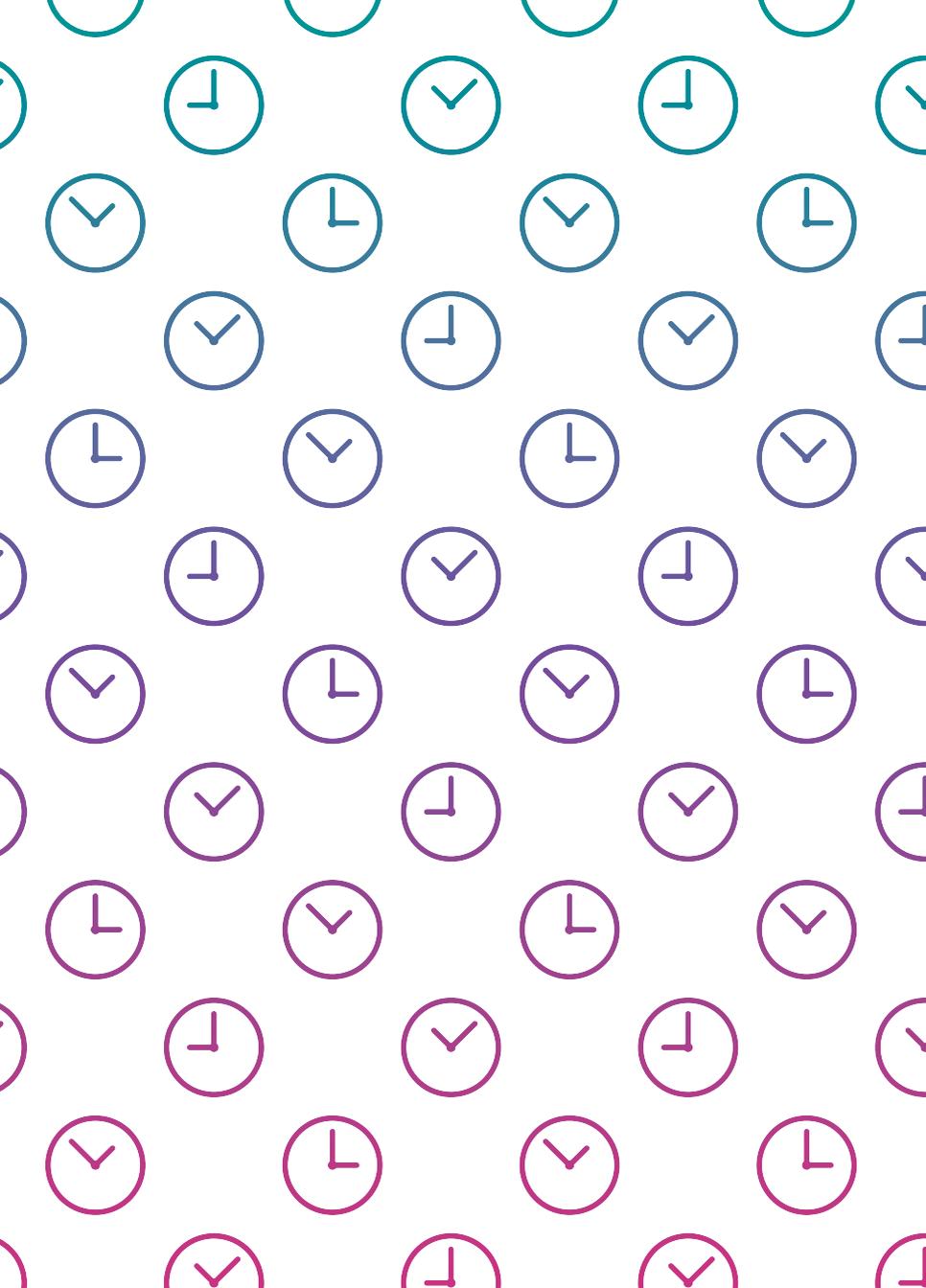
February 10, 2022

Lauren Chandler is a wife, mother of three, and worship leader at The Village Church in Flower Mound, Texas, where her husband, Matt Chandler, is the lead teaching pastor. She loves to stir people's hearts to know, receive, and connect with the God of the universe who loves them, particularly through worship. She enjoys studying God's Word and writing. You will not want to miss this women's night of teaching and worship!



WOMEN'S EVENT TBD

May 2022



policies

Doors will open for check-in 15 minutes before each meeting is scheduled to begin.

Please check in your child at a computer check-in station to receive a name tag for your child and a guardian receipt that will be used for pick-up.

If you are checking in an infant, please fill out an infant form found at the counter. If you are dropping off a child who is potty training, please let the host/leader know and place a potty training sticker next to your child's name tag.

**To avoid any unnecessary accidents, we ask that you take your child to the bathroom before dropping them off at their assigned classroom.*

Please pick up your child no later than 10 minutes after your meeting has been dismissed.

Please bring the following items with your child and make sure each item is labeled:

- Diaper (no cloth diapers) and change of clothes
- Bottle (if needed) with mixing instructions
- Pacifier
- Blanket or comfort item
- For potty training children, a labeled bag with a pull-up and change of clothes, as accidents do happen.

For snacks, we provide Cheerios for infants, and apples and a dry snack for toddlers and older. For children with allergies (should be notated on their name tag), please provide an alternative snack (clearly labeled in a baggie, with their first and last name). We ask that you not bring in food requiring a utensil.

No nuts, please.

To protect the health of families and staff, we ask that you do not bring children with the following symptoms (child must be unmedicated-symptom free for at least 24 hours prior to the event):

- Fever
- Persistent cough
- Unexplained rashes
- Thick or green runny nose
- Pinkeye or other eye infections
- Vomiting or diarrhea

In the event you realize your child may have been contagious with a serious illness after they have been in our care, please contact us at mhckids@missionhills.org so we can notify our families.

Should you need to be reached about your child, we will text message your cell phone with the location where you are needed. If you do not have a cell phone with you, please let the classroom greeter know of your location so we can locate you.

If you have any questions, please contact:

Katie Rutledge | Kids Weekday Coordinator | krutledge@missionhills.org
Kara Sudduth | RahaPlace Coordinator | ksudduth@missionhills.org

Because we are on the border of Littleton and Highlands Ranch, our weather-related cancellation/closure policy is as follows:

BIBLE STUDIES AND MOMNATION

If either Littleton Public School District or **ALL** of Douglas County School District announce a **closure**, we will cancel events. You can also check news channels, missionhills.org, or call our office at **303.794.3564** for weather-related closure or event cancellation information.

If either Littleton Public School District or ALL of Douglas County School District announces a **delay** in school starting time, our morning Bible Studies as well as MomNation programs will meet from **10:00 AM-Noon**.

SATURDAY WORKING MOMS

For weather-related cancellations, you will receive an email by 7:00 AM. You may also check the Working Moms MOPS Facebook page.

FALL BREAK

Because the dates for fall break vary for each school district, we will not be taking a fall break from studies. For MomNation, please check the schedule in this booklet or on the website.

SPRING BREAK

During the week of March 14-March 18 MomNation and Bible studies will not meet.

*connect
with us*

HEROES OF THE FAITH

Women's Ministry Blog

We are excited to share our new **Women's Ministry Blog** with you! Each month we will be adding a new story of a Hero of the Faith at missionhills.org/womensblog.

Whether these stories are like old friends, or this is the first time you have ever heard their names, our hope is that through these stories you will begin to see that **God is still in the redemption business...** that He is still taking ordinary men and women, transforming them, and using them in mighty and miraculous ways.

We will include a link to the book in each entry and we encourage you to pick up a copy and read their full stories, as a few paragraphs can never fully capture the beauty of the work of God in their lives. They are great to read with your friends, your children, or even your grandchildren! Share in the legacy of faith through stories of men and women whose heart's desire was **to become like Jesus and join Him on mission.**

May the beauty of these stories encourage your heart, fuel your faith, and stay with you for life!



ANCHOR + WAVES

A Podcast for Women

As women, we are all unique, and yet we share common ground as we navigate both the calm and the storms that life brings. Whether single, married, young, or old, we desire this podcast to be a companion on your journey, a reminder of the Anchor available in every season of life. Through stories, teaching, interviews, and panel discussions we hope to be a source of strength, encouragement, and community.

Listen and subscribe through Apple Podcasts, TuneIn, Spotify, Stitcher, Google Play, iTunes, or wherever you get your podcasts. In the search bar type **Anchor + Waves** (it is a "plus" sign, NOT an "&" sign).

WEBSITE

For more information on Mission Hills Women's Ministry, visit our website at missionhills.org/women. We have calendars, local and global outreach opportunities, Bible studies, special events, and many other ways for you to connect at Mission Hills.



FACEBOOK

Look for us on Facebook for important updates.

[/Mission Hills Women's Ministry](#)

[/Mission Hills MOPS](#)

[/Mission Hills Moms in the Middle](#)

[/Mission Hills Working Mom's MOPS](#)

INSTAGRAM

Follow us:

[@missionhillswomen](#)

[@missionhills_momnation](#)

NEWSLETTER

Stay up to date on what's happening in Women's Ministry by signing up for our monthly newsletter.

Just scan this code with your phone and enter your email address.



BLOG

missionhills.org/womensblog



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MISSION HILLS
WOMEN

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