

Monday MOMS IN THE MIDDLE - EVENING

mothers of school-aged kids + teens

FALL SEMESTER

SEPTEMBER 26–DECEMBER 12 | 6:30–8:00 PM

Cost: \$20 (plus \$5 per child for childcare)

September 26 – Kick-Off

Join us as we kick off an exciting new evening group for Moms in the Middle. Speaker and writer Kim Fearing will inspire you in your journey as a woman, mom, wife, and friend and remind you of the great impact your legacy has on the people around you.

October 24 – *The Power of Authenticity*

Building meaningful and real friendships in this stage of motherhood can be exhausting, but it is vital to our health as women. Join us for an evening focused on the power of authenticity in relationships. We will hear from Cari Jenkins, founder of In Via LLC. She has a deep desire to see people freed up to transform the places they live, work, and play.

November 28 – *You Are Not Alone*

Loneliness is a struggle for so many of us, especially during dark times that force us into isolation. But the truth is, we are never alone. Elisa Morgan, author, *God Hears Her* podcast host, and President Emerita of MOPS International, will be speaking at this special combined MomNation morning. She will remind us of God's plan, presence, provision, and promise. You will not want to miss this morning of encouragement and community.

December 12 – *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.

SPRING SEMESTER

JANUARY 30–MAY 15 | 6:30–8:00 PM

Cost: \$20 (plus \$5 per child for childcare)

January 30 – *Arresting Anxiety*

Depression. Anxiety. Stress. Worry. Anger. Mental health is such an important part of our lives, and yet, can get pushed to the side because of busyness or taking care of everyone else around us. Our team of counselors will share ways for you to combat worry and stress, and resources to really start dealing with anxiety and depression.

February 27 – *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 subject 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.

March 20 – *Getting Rid of The Coulda, Woulda, Shouldas*

Join us as we hear from Kim Raemdonck, owner and managing attorney for *Legacy Planning and Probate*. As a former MOPS mom, Kim has a passion for helping families prepare for their legacies. She knows that planning for tomorrow, though sometimes an uncomfortable topic, is best done today.

April 24 – *Building Resiliency in Our Kids*

Daystar counselor and best-selling author David Thomas says kids can't develop resourcefulness when we are too busy being their resources. Let's explore ways that we can help our kids learn the important skills of resiliency and resourcefulness.

May 15 – *Grown and Flown Panel*

We can pour so much of ourselves into our kids that we lose a sense of who we are as women. As you work through the tricky balance of holding on while starting to let go, it can feel a little disorienting. Let's hear from women who have gone through that and learn from their experiences.