

FIX YOUR EYES ON JESUS

Look up



Women's Ministry 2023-2024

Cover Photo Credit:

Julie Dodd is a fine art photographer who produces images on fine art paper, canvas, and metal. Her collection of images can be viewed and purchased at www.creativeimags.net.

Julie's photographs are featured throughout this book.
See the inside back cover for information about each photo.

Julie Dodd
Images



WELCOME TO MISSION HILLS WOMEN'S MINISTRY

LOOK UP

“Fix your eyes on Jesus, the author and perfecter of our faith.”
Hebrews 12:2a

Julie Dodd, one of our Bible study ladies, took this cover picture. It's shot over Yellowstone National Park. I love this picture! The cloud formation and the sky filled with an array of stars makes me want to look up. But it's not about the creation. It's about the triune Creator. It's impossible to look at this and not want to worship the Lord.

I am struck by how many scriptures command us to *look up* or set our heart on Jesus. It's a call to be intentional and purposeful with our time in the midst of our busy lives. Jesus should be the center of our every activity and daily routine.

Join us this year for a Bible study, mom group, or special event as we *fix our eyes on Jesus*. Don't miss Rebecca Lyons and Ruth Chou Simons with a fabulous boutique in the fall.

Together let's LOOK UP!



JANET CARTER AND THE WOMEN'S MINISTRY TEAM
Women's Ministry Executive Director

*Fix your
eyes on Jesus,
the author
and perfecter
of our faith.*

Hebrews 12:2a

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Year at a Glance

2023-2024

September 11	Bible Studies + MomNation Fall Semester Begins
October 6 + 7	Women's October Event Rebecca Lyons + Ruth Chou Simons
January 8	Bible Studies Spring Semester Begins
January 9	MomNation Spring Semester Begins
May 4	Women's Spring Tea
July 23	Deeper

Check missionhills.org/women for updates.



FIX YOUR EYES ON JESUS

• WOMEN'S MINISTRY •

Bible Studies

BIBLE STUDIES MORNING STUDIES

Our Bible studies meet in small groups of about 15–25 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 several studies from which to choose. To simplify the process, we suggest you choose a study that is right for you based on:

- Homework level
- 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 class, please register by **August 20** for the fall semester and **December 10** for the spring semester at missionhills.org/wbs.

Kids Ministry is provided for our morning studies. For more information, please see policies on page 50.



LOW INTENSITY

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



MID INTENSITY

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



HIGH INTENSITY

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

LITTLETON CAMPUS – MORNING STUDIES

DAY	TIME	FALL	SPRING
		September – December	January – April
Sun	11:00 AM–12:00 PM	Women's Sunday School No registration necessary – ongoing	Women's Sunday School No registration necessary – ongoing
Mon	9:30 AM–11:30 AM	MomNation Study, pg.28 Seamless	MomNation Study, pg. 28 Gospel on the Ground
	10:00 AM–12:00 PM	Jesus and Women	Gospel on the Ground*
Tue	9:30 AM–11:30 AM	MomNation Study, pg. 28 Seamless	MomNation Study, pg. 28 Seamless
	10:00 AM–12:00 PM	Abide	Sermon on the Mount*
		Joy of Living Hebrews (full year)	Joy of Living Hebrews (cont'd)
		Jesus and Women	Gospel on the Ground*
	In View of God's Mercies	When Strivings Cease*	
Wed	10:00 AM–12:00 PM	Wives of First Responders, pg. 33 Abide	Wives of First Responders, pg. 33 Sermon on the Mount*
		Abide	Sermon on the Mount*
		Jesus and Women	Gospel on the Ground*
		In View of God's Mercies	When Strivings Cease*
Thu	9:30 AM–12:00 AM	Precept Upon Precept Zephaniah & Jeremiah Part I	Precept Upon Precept Jeremiah Part II
	10:00 AM–12:00 PM	Abide	Sermon on the Mount*
		Joy of Living Hebrews (full year)	Joy of Living Hebrews (cont'd)
		Jesus and Women	Gospel on the Ground*
		In View of God's Mercies	When Strivings Cease*

*These spring studies also include the study *When You Pray* at the end of the semester.

BIBLE STUDIES EVENING STUDIES

LITTLETON CAMPUS – EVENING STUDIES

DAY	TIME	FALL September - December	SPRING January - April
Mon	6:00 PM- 8:00 PM	Jesus and Women	Gospel on the Ground*
	6:30 PM- 8:30 PM	In View of God's Mercies	When Strivings Cease*
		Women in their 20s & 30s Jesus and Women	Women in their 20s & 30s Gospel on the Ground*
Tue	6:30 PM- 8:30 PM	Abide	Sermon on the Mount*
		Jesus and Women	Gospel on the Ground*
		In View of God's Mercies	When Strivings Cease*
		Wives of First Responders, pg. 33 Abide	Wives of First Responders, pg. 33 Sermon on the Mount*
Thu	6:30 PM- 8:30 PM	Joy of Living Philippians & Colossians	Workmen of the Word 1 & 2 Peter

NORTH LITTLETON CAMPUS

DAY	TIME	FALL September - December	SPRING January - April
Wed	6:00 PM- 8:00 PM	Abide	Sermon on the Mount*

*These spring studies also include the study *When You Pray* at the end of the semester.

BIBLE STUDIES ONLINE STUDIES

ONLINE CAMPUS – ZOOM

DAY	TIME	FALL September – December	SPRING January – April
Tue	10:00 AM– 11:30 AM	Jesus and Women	Gospel on the Ground*
		In View of God's Mercies	When Strivings Cease*
		Precept Upon Precept Zephaniah & Jeremiah Part I	Precept Upon Precept Jeremiah Part II
	7:00 PM– 8:00 PM	Precept Upon Precept Zephaniah & Jeremiah Part I	Precept Upon Precept Jeremiah Part II
Wed	6:30 PM– 8:00 PM	Abide	Sermon on the Mount*

*These spring studies also include the study *When You Pray* at the end of the semester.

BIBLE STUDY PODCAST

The Bible Study Podcast is a space where you can come and go as your schedule allows, learn, and be refreshed by Jesus and His Word. For full descriptions of the podcast options please see page 55.

missionhills.org/podcast-bible-study/

BIBLE STUDIES – LOW INTENSITY

Jesus and Women by Kristi McLelland – includes video teaching, \$45

- Explore how Jesus generously restores dignity and honor to women in the first century and today.
- Gain deeper insight into the biblical world, including fresh perspective on familiar Bible stories through the lens of Middle Eastern culture.
- This study also includes the devotional supplement *Women of the Bible* by Jean E. Syswerda.

In View of God's Mercies by Courtney Doctor – includes video teaching, \$35

- Comprehend how the Gospel saves, transforms, and sends us on mission in the Book of Romans.
- Unpack the vastness of salvation through Christ and the gift of the Holy Spirit.
- Experience the real rest found in God's presence.

The Gospel on the Ground by Kristi McLelland – includes video teaching, \$45

- Ignite a passion to be on mission by examining the work of the early church.
- Find joy in the communal aspect of faith.
- See how God's redemptive purposes are unstoppable in the Book of Acts.

When You Pray by Lifeway Women – includes video teaching, price included in Spring registration

- Kelly Minter, Jada Edwards, Jen Wilkin, and others explore different types of prayer modeled in Scripture.
- Understand how prayer unites believers to God and to one another.
- Learn how to overcome struggles that keep you from talking to God.

When Strivings Cease by Ruth Chou Simons – includes video teaching, \$35

- Discover how God's profound gift of grace invites us to rest from chasing approval.
- Release the call to "get busy" and replace it with the call to "get discerning."
- Grasp more fully the generous, unmerited favor of God as the means to true validation.

Seamless by Angie Smith – includes video teaching, \$25

- Explore the interwoven and overarching themes of Scripture.
- Connect with the people, places, and promises of God's Word in a fresh way.
- Discover a Biblical context that reshapes and brings to life stories from the Old and New Testaments.

BIBLE STUDIES – MID INTENSITY

Abide by Jen Wilkin – includes video teaching, \$35 (Wives of First Responders, \$45)

- Study 1, 2, and 3 John verse by verse.
- Receive encouragement in the truth that God loves you.
- Rise to the challenge to remain steadfast in your faith.

Sermon on the Mount by Jen Wilkin – includes video teaching, \$40 (Wives of First Responders, \$45)

- Learn what it means to be a citizen of the kingdom of Heaven.
- Unearth both the practical and profound ways a believer should engage with the world.
- Explore concepts like sin, the law, and the nature of true righteousness.

Hebrews, Part 1 + 2 by Joy of Living, \$40 (full year cost)

- Confidently grasp what Christ has accomplished for believers.
- Find encouragement to deepen personal faith and maturity in Christ.
- Let go of everything else in order to hold fast to the hope of the Gospel.

Philippians + Colossians by Joy of Living, \$20

- Allow the true joy described in Philippians to flow into all areas of life.
- Study Paul's encouragement to be fully rooted in Jesus, built up in Him, hidden in Him, and to present Him to the world.

1 + 2 Peter by Workmen of the Word, \$25

- Unpack Peter's words that encourage believers to look to God in all seasons.
- Explore themes of suffering, glory, hope, courage, growth, false teaching, the last days, and the transformative power of God.

When You Pray* by Lifeway Women – includes video teaching, price included in Spring registration

- Kelly Minter, Jada Edwards, Jen Wilkin, and others explore different types of prayer modeled in Scripture.
- Understand how prayer unites believers to God and to one another.
- Learn how to overcome struggles that keep you from talking to God.

***Some mid intensity options will be paired with low intensity prayer study.**

BIBLE STUDIES – HIGH INTENSITY

Zephaniah and Jeremiah Part I by Precept Upon Precept – includes video teaching, \$35

- Study the God of mercy and compassion who deals justly with His people and the nations of the world.
- Understand more clearly both God's kindness and His severity.

Jeremiah Part II by Precept Upon Precept – includes video teaching, \$30

- Hear the powerful message and warning Jeremiah delivered to the people of Israel.
- Reframe your perspective of God's heart not for judgment, but repentance.
- Learn how to serve God faithfully, even when it is difficult.

FIX YOUR EYES ON JESUS

• WOMEN'S MINISTRY •

Mom Nation

*Pay closer
attention to
what you look at.*

*Cast your eyes
on heaven,
not on what
the world offers.*

Chuck Swindoll

MOMNATION

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

Find the group that best fits your stage of life.

MomNation	Day	Frequency	Time	Schedule
Moms of Littles Mothers of Infants- Preschoolers	Monday	Twice Monthly	9:30-11:30 AM	See Pg. 18
Moms of Littles Mothers of Infants- Preschoolers	Tuesday	Twice Monthly	9:30-11:30 AM	See Pg. 20
Moms in the Middle (Morning) Mothers of School-Aged Kids + Teens	Monday	Twice Monthly	9:30-11:30 AM	See Pg. 22
Moms in the Middle (Evening) Mothers of School-Aged Kids + Teens	Monday	Monthly	6:30-8:00 PM	See Pg. 24
Working Moms of Littles	Saturday	Monthly	8:00-9:45 AM	See Pg. 26
MomNation Bible Study	Monday or Tuesday	Twice Monthly	9:30-11:30 AM	See Pg. 28
Single Moms Group	Monday	Monthly	6:30-8:00 PM	See Pg. 32
As We Wait – Infertility Support	Monday	Monthly	6:30-8:00 PM	See Pg. 32

Kids Ministry is provided for all groups listed above.

MONDAY MOMS OF LITTLES

mothers of infants through preschoolers

FALL SEMESTER

MOPS INTERNATIONAL GROUP | 9:30-11:30 AM

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

September 11 – Kick-Off

Join us for our annual kick-off meeting as we jump into another new year of MomNation. Enjoy a yummy breakfast as you meet your Table Leader and Mentor Mom, and get acquainted with the other ladies in your group.

September 25 – Love And Logic

Today we will hear about *Love and Logic* from longtime educator and school administrator, Miki Kellerman. This practical, easy-to-apply parenting advice is great for any stage along your motherhood journey.

October 9 – Book Worm

Reading specialist, Jordan Hayes, will share practical and easy-to-implement tips to help set up our kids with a strong reading foundation. She will teach strategies that you can use while doing everyday tasks with materials you have.

October 23 – Big Questions Finally Answered

Let's face it...toddlers can ask the toughest questions. Bring those hard-to-answer faith questions and we will get them answered by Mission Hills Senior Pastor, Craig Smith.

November 6 – Finding (and Growing) Mom Friendships

We were designed for relationship. But sometimes finding deep, meaningful mom friendships can feel like something just out of our reach. Today we will dive into that topic and explore healthy ways to find and grow your community.

November 27 – Mental Health For Mama

Emotion is both physiological and psychological, and there is science behind why we feel what we feel. We will learn from Counselor, Jo Martin M.A. CMHC, LPC, about the science of anxiety, our somatic responses, and what to do when we feel "activated."

December 11 – Christmas Brunch

Come for a special holiday brunch along with a devotion to help us to start our Christmas season with the right focus and intention!

SPRING SEMESTER

MOPS INTERNATIONAL GROUP | 9:30-11:30 AM

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

January 9 (TUESDAY)* – Off-Site Playdate

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.

January 22 – Mom, What's For Dinner?

"Mom, what's for dinner?" might be the most asked question in history. Let's brainstorm ways to make this easier and more cost-effective for our families.

February 5 – Parenting Out of Confidence and Not Fear

Conversations about body safety should start with young toddlers and continue throughout their lives. Join us to hear Counselor, Whitney Dittmar MA, LPC, as she shares the kinds of discussions you can start having with your child today.

February 22 (THURSDAY)* – Evening Date Night Meeting – Bring Your Hubby!

This is your chance to bring your hubby to a meeting. Together, we will hear about communication and conflict resolution from Nirup Alphonse, Lead Pastor at LIFEGATE Church. **Kids Ministry will be provided.**

March 4 – Six for Five

We are bringing back one of our favorite events! This will be a fun morning of fellowship, clothes swapping, and giving back to our community. Bring six, go home with five new-to-you items, and we will donate all extras to Love, Inc.!

March 25 – Setting Healthy Boundaries with Family

Inlaws. Grandparents. Boundaries. Family. Chances are at least one of these words has provided some source of conflict in your motherhood journey. Learn healthy approaches for thriving family relationships.

April 15 – Let's Give Back

Join us for a morning of stepping out of our own circles and giving back to the community around us. We will hear from Life Center Director, Micah Harrison, and participate in a service project together.

April 29 – Spring Brunch

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

***MomNation** combined event.

TUESDAY MOMS OF LITTLES

mothers of infants through preschoolers

FALL SEMESTER

MOPS INTERNATIONAL GROUP | 9:30-11:30 AM

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

September 12 – Kick-Off

Join us for our annual kick-off meeting as we jump into another new year of MomNation. Enjoy a yummy breakfast as you meet your Table Leader and Mentor Mom, and get acquainted with the other ladies in your group.

September 26 – Love And Logic

Today we will hear about *Love and Logic* from longtime educator and school administrator, Miki Kellerman. This practical, easy-to-apply parenting advice is great for any stage along your motherhood journey.

October 10 – Book Worm

Reading specialist, Jordan Hayes, will share practical and easy-to-implement tips to help set up our kids with a strong reading foundation. She will teach strategies that you can use while doing everyday tasks with materials you have.

October 24 – Big Questions Finally Answered

Let's face it...toddlers can ask the toughest questions. Bring those hard-to-answer faith questions and we will get them answered by Mission Hills Senior Pastor, Craig Smith.

November 7 – Finding (and Growing) Mom Friendships

We were designed for relationship. But sometimes finding deep, meaningful mom friendships can feel like something just out of our reach. Today we will dive into that topic and explore healthy ways to find and grow your community.

November 28 – Mental Health For Mama

Emotion is both physiological and psychological, and there is science behind why we feel what we feel. We will learn from Counselor, Jo Martin M.A. CMHC, LPC, about the science of anxiety, our somatic responses, and what to do when we feel "activated."

December 12 – Christmas Brunch

Come for a special holiday brunch along with a devotion to help us to start our Christmas season with the right focus and intention!

SPRING SEMESTER

MOPS INTERNATIONAL GROUP | 9:30-11:30 AM

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

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April 16 – Let's Give Back

Join us for a morning of stepping out of our own circles and giving back to the community around us. We will hear from Life Center Director, Micah Harrison, and participate in a service project together.

April 30 – Spring Brunch

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

***MomNation combined event.**

MONDAY MOMS IN THE MIDDLE – MORNING

mothers of school-aged kids + teens

FALL SEMESTER

9:30–11:30 AM

Cost: \$65 (plus \$5 per child for Kids Ministry)

September 11 – Kick-Off

Join us for our annual kick-off meeting as we jump into a new year of MomNation. We will hear from Executive Development Coach, Dale Wilsher, who will teach us how to harness our unique personalities to be the very best mom.

September 25 – Building Mom Community

We were designed for relationships, but often our expectations can make it hard to grow real friendships in this stage of life. Counselors (and friends), Amy Whitehouse and Brooke Gage, will dive into this topic together.

October 9 – Is This Normal?

As moms we often just want to know if our experience with our kid is “normal.” Child Psychologist, Dr. Jim Langley, PsyD, will join us to share about different emotional and developmental milestones to expect as our kids grow and mature.

October 23 – Six for Five

This will be a fun morning of fellowship, clothes swapping, and giving back to our community. We will also hear from stylist K.C. Ledgerwood on how to build a great capsule wardrobe.

November 6 – Technology Finally Explained

This will be a very practical morning focused on the ever-changing world of technology. We will hear from a teenager who will show us all about the most popular apps and how our kids are using them. We will also cover helpful ways to monitor our kids' phones.

November 27 – 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.

December 11 – Christmas Brunch

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

SPRING SEMESTER

9:30-11:30 AM

Cost: \$65 (plus \$5 per child for Kids Ministry))

January 9 (TUESDAY)* – Spring Kickoff – Game Day

After the craziness of the holidays, come back and laugh with us to kick off the new year. Bunco meets Pictionary in this fun game day full of PRIZES!

January 22 – Work/Life Balance

Motherhood often brings up questions like: Should I go back to work outside the home? Part-time or full-time? How do I balance it all? Hear from author and speaker Meredith King who will help us navigate the unique paths we are each called to.

February 5 – Communication and Conflict in Marriage

We are all in the business of conflict. It is part of the human story. Nirup Alphonse, Lead Pastor at LIFE GATE Church, will dive into the topic of conflict resolution, specifically in marriages.

February 19 – Women (and Kids) on Mission

Join us for a special morning designed to help teach our kids about the importance of serving the community around you. Please bring your kids (ages 6 and up) with you to join in this hands-on meeting.

March 4 – How to Talk to Your Kids About Drugs and Alcohol

We will be joined by a Youth Education & Safety in Schools Officer as we jump into this hard topic together. No matter the age of your kids, knowing how and when to have these conversations is vital for your family.

March 25 – Teacher Panel

Now is your chance to ask teachers in our area what it is really like to be around the youth of today. What struggles do they face? What are their favorite parts? How can we best support them and each other? Bring your questions!

April 15 – The Big Bad Wolf

Raising kids in a world filled with school shootings, online predators, and more social pressures than we can count, it is easy to be consumed by fear. Today we will learn how we can parent with faith, no matter the circumstance.

April 29 – Spring Brunch

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

MONDAY MOMS IN THE MIDDLE – EVENING

mothers of school-aged kids + teens

FALL SEMESTER

6:30–8:00 PM

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

September 25 – Kick-Off

Join us for our annual kick-off meeting as we jump into another new year of MomNation. We will hear from Executive Development Coach, Dale Wilsher, who will teach us how to harness our unique personalities to be the very best mom.

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As moms we often just want to know if our experience with our kid is “normal.” Child Psychologist, Dr. Jim Langley, PsyD will join us to share about different emotional and developmental milestones to expect as our kids grow and mature.

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It can be scary raising kids in today's world. Sara Heim-Smit, Douglas County Schools Psychologist, will share helpful strategies in setting boundaries for kids to protect them from dangers both in person and online.

SPRING SEMESTER

6:30–8:00 PM

Cost: \$20 (*plus \$5 per child for Kids Ministry*)

January 22 – *Work/Life Balance*

Motherhood often brings up questions like: Should I go back to work outside the home? Part-time or full-time? How do I balance it all? Hear from author and speaker Meredith King who will help us navigate the unique paths we are each called to.

February 26 – *Communication and Conflict in Marriage*

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March 25 – *How to Talk to Your Kids About Drugs and Alcohol*

We will be joined by a Youth Education & Safety in Schools Officer as we jump into this hard topic together. No matter the age of your kids, knowing how and when to have these conversations is vital for your family.

April 22 – *The Big Bad Wolf*

Raising kids in a world filled with school shootings, online predators, and more social pressures than we can count, it is easy to be consumed by fear. Today we will learn how we can parent with faith, no matter the circumstance.

May 13 – *Spring Dinner*

Join us for a fabulous Spring dinner to wrap-up and celebrate our year together!

SATURDAY WORKING MOMS OF LITTLES

mothers of infants through preschoolers

FALL SEMESTER

MOPS INTERNATIONAL GROUP | 8:00-9:45 AM

Cost: \$50 (*plus \$5 per child for Kids Ministry*)

September 16 – Kick-Off

Join us for our annual kick-off meeting as we jump into the topic of building community as a working mom. Enjoy a yummy breakfast as you meet your Table Leader and get acquainted with the other ladies in your group.

October 7 – A Grown Up's Guide to Your Kids' Wiring

Counselor and author Kathleen Edelman unpacks the four temperaments and shows us how each has their own unique strengths and weaknesses and ways they best communicate.

November 4 – Working Moms Panel

Bring all of your questions as we hear from other working moms who have been there, done that, when it comes to balancing work and family, marriage, friendships, and the home.

December 2 – Setting Healthy Boundaries with Family

Inlaws. Grandparents. Boundaries. Family. Chances are at least one of these words has provided some source of conflict in your motherhood journey. Let's dig into this topic together and learn healthy approaches for thriving family relationships.

SPRING SEMESTER

MOPS INTERNATIONAL GROUP | 8:00-9:45 AM

Cost: \$50 (plus \$5 per child for Kids Ministry)

January 13 – *Mom, What's For Dinner?*

"Mom, what's for dinner?" might be the most asked question in history.

Let's brainstorm ways to make this easier and more cost-effective for our families.

February 3 – *Working Mom*

Motherhood often brings up questions like: Should I work full-time or part-time?

What about volunteering? How do I balance it all? We will hear from author and

speaker Meredith King who will help us navigate the unique paths we are each called to.

March 2 – *Mental Health for Mama*

Emotion is both physiological and psychological, and there is science behind why we feel what we feel. Today we will learn more about the science of emotion and anxiety, our somatic responses, and what to do when we feel "activated" from Counselor, Jo Martin, M.A. CMHC, LPC.

April 6 – *Craft Day*

Today is a day to take a deep breath, enjoy some yummy food, and stretch those creative muscles. Alyson Callison from *The Make In Company* will be leading a project for ALL skill levels.

May 4 – *Spring Brunch*

Join us to celebrate with our final Spring brunch! We will hear from Executive Development Coach, Dale Wilsher, who will teach us how to harness our unique personalities to be the very best mom.

MOMNATION BIBLE STUDIES

This study is designed to coordinate with weekday **Moms of Littles** and **Moms in the Middle** groups meeting on the opposite weeks. This allows for two weeks to complete one week's worth of homework. Come as you are – someone who is new to the faith, who doesn't own a Bible, or who wants to strengthen their faith. Let's grow closer to Jesus together!

Monday Study – September 18–May 6, 9:30-11:30AM

Tuesday Study – September 19–May 7, 9:30-11:30AM

FALL STUDY

Low Intensity:

Seamless by Angie Smith, includes video teaching

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

- Explore the interwoven and overarching themes of Scripture.
- Connect with the people, places, and promises of God's Word in a fresh way.
- Discover a Biblical context that reshapes and brings to life stories from the Old and New Testaments.

SPRING STUDY

Low Intensity:

The Gospel on the Ground by Kristi McLelland, includes video teaching

Spring Cost: \$30 (*Kids Ministry is provided.*)

- Ignite a passion to be on mission by examining the work of the early church.
- Find joy in the communal aspect of faith.
- See how God's redemptive purposes are unstoppable in the Book of Acts.

*Open my eyes
that I may
see wonderful things
in your law.*

Psalm 119:18



FIX YOUR EYES ON JESUS

• WOMEN'S MINISTRY •

Support Groups

SUPPORT GROUPS

AS WE WAIT – INFERTILITY SUPPORT

Are you struggling with infertility? Are you battling secondary infertility and need hope? You are not alone. Come talk with other women who understand what you are going through. 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.

Register at missionhills.org/momnation-groups/

Ashley Winter | ashley.a.winter@gmail.com

SINGLE MOMS GROUP

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. *Kids Ministry is available.*

Register at missionhills.org/momnation-groups/

Facebook Group: [Mission Hills Church Single Mom's Group](#)

Sonja Wysocki | sonja.sorensen@gmail.com

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 | lesliejsamson@gmail.com

WIVES OF FIRST RESPONDERS

This group is for wives, fiancés, and girlfriends of first responders. Join us for weekly Bible study as well as occasional craft mornings and social events. We are women who are passionate about studying God's word and building authentic community as we navigate the first responder life together.

Kids Ministry is available.

Facebook Group: Mission Hills First Responders Wives

Alissa Goble or Kayla Mander | mhfirstresponderwives@gmail.com



FIX YOUR EYES ON JESUS

• WOMEN'S MINISTRY •

Outreach

NATIONAL OUTREACH

Often, we want to serve but don't know how or where to begin. Below are some ministries you can serve with as a small group, a family, or as an individual.

ALTERNATIVES PREGNANCY CENTER

youhavealternatives.org

Alternatives Pregnancy Center cares for those in the Denver area in pregnancy-related crisis and offers them a meaningful alternative to abortion.

Advocate: **Brian Gibson** | *gibson@sbcglobal.net*

BRIDGE OF HOPE

greaterdenver.bridgeofhopeinc.org

Bridge of Hope serves single mothers and their children who are homeless or at risk of homelessness in the greater Denver area. They work to engage Christian faith communities in ending and preventing family homelessness through neighboring relationships that demonstrate Christ's love.

Advocate: **Ajay Bajaj** | *axbajaj@yahoo.com*

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 raise awareness through education.

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

FREEDOM CHALLENGE

freedomchallenge.com

Freedom Challenge strives to help enslaved women and children by participating in physical challenges that test limits while raising funds and awareness to combat the dark social injustices of human trafficking.

Advocate: **Patsy Lange** | *dplange@q.com*

KIDS MINISTRY AT MISSION HILLS CHURCH

Love to hold babies? Help us love on the moms in MomNation by serving in weekday Kids Ministry. You can pick one or more mornings to serve. This allows us to open our doors to even more moms.

Advocate: **Jane Tolmen** | *jtolmen@missionhills.org*

LIFE CENTER LITTLETON

lifecenterlittleton.org

Their 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@lifecenterlittleton.org*

LOVE INC

loveinlittleton.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: **Sean Ray** | *Sean@loveINClittleton.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, training, and encouragement to women in urban Denver that have chosen to leave their destructive lifestyles.

Advocate: **Megan Etter** | *megan@odmdenver.org*

OPERATION CHRISTMAS CHILD

samaritanspurse.org

This organization provides gift-filled shoeboxes 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: **Jen Moser** | *jmlab43@gmail.com*

INTERNATIONAL OUTREACH

One of the exciting and refining 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.

Join us for one of the Global Experience Weekends to learn about all the available 2024 trips, meet the leaders, and sign up for more information.

GLOBAL EXPERIENCE WEEKENDS

October 14 + 15 and October 21 + 22

Before and after services

Mission Hills Lobby – Littleton Campus

For more information on all trips, contact [*shorttermtrips@missionhills.org*](mailto:shorttermtrips@missionhills.org)

*“Keep looking up
and kneeling down.”*

Corrie ten Boom



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Girlfriends Clubs

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. 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

BAKING BUDDIES

August 17 & November 16 | Spring dates are TBD

Baking Buddies is a group for learning basic skills and tips that make baking easier and more fun. Gain confidence in the kitchen alongside other women in a fun atmosphere. If you would like to learn how simple tricks can make a big difference in the kitchen, come join us!

Please RSVP to all sessions, cost is to be determined based on the supplies needed. Spots are limited.

Contact **Cathy Vogel** | cjvogel6@yahoo.com

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. Our group is for all ages and skill levels. Each year we do projects as an outreach to our community. We also enjoy getting together for lunch before our meeting every other month.

Contact **Mary Parman** | mkparman@comcast.net

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! As our outreach, we are providing essential toiletries for the homeless who come to the Food Bank at the Life Center.

Contact **Lois Olson** | olson80@q.com

HEARTFELT QUILTERS

Second + fourth Thursday of each month | September–May
(No December Meeting) | 12:00–3:00 PM | The Mill

Come enjoy the fellowship of ladies who love making quilts for families dedicating a newborn, residents of assisted living facilities, homeless veterans getting their first apartment, and women coming out of human trafficking, along with other special projects from time to time. You are also welcome to bring any sewing projects you might need help on. All ages and skill levels are welcome.

Contact **Dottie Gleason** | dottigleason@comcast.net

WOMEN'S HIKING ADVENTURES

Second Saturday of each month | Time Varies Depending on the Hike

Let's fellowship with each other in God's beautiful mountains! All skill levels are welcome as we explore the beauty of Colorado, throughout every season.

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 to various organizations.

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



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Special Events

SPECIAL EVENTS

WOMEN'S OCTOBER EVENT FEATURING : REBEKAH LYONS + RUTH CHOU SIMONS

Friday, October 6 | 7:00–9:00 PM

Saturday, October 7 | 9:00 AM–Noon

Boutique shopping and food trucks will add to the fun starting early on Friday night!

Cost: \$40 for both days, \$25 for one day

Registration opens: September 5

BOGO: Buy one get one half-off, price valid September 5-9 ONLY.

Rebekah Lyons is a national speaker, host of *Rhythms for Life* podcast, and bestselling author of *Building a Resilient Life*, *Rhythms of Renewal*, *You Are Free*, and *Freefall to Fly*. Using her contemporary, honest voice, Rebekah reveals her own battles with anxiety and depression, and invites others to discover and boldly pursue their God-given purpose. Her work has been featured on *The TODAY Show*, *Good Morning America*, *CNN*, *FOX News*, *Publisher's Weekly Starred Review*, and more.

Ruth Chou Simons is a *Wall Street Journal* bestselling and award-winning author of several books, including *GraceLaced*, *Beholding and Becoming*, and *When Strivings Cease*. She is an artist, entrepreneur, and speaker, using each of these platforms to spiritually sow the Word of God into people's hearts. Ruth shares her journey of God's grace intersecting daily life with word and art. Ruth and her husband, Troy, are grateful parents to six boys—their biggest adventure.

This weekend will be filled with worship led by Katie Wilcoxson, fun, laughter, and God's undeniable love for you.



MISSION HILLS NIGHTS OF WORSHIP

August 24, 2023 | 6:30 PM

November 9, 2023 | 6:30 PM

March 29, 2024 | 6:30 PM – Good Friday

May 2, 2024 | 6:30 PM – National Day of Prayer

June 20, 2024 | 6:30 PM

This year we are focusing on worshipping together as a church. Life is busy, but it is good for our souls to worship and praise together. *Kids Ministry is available for Nights of Worship.*

WOMEN'S SPRING TEA

Saturday, May 4 | 9:00 -11:00 AM

Cost: TBD

Registration opens on April 11, 2024

Tickets will be limited and will sell quickly.

Grab your fancy hat and dress up for a Spring tea party! Invite someone in your life you share a special bond with. It could be someone you are pouring into, someone who is pouring into you: a daughter, a sister, a mother, a neighbor, a niece, a friend...or two! Join us as we celebrate the unique moments God gives us to encourage one another in a deeper relationship with Him.

DEEPER EVENT

Tuesday, July 23, 2024

Ladies, join us for a fun and Bible-filled evening as we launch our next year of ministry. You will hear from an amazing speaker, have the opportunity to explore Bible study options for 2024–2025, and have access to early registration.

*But my eyes
are fixed on you,
O Sovereign Lord.*

Psalm 141:8a

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Policies

KIDS MINISTRY POLICIES

Doors 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 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.

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

Should you need to be reached with regard to 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.

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.

If you have any questions, please contact:

Jane Tolmen | Kids Weekday Coordinator | *jtolmen@missionhills.org*

WEATHER POLICIES

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 announces a **delay** in school starting time, our morning Bible Studies as well as MomNation programs will meet from **10:00 AM–Noon**.

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.

SATURDAY WORKING MOMS

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

FALL BREAK

Because the dates within each school district vary, we will not be taking a Fall break from studies.

SPRING BREAK

During the week of **March 18–March 22** MomNation and Bible studies will not meet.

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*Connect
with Us*

CONNECT WITH US

NEWSLETTER

Sign up for our monthly newsletter to receive updates on what's happening in Women's ministry including upcoming events, outreach opportunities, book recommendations, and more! Just scan this code with your phone and enter your email address.



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 Moms of Littles/MOPS

/Mission Hills Moms in the Middle

/Mission Hills Working Moms of Littles/MOPS

INSTAGRAM

Follow us:

@missionhillswomen

@missionhills_momnation

BLOG

missionhills.org/womens-blog



PODCASTS



ANCHOR + WAVES

A Topical Podcast for Women

Hosted by Stacy Ludwig and Jacque Carlson

Whether single, married, young, or old, we desire this podcast to be a companion on your faith 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.



AUDACIOUS LOVE

Bible Teaching by Kim Fearing

This 7-episode podcast focuses on the study of God's word. Each episode explores the many ways Jesus shows love to women in the Bible and how they daringly love Him back. Kim discusses how each woman's willingness to trust without hesitation took her relationship with Jesus to new heights.



HEALING, HOPE + REMEMBRANCE THE STORY OF RUTH

Bible Teaching by Kim Fearing

Releases September of 2023

Follow the unlikely story of a young, widowed woman who leaves behind everything she has known to follow her mother-in-law to an unknown future. Witness how trust in an ever-present God brings hope and healing to women beat down by life's circumstances. Explore how looking at your own life through new eyes will reveal how God is even now at work in you. Remember your God and reignite your joy.

Listen and subscribe through Apple Podcasts, TuneIn, Spotify, Stitcher, Google Play, iTunes, or wherever you get your podcasts.

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Front Cover – *Yellowstone Night Sky* (Yellowstone National Park)

Page 4 – *Grand Prismatic Milky Way* (Yellowstone National Park)

Page 6 – *Delicate Arch Milky Way* (Arches National Park)

Page 30 – *West Mitten Milky Way* (Monument Valley National Park)

Page 34 – *Norris Basin Milky Way* (Yellowstone National Park)

Page 40 – *Wilson's Arch Night Sky* (Arches National Park)

Page 44 – *Milky Way Reflection* (Monument Valley National Park)



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