

SO, WHAT IS THIS WHOLE "MOPS" THING

MOPS stands for "mothers of preschoolers" - but don't let that confuse you! MOPS is about meeting the needs of moms - urban, suburban, rural, stay-at-home, working, teen, adoptive, special-needs, single and married moms and is for every mom, from conception through kindergarten. It's being moms that brings us together - and wanting to be the very best moms we can be. The early years of being a mom are just as foundational to you as they are to your baby, and they're filled with unique needs that other moms instinctively understand.

IS MOPS FOR YOU?

If you are a mom who...

- ❖ Is pregnant or has a child newborn thru kindergarten
- ❖ Desires to make new friends
- ❖ Wants to share the challenges and joys of motherhood
- ❖ Is looking for opportunities for personal growth through trusted resources
- ❖ Enjoys giving back to the community

.... then YES! MOPS is for YOU!!

MOPS UNDERSTANDS MOMS

We understand your unique needs, challenges and joys in this vital season of early mothering. You will be welcomed in our MOPS group just as you are!

At our MOPS group, you will have a chance to socialize with other moms, eat great food, listen to speakers, have discussion time, and participate in creative activities all while your children are being watched in our loving MOPPETS or AWANA program.

WHEN DOES MOPS MEET

We meet on the first and third Wednesday of every month. Our first MOPS meeting will be on November 3rd. We meet in the evening from 6:15pm-8:15pm. Our AWANA program also meets during that time from 6:15pm-8:15pm. AWANA is for Children ages preschool-6th grade. Unlike MOPS, AWANA meets weekly. Our MOPPETS program is for all children that are too young to be in our AWANA program. MOPPETS is available for all babies from birth-toddlers.



WHERE

- ❖ Elim Evangelical Free Church 9421 128th St E, Puyallup WA 98373
- ❖ MOPS meetings will be held on the corner of the property in the youth house.
- ❖ MOPPET babies will be in the nursery
- ❖ MOPPET toddlers will be in the middle portable room.

MEMBERSHIP INFORMATION

Membership dues are \$75 for the entire year. The breakdown is \$24 for your MOPS International Membership and the remainder of the \$51 is to cover administrative costs by our group, all craft supplies, and any special events. **All checks payable to Elim Evangelical Free Church*

In this economy we know that money can be tight. If membership dues are something that will hold you back from being part of our MOPS, please let us know because scholarships are available. We don't want any mom to miss out!

As part of your MOPS International Membership, you will receive *MomSense* Magazine which is a bi-monthly magazine for one year on mothering expertise, parenting tips and fun things to do with your preschoolers.



2010-2011 Theme: The Art & Science of Mothering

In 2010, MOPS invites you to join in the learning process as together we explore *Momology: The Art and Science of Mothering*.

Mothering is both art and science. It combines all of who we are to shape healthy, resilient kids. Mothering is so complex it requires both sides of our brain – not to mention our hands and feet, eyes and ears, mouth and (sniff, sniff) unfortunately, sometimes even our noses! There's the scientific side of mothering where we develop a hypothesis based on certain principles, test that hypothesis in real-time, consider the results and decide what parts worked and what parts didn't. We keep refining our hypotheses until we find what works for us. Intertwined with the scientific, mothering requires an artistry that shades with our personality, colors with our unique gifts, and blends past and current experiences. MOPS International has identified four essential elements for successful outcomes with our kids.

- Core** is about knowing and growing ourselves. Understanding and working with our unique temperament, experiences, and emotions in a way that develops resilience. Research clearly shows that a mom with a strong, resilient core is more likely to raise a child with a strong, resilient core.
- Finesse** is about honing practical mothering skills—intentionally carrying out our daily responsibilities in ways that encourage growth and resilience in our kids.
- Circle** is about building relationships with neighbors, care-givers, extended family and, most importantly, with our husbands or for single moms, with a parenting partner.
- Grandscape** is about engaging with God and his unique purpose for our lives. Both secular and Christian research identifies faith in God as an essential element for success-ful mothering.

Through Momology, as we explore together, we'll be guided by an all-knowing, all-powerful, always-present God. Our theme verse for the year is:

Even there your hand will guide me, your right hand will hold me fast. (Psalm 139:10)

Anywhere we go, God sees, knows, and guides. So we can lead — and love — knowing God will get us through all the hard spots, all our decisions, all our roles, all our times we can't hold open our eyelids and the times we're bursting with joy. God's hand guides us as we guide our children. As we study Momology together to become better moms making a better world.

INTERESTED IN GETTING MORE INVOLVED?

Our group always needs help for a variety of support positions. Please email us at: lots_of_miles@yahoo.com for more information!



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Better Moms Make A Better World
MOPS
Mothers of Preschoolers

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Psalm 139:10

