

# “If you’re a mother of preschoolers you’ve got your hands full...”

You don’t have to face motherhood alone. Whether you need a friend to compare stories with, a shoulder to lean on, or ideas to help you be a better mom—**MOPS** is just the place. Experience warmth and shared wisdom from other moms—of different ages, lifestyles or backgrounds—but who all have a shared desire to be the best mothers they can be. Join us for candid discussions on topics that shape your life...from potty training and mashed bananas to keeping your marriage fresh and alive.

**MOPS is a special time to focus on you, but peace of mind is important, too. New infants may be kept with mom. We ask that older babies and mobile children be checked in with our loving MOPS Kids staff. Pagers for children are provided so you’ll know if they need you.**

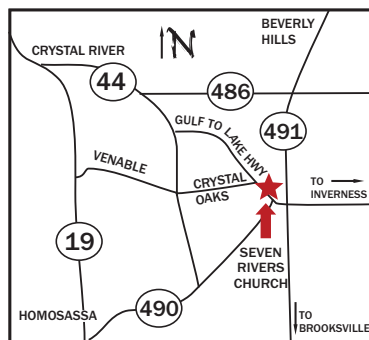
## MOPS 2018/19 Schedule

MOPS meets the 2nd Tuesday of the month from 9:00–11:30am in the Florida Room at Seven Rivers Presbyterian Church unless otherwise indicated.

- September 11** | **MOPS Meeting**
- 18 | MOPS Going Deeper (7:00-9:00pm)
- October 9** | **MOPS Meeting**
- November 13** | **MOPS Meeting**
- December 11** | **MOPS Christmas Party** (7:00-9:00pm)
- January 15** | **MOPS Meeting**
- 22 | MOPS Going Deeper (7:00-9:00pm)
- February 12** | **MOPS Meeting**
- March 12** | **MOPS Meeting**
- March 19 | MOPS Going Deeper (7:00-9:00pm)
- April 9** | **MOPS Meeting**
- May 14** | **MOPS Meeting**

### MOPS meets here:

Florida Room located in the Sanctuary Bldg.  
 Seven Rivers Presbyterian Church  
 4221 W. Gulf to Lake Highway  
 Lecanto, FL 34461



Seven Rivers is a One-Way Campus.  
 Please enter from Maylen Avenue

SevenRivers.org/mops  
 Follow MOPS on Facebook  
 Facebook.com/MopsSevenRivers



MOPS 2018/19 THEME



**Mothers of Preschoolers (MOPS)** is a smart, relevant, and caring network, helping moms be better moms through trusted resources and supportive relationships.

Seven Rivers Presbyterian Church

## What is MOPS?

A MOPS group is a dynamic, inviting environment where women can come just as they are to build friendships, be encouraged, and gain practical parenting strategies while their children, up to kindergarten age, are tenderly cared for in the MOPS Kids program. No matter what your ethnicity, background, or beliefs, we invite EVERY mother (expecting to child in kindergarten) to join our group. MOPS exists for every mom: stay-at-home moms, working moms, single moms, teenage moms, and married moms. 💕

## What is MOPS Kids?

MOPS Kids is the parallel ministry of MOPS where your children are lovingly cared for while you enjoy yourself and relax in our group MOPS meeting. The MOPS Kids program closely resembles a Vacation Bible School in that it has play time, craft time, and snack time. 💕

## What happens at MOPS?

We'll have a fresh pot of coffee and a light brunch ready for you when you arrive, because we know how hectic it can be to get out of the house in the morning. At MOPS, you may hear a dynamic speaker who will encourage you with an inspirational or educational talk on relevant issues in your life as a mom. After hearing from our speaker, we typically break into small group discussions to further share and talk about the topic and how we can apply it to our lives. You might also do something creative or try a new skill. Don't worry, no macaroni necklaces here! 💕

In MOPS this year we will tend the fire in our hearts.

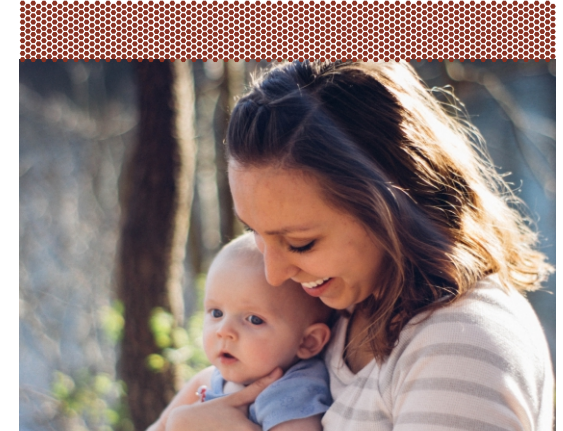
We will stop inhaling the fumes of our mistakes that tell us we are not enough, not a good enough mom, not pretty enough, not brave enough, not smart enough, not wealthy enough. Instead, we will choose to tend our God-given fire. We will love our children with an all-consuming love and use our words to warm the world. We will hold the torch up high and shed light on what matters most.

In order to do this we will:

**LIVE EXPECTANTLY:** This is the bold reminder to think about what could go right. It takes tending to keep the fire alive, so we will fan our flame by choosing to do more things that make us forget to check our phones. We will choose to play with our kids instead of crossing one more thing off our to-do list. We will be women whose passion and patience inspire the people we love most.

**SURRENDER DARINGLY:** This is the bold reminder to let things go. Fire is a tool of transformation, and often the most life-improving thing we can do is surrender. Surrender is often misunderstood as an act of weakness, when in truth it is an act of courage. What would it feel like to let yourself off the hook from living like it is all up to you? Let go of unhelpful expectations and the need to control the people and situations in your life. When we surrender, we become in tune with the swift but gentle timing of God. We will be women who trust that God is fighting for us.

**BREATHE FREELY:** This is the bold reminder to let yourself be loved. Even though we aren't enough in our own mind, we are enough in the mind of God. There is nothing that you can do, or have done, to ruin or fracture God's love for you. There is no amount of striving or performing that will earn you more. Breathe freely and joyfully, and be refreshed. We will be women and moms who stand out because we live loved.



## How do I get started?

The best way to get started is **TO COME!** The cost per MOPS meeting is \$5 which helps cover the cost of guest speakers, food, creative activities, and childcare. Or prepay for the entire year (\$30) and receive many benefits such as a MOPS magazine subscription, weekly emails about relevant topics, etc. You can print a registration form from our website ([SevenRivers.org/mops](http://SevenRivers.org/mops)) or complete one upon your arrival. If you have questions please don't hesitate to call us at 352.746.6200. We would love for you to join us at MOPS!



# FIND YOUR FIRE

*Never let your fire go out...*