

When and Where Do We Meet?





We meet at Southwood Lutheran Church (9300 S. 40th Street, Lincoln) on the first and third Wednesdays of the month from 9 a.m. to 11:15 a.m., September through May.


Meeting Dates (2009-2010):

September 16	February 3
October 7	February 14 (<i>Sunday night</i>)
October 21	March 3
November 4	March 17
November 18	April 7
December 2	April 21
January 6	May 5
January 20	May 19

How much does MOPS cost?

Your first meeting is FREE. If you like our group and want to join, there is a once-a-year charge of \$95. This includes:

-  Childcare for all meetings
-  Speakers and crafts
-  MomSense magazine subscription
-  MOPS membership

 Theme Book: *Life on Planet Mom: A Down-to-Earth Guide to Your Changing Relationships*

And more!

MOPS Registration

To register, you may use this form or download a form at www.southwoodlutheran.org/connect/family/mops. If you have any questions or need additional information, you may contact one of our co-coordinators:

Jennifer — 402.328.9247 or jennifermchargue@hotmail.com
Kaci — 402.326.3314 or kaci_v@hotmail.com

Name: _____

Address: _____

City: _____ State: _____

Zip Code: _____

Phone Number: _____

Email: _____

Child(ren)'s Name(s) & Age(s):

Any allergies or special needs? (Please describe):

Make checks payable to Southwood Lutheran, with "MOPS" in the memo. Deliver to the church office or mail to:

Jennifer McHargue
Southwood Lutheran Church MOPS
PO Box 22767
Lincoln, NE 68542



Mothers of Preschoolers



Feel like you have been in your own world since becoming a mom? Join us as we're...




"Where two or three come together... there I am with them." Matthew 18:20





What is MOPS?

Mothers of Preschoolers, or MOPS, is an international organization that exists to encourage mothers who have children under the age of five.

MOPS International's purpose is to equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader in the name of Jesus Christ.

 MOPS is a time for moms to grow as women and learn to be better mothers, wives and Christian women.

 MOPS is for any mother with children ages birth through kindergarten.

 MOPS understands that the years from infancy to kindergarten are foundational in a mother-child relationship and are filled with unique needs.



MOPS 2009-2010: Together on Planet Mom

The theme for the 2009-10 MOPS year will be "Together on Planet Mom." This theme is based on Mathew 18:20: *Where two or three come together ... there I am with them.*

The MOPS Experience equips women for the joys and challenges of their lives as moms. One

key factor in the MOPS Experience is the relationships built within a group. Time and time again, MOPS moms share that the friends they make in MOPS are significant for this season of their life and on into their future. God created us for relationship! It's one of the defining parts of being human.

However, when you become a mom, all your relationships change. It's like you have landed on a different planet—Planet Mom—and the relationships on Planet Mom don't look like the ones on your previous planet. Your relationship with yourself is different—you are a mom! Your relationship with your husband, girlfriends, extended family, community and God have all changed. Many of these changes are positive, some are not. Even positive change requires adjustments on your part. During the 2009-10 MOPS year, we will explore how to thrive in relationships **Together on Planet Mom.**

What happens at MOPS?

At MOPS, we provide a friendly and fun place for mothers to relax, encourage and learn from one another about how to handle this rewarding, but sometimes tough time in our lives.

At a typical MOPS meeting, moms can enjoy delicious brunch, adult conversation, fabulous speakers and fun crafts. Not to mention gab time with the girls! It's a great place to re-energize and connect with other moms.

What about my kids?

While moms are enjoying refreshments, guest speakers, conversation and crafts with other moms, the little ones are being cared for in a loving environment staffed by caring volunteers.

The ministry of MOPPETS is not just two hours of babysitting. Children are divided into age appropriate groups and are taught a Sunday-school like curriculum with stories, games, crafts, singing and other activities.

MOPPETS could not work without the hard work and dedication of our MOPPETS workers. They provide love and encouragement to our little ones. If you would like to help out in our MOPPETS classrooms, please contact:

Jennifer McHargue — 402.328.9247
jennifermchargue@hotmail.com

or

Kaci Vlieger — 402.326.3314
kaci_v@hotmail.com

