

What is M.O.M.S.?

The purpose of M.O.M.S. is to create in women an awareness of the inner sacred self, while at the same time teaching them new ways to inspire, encourage, and affirm each other. Through the process of personal and spiritual growth, women have the opportunity to clarify their values, claim their own giftedness, and bring these new strengths to their family relationships and to the Christian community.

M.O.M.S. is an eight week journey that leads a group of women through an experience of peer ministry, self-discovery, mutual support and prayer. Participants use the companion volume, M.O.M.S.: A Personal Journal. Each two hour session deals with issues that are common concerns in today's world.

In sequential order, the participants explore:

Session #1: Self-Esteem/Self Acceptance
Session #2: Stress, Worries and Anxiety
Session #3: Everyday Spirituality
Session #4: Feelings
Session #5: Personal Growth
Session #6 Expressing Values in Friendships
Session #7: Celebration of New Beginnings
Session #8: Continuing the Journey

I would like to have more information on M.O.M.S.

Name: _____

Mailing Address: _____

Home Phone _____ cell phone _____