

MOMS

An opportunity for women to develop self-esteem, relationship skills, and a more defined sense of their own spirituality at a time when they are facing the difficult challenges of raising a family.



Mary shared her feelings with Elizabeth.

"How much it meant to share the faith, the fear, the anticipation with a trusted friend."



St. Paul's
Episcopal Church
221 Union St
Cary, NC 27511
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Fall 2015 Courses

Dates

MOMS - Tuesday Evenings
October 13 - November 24

MOMS Tweens and Teens -
Monday Evenings
October 12 - November 23

Celebration Dinner

TBA

Time

7:00-9:00 pm

Location

Library

MOMS Course Information

Who will participate:

- WOMEN who devote their time to the spiritual and physical upbringing of their children.
- WOMEN who live stressful lives.
- WOMEN who live with many demands on their time and energy
- WOMEN who need a place to receive personal and spiritual nurturing.

What to expect:

- Sharing with mothers of all ages the stress, concerns and positive experiences that have influenced your personal growth.

What you will gain:

- The support of other women as you discover the depth of your spirituality

Course requirements:

- The desire to make a commitment to attend each session. The ability to keep confidentiality. A desire to grow by sharing. The willingness to support other mothers in their personal growth.

Sessions:

- Meets weekly for 8 weeks
- Includes a celebration dinner and a wrap-up session to discern how to proceed on the journey started in your group.
- Childcare will be provided.

Cost:

- \$30 fee (\$35 for MOMS TNT) which includes a copy of the book *MOMS: A Personal Journal* by Paula Hagen & Vickie LoPiccolo Jennett
- Checks are payable to *St. Paul's Episcopal Church*
- Payment will be collected separately for the celebration dinner.

Registration:

- Registration forms can be picked up in the church lobby kiosk or downloaded from St. Paul's website.
- Completed forms and fees may be returned to the church office.

MOMS Course Content

Ministry of Mothers Sharing (MOMS)

will be led by a team of facilitators, and the topics will include:

- **Self-Esteem & Self Acceptance**
What influences me at this time in my life?
- **Stress, Worries and Anxiety**
Learning to deal with stress productively.
- **Everyday Spirituality**
Relationship with self, relationship with God.
- **Feelings**
Constructive self-expression.
- **Personal Growth**
Who am I? Where do I give and receive support?
- **Expressing Values in Friendship**
Defining Christian values, examining relationships
- **Celebration of New Beginnings**
An evening dinner celebration
- **Discernment: Continuing the Journey**
How will I continue my personal growth?
How am I "called" to continue my personal growth?

If you have any questions, please contact us:

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