

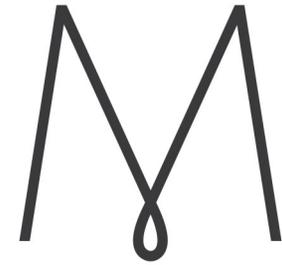


**We look forward to seeing
you at MOPS!**

Connect with Living Water's
MOPS group:

www.lwlcaz.org/mops

www.mops.org/groups/livingwater



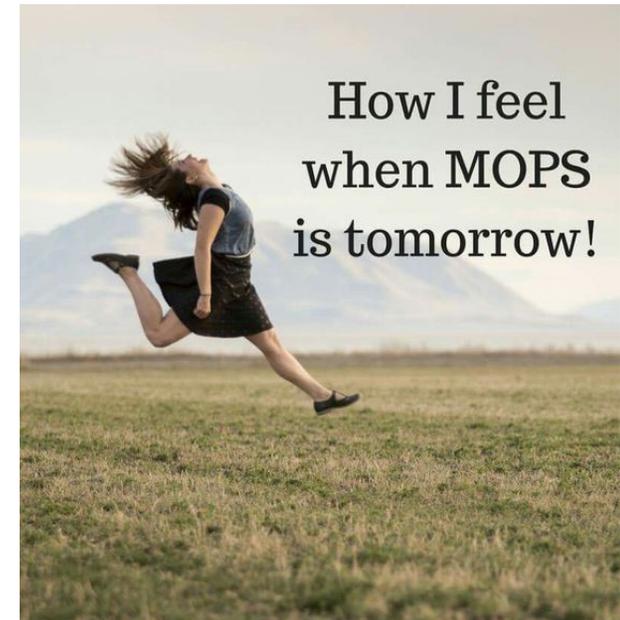
MOPS & MOMSNEXT



Follow us:
Living Water MOPs and MOMs Next

Questions?

Contact Pastor Shari Bernau
pastorshari@lwlcaz.org
480.473.8400



**You are
invited!**



Living Water
Lutheran Church

What is MOPS and MOMSnext?

MOPS stands for Mothers of Preschoolers, and by preschoolers we mean kiddos from birth through kindergarten. MOMSNext is the next step with school-aged kids. We know it's a little confusing so let's just stick with "MOPS."

Being a mom is beautiful and hard and we get that sometimes you just need a safe place to breathe. A place to get some encouragement that what you are doing matters. A MOPS group is an open, accepting place for all mothers to experience authentic community, personal growth, practical help, and spiritual hope.

2018/2019 Schedule

We meet from 9:30-11:30am on the First and Third Thursdays of the month

September 6 & 20
October 4 & 18
November 1 & 15
December 6 & 20
January 3 & 17
February 7 & 21
March 7 & 21
April 4 & 18

What to Expect

BREAKFAST

We always have some yummy snacks and treats to enjoy.

CURRICULUM

Each meeting will have a topic to discuss through a live speaker or video provided by MOPS International.

FELLOWSHIP

Local mommy friends to talk to, laugh with, share advice with, and relate to. You are not alone!

SERVICE

Once in a while, we will dedicate our meeting to reaching out beyond our own families to serving our community and our neighbors in need.

CRAFTS

Fun, easy, artsy crafts and activities even for the least crafty of us!

CHILDCARE PROVIDED

During meetings your little ones will be cared for by amazing MOPS KIDS volunteers in the church nursery, so you can relax and have a whole conversation.

OCCASIONAL MOM'S NIGHT OUT

Sometimes mom just needs a girl's night out.

MEMBERSHIP

MOPS and MOMSnext International
Membership Fee \$31.95. Meeting Dues are \$50/semester. Pre-registration is not necessary. Come and check it out first!



Our Theme

Every year MOPS comes up with a concept that will guide the year. This year, we're digging deeper into the idea of finding your fire. So here it is, all the insider information on what is guiding our MOPS year.

Never let the fire go out ... When you hope, be joyful. When you suffer, be patient. When you pray, be faithful. Share with God's people who are in need. Welcome others into your homes. — Romans 12:11-13

Sisters, this is a 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.



FIND YOUR FIRE