



We look forward to seeing you at MOPS!

Connect with Living Water's MOPS group:

[www.lwcaz.org/mops](http://www.lwcaz.org/mops)

[www.mops.org/groups/livingwater](http://www.mops.org/groups/livingwater)



Follow us:  
Living Water MOPs and MOMSnext

Questions?

Contact Pastor Shari Bernau  
[pastorshari@lwcaz.org](mailto:pastorshari@lwcaz.org)  
480.473.8400



MOPS & MOMSNEXT



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.

### 2021-2022 Schedule

We meet at 9:30am on two Thursdays

of the month

September 23

October 7 & 21

November 4 & 18

December 2 & 16

January 13 & 27

February 10 & 24

March 10 & 24

April 7 & 21

## 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 \$33.95. 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 focusing on "love." So here it is, all the insider information on what is guiding our MOPS year.

*Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13: 4-7*

This year we embrace the transformative power of love, to the point where it starts to affect everything we do — the way we talk to our kids, interact with strangers, handle disappointments, celebrate victories, make decisions. When love floods into our lives, it all shifts. It results in less doom-scrolling, more conversation. Less comparison, more community. Less fear, more confidence. More over-the-top displays of compassion. More patience. More life in our souls. This year, love will save us. In fact, it already has, because love's name is Jesus.

ALL FOR LOVE