

WHAT IS MINISTRY OF MOMS SHARING?

Ministry of Moms Sharing is 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.

WHO?

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?

Learn to share with mothers of all ages the stress, concerns and positive experiences that have influenced your personal growth.

Experience the support of other women as you discover the depth of your spirituality.

WHEN?

Will be decided after registration forms are returned ó We begin a new group each spring.

All groups run 8 weeks, which includes a celebration dinner (session #7).

WHERE?

Can be in someone's home or in a meeting room at the church

REQUIREMENTS?

The ability to make a commitment to an 8-week period. The ability to keep things confidential. A desire to grow by sharing. The ability to support other mothers in their personal growth.

MINISTRY OF MOMS SHARING will be led by a team of facilitators. Topics will include:

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

AFTERWARDS:

All women who go through the 8-week initial journey are invited to participate in monthly get-togethers with other moms. These meetings occur only during the school year. A planning meeting for the upcoming year is held in May.