

What is MOPS?

MOPS stands for Mothers of Preschoolers, and by preschoolers we mean kiddos from birth through kindergarten. MOPS is a grassroots movement that believes moms are world influencers. We also believe that incubating hearts and giving just-because-hugs can change the course of history. That's why we connect moms all over the world to a community of women, in their own neighborhoods, who meet together to laugh, cry and embrace the journey of motherhood. A MOPS group is an open, accepting place for all mothers to experience authentic community, personal growth, practical help, and spiritual hope.

2017/18 Calendar

- September 15
- October 6 & 20
- November 3 & 17
- December 1 & 15
- January 19
- February 2 & 16
- March 2 & 16
- April 6 & 20
- May 4 & 18
- June 1st

What to Expect



TREATS

We can't meet without food and coffee!



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!



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 MOPPET volunteers in the church nursery, so you can relax and have a whole conversation while your coffee is still hot!



PLAY DATES

We want to get to know you and your little ones, too! Join us for organized, monthly play dates like butterfly hunting, card making, or a trip to the farm!

Our Theme

Every year MOPS comes up with a rallying cry - a concept that will guide our entire tribe of women for the year. This year, we're digging deeper into the idea of being truly free. So here it is, all the insider information on what is guiding our MOPS year.

What do you long for? What is the thing that your heart craves?

Is it possible that your deepest desire is to be free?

Free from worry.

Free from feeling stuck.

Free from hustling to be loved.

Free from a heaviness you can't put your finger on.

Free from thinking you should be someone other than exactly who you are.

At the core, maybe what we are all longing for is to be:



free indeed

Choosing freedom is a deeply spiritual act, one that our souls long for. That is why this year, we choose wild, unexpected freedom; the kind that brings more laughter and less worry, more contentment and less hustle. Freedom that is so contagious, the people around us are compelled toward their own liberation.



In order to unfold our wings this year, we will...

LET LOVE BE THE LOUDEST VOICE

Sometimes, especially as moms with young kids, life can sneak up on us, and we don't realize that we have gotten stuck. Stuck in patterns of thinking or habits that are holding us captive. This is the year that changes, this is the year we will stop settling for what simply gets us by and do the work to get to what's best. We will examine our worries and not believe everything we feel. We will bask in the freedom of living loved by understanding who God is, and who we are because of it. We will parent with fresh perspective and will treat ourselves with tenderness, because love is the loudest voice we hear, and it is proclaiming freedom and favor.

BE GUTSY

Often we carry the weight of expectations, feeling out of control over the pace and trajectory of our days. Being gutsy is about realizing that you get to decide how busy you are, what you say yes to, what is best for your family and what you make a priority in your mothering. If you need to slow down your life—you can do that. If you feel like you don't have any friends, go out and make some. The truth is, we have more authority to shape our daily lives than we think we do. Your life can match your values and your passions, it will just take some guts to make it happen.

GO FIRST

Freedom is contagious. That is why we are choosing to go first in order to spark a revolution of women who are choosing freedom over fear. Going first is about being courageous enough to take steps, to share the details of your journey, extend invitations, conquer fears, and lead the way for friends, kids, and family. In fact, one of the best ways to advocate for others' freedom is to go first ourselves, and then we can share with courage and honesty because we have found the keys that can set others free.

“The Spirit of the Lord is upon me, because He has anointed me to preach good news to the poor, he has sent me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord.”

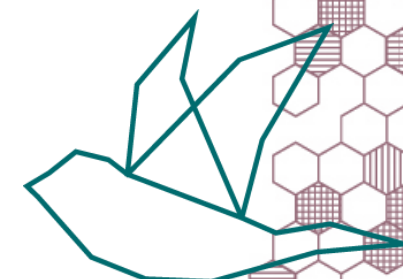


THIS IS MOTHERHOOD

Learn more or register at www.mops.org



<https://www.facebook.com/MOPSRedeemer/>



**1st & 3rd Fridays
9:15-11:00 am
@
Redeemer by the Sea
Lutheran Church
6600 Black Rail Rd.
Carlsbad, CA 92011**

Join us as we explore our new theme

