

this is motherhood



What exactly is MOPS?

MOPS stands for Mothers of Preschoolers, kids from birth through kindergarten. MOPS is a grassroots movement that believes moms are world influencers. Simply put, we believe that better moms make a better world. St. Michael's MOPS Group meets bi-monthly for regular meetings, but we also have playdates, 'Mom's Nights Out,' our annual crafting fundraiser, and other activities too. Through membership in MOPS International, we are connected with moms all over the world who meet together to pray, laugh, cry, and embrace the journey of motherhood.

Honest Conversation

Real talk is liberating. It frees us from assumptions that we are alone in our struggles. We value taking a risk and sharing your story in order to heal someone else from their isolation.

Mentoring

Sometimes we need a wise woman who has 'been there and done that' to bounce ideas off of. That's why we love our Mentor Moms - they have sage advice and willing ears.

Leadership Development

You have the ability to do big things. We want to help you gain the confidence to use your voice to change your world.

Relevant Teaching

Really, who needs another tutorial on how to make crepe paper flowers? What we provide is mom-friends who get you, hope-filled insight, and speakers who know we've only had three hours of sleep last night so they better keep it interesting.

Creative Activities

Create, imagine, and actually finish a project. We occasionally like to have something "Pinteresty" (Yes, that is a made up word) to make at our meetings. We all need a little time to indulge in a creative endeavor.

Childcare

Look, we all love our kids, but let's be honest: a little break now and then makes us want to be with them even more. Amazing volunteers from our parish family (MOPPETS) provide a great experience for our kids that they love returning to each meeting.



**Welcoming Group!
Meet New Moms!**

**Monthly Meetings
2nd & 4th Tuesdays
August – May
9:00-11:00 a.m.
Parish Office
Conference Room**

**For more info, email
[stmichaelsmops
@gmail.com](mailto:stmichaelsmops@gmail.com)**

**VOLUNTEER
OPPORTUNITY**

Love Kids?
St. Michael MOPS
always needs quality
childcare providers.
Want more info?
Email: [stmichaelsmops
@gmail.com](mailto:stmichaelsmops@gmail.com)