



"Where two or three come together ... there I am with them." Matthew 18:20

## Bloomington Living Hope MOPS 2009-2010

Join the Planet Mom ride.

The MOPS International theme for 2009-10 is Together on Planet Mom.

This theme equips moms to learn more about themselves as they go through the ride of Planet Mom. They will celebrate and embrace the fun in the experiences, even in the midst of daily mom life that stretches them emotionally and spiritually.

You don't have to do mothering alone. Whether you need a friend to compare stories with, a shoulder to lean on, or ideas to help you be a better mom- MOPS is just the place for you. MOPS is a support group for moms with children from birth through kindergarten, focusing on the unique needs of moms in this phase of life. Join us to experience warmth and shared wisdom from other moms with a common desire to be the best mothers they can be.

Our 2009-2010 Meeting dates:

October - May meetings on the 1<sup>st</sup>  
Monday of each month  
7:00 pm - 9:00 pm



Mothers of Preschoolers (MOPS) is a caring network helping women to be better moms through trusted resources and supportive relationships.



## What is MOPS?

Bloomington Living Hope MOPS provides a safe, welcoming, nurturing, supportive and encouraging environment where mothers of preschoolers can enjoy building Christian friendships and engage in Christian fellowship and activity. MOPS International exists to equip, encourage and develop moms.

MOPS is about...

- Celebrating motherhood
- Meeting needs as mothers
- Making connections
- Experiencing God's Love...

All through great relationships and timely resources. MOPS is fun and relaxing.



## What Happens at a MOPS Meeting?

Our monthly meetings are place to relax, chat and find some inner and spiritual peace. We have monthly topics that include small group discussion, speakers, and always some sort of activity with lots of open friendship. Our general topics are life-enriching and relate to your everyday life. Our meetings are a way for you to share joys or concerns in your personal life and to make connections with other moms.

MOPS provides an evening of rest, rejuvenation, food, fellowship, support and affirmation for mothers of infants through kindergarten in a kind and accepting atmosphere.

While you are attending the meeting, your children are also being enriched. We provide a fun, nurturing environment for kids to play and learn in the MOPPETS program, which is free of charge.



## Where and When is MOPS?

MOPS meets at:

### Living Hope Lutheran Church

8600 Horizon Drive South, Shakopee  
952-445-1785

<http://www.bloomingtonlutheran.org/ministries/mops>

1<sup>st</sup> Monday of each month

September - May

7:00 pm - 9:00 pm

Childcare provided

The registration fee is \$23.95, which pays for a membership in MOPS International which includes; MomSense a bi-monthly magazine, Theme book (*Life on Planet Mom: A Down to Earth Guide to Your Changing Relationships* by Lisa T. Bergren.), weekly emails and MyMOPS online benefits. We also request a \$5.00 per session donation to pay for speakers, craft supplies, and miscellaneous to help support our mission. For more information, please visit us online or contact:

<http://www.bloomingtonlutheran.org/ministries/mops>

Living Hope MOPS at 952-888-2475  
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