

# MOMS

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.



Mary shared her feelings with Elizabeth.

"How much it meant to share the faith, the fear, the anticipation with a trusted friend."



St. Paul's  
Episcopal Church  
221 Union St  
Cary, NC 27511  
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[www.stpaulscary.org](http://www.stpaulscary.org)



## Spring 2016 Course

### Dates

Tuesday Evenings  
beginning February 16 and  
ending April 5  
(no class March 29)  
Celebration Dinner

TBA

### Time

6:30-9:00 pm

### Location

Library

# MOMS Course Information

## Who will participate:

- 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 to expect:

- Sharing with mothers of all ages the stress, concerns and positive experiences that have influenced your personal growth.

## What you will gain:

- The support of other women as you discover the depth of your spirituality

## Course requirements:

- The desire to make a commitment to attend each session. The ability to keep confidentiality. A desire to grow by sharing. The willingness to support other mothers in their personal growth.

## Sessions:

- Meets weekly for 8 weeks
- Includes a celebration dinner and a wrap-up session to discern how to proceed on the journey started in your group.
- Childcare will be provided.

## Cost:

- \$30 fee (\$35 for MOMS TNT) which includes a copy of the book *MOMS: A Personal Journal* by Paula Hagen & Vickie LoPiccolo Jennett
- Checks are payable to *St. Paul's Episcopal Church*
- Payment will be collected separately for the celebration dinner.

## Registration:

- Registration forms can be picked up in the church lobby kiosk or downloaded from St. Paul's website.
- Completed forms and fees may be returned to the church office.

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# MOMS Course Content

## Ministry of Mothers Sharing (MOMS)

will be led by a team of facilitators, and the topics will include:

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

If you have any questions, please contact us:

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