

DECIDE TO RISE



*I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.*

PSALM 139:14

ATTENTION ALL MOMMAS!

Momming is hard. You deserve a break!

If you are a mom of kiddos elementary age and under, we would love for you to join us for our MOPS/MOMSnexT life group. We are a sisterhood of moms who come together to laugh, cry, and embrace the journey of motherhood. We value our roles as moms and together we are deciding to rise. This is your year to embrace the truth that you are fearfully and wonderfully made. To arise as a mother and make the brave decision to Be Strong, Do Your Work, and Chase Joy. Each meeting we gather for authentic connection and encouraging teaching.

Cost: \$55 for Fall, Winter and Spring quarters.

Includes MOPS International Membership and crafts.

FALL CALENDAR

September 23: Intro Decide To Rise

October 14: The Work Of Gratitude

October 28: Afraid Of Your Own Shadow

November 11: Body & Soul Fitness Bootcamp

November 25: Friendsgiving

December 9: Christmas Party

See you in January!

*Play dates will be held alternating Wednesdays in between meetings. For play date times and locations please refer to play date flyer.