



Attention Mothers!

Announcing the Ministry of Mothers Sharing (MOMS) Program

What is MOMS? The Ministry of Mothers Sharing (MOMS) is an outreach ministry developed by the Sisters of St. Benedict of St. Paul's Monastery in St. Paul, Minnesota. MOMS awakens in women an awareness of their inner sacred self and teaches them new ways to inspire and affirm each other. Through this personal and spiritual growth, women claim their own giftedness and bring these gifts to the Christian Community. The 8-session program creates a confidential place for 8-10 mothers to come together for a couple hours a week, share stories and pursue spiritual enrichment. A Celebration dinner is also scheduled one evening. Many MOMS groups have a social to meet spouses and their groups continue to meet once the formal sessions have ended.

What are the benefits of MOMS? The MOMS program has been active in parishes around the country since 1992. MOMS has touched over 250,000 women and their families in over 100 dioceses. Over 3,000 parishes have initiated this ministry. Former participants say that MOMS has had a positive impact not only on them personally, but also on relationships with spouses, children and others in their lives. MOMS has helped women to; "get to know people in the community on a more intimate level"; "share...spirituality with women in similar circumstances...(with similar) values"; "feel affirmed"; "become a better mother and wife"; "stay focused on the truly important things in life"; and "make God more present in daily life".

What is the difference between MOMS and other women's ministries? MOMS session topics include: Self-esteem and Self-acceptance, Stress, Worries, and Anxiety, Everyday Spirituality, Feelings, Personal Growth, Expressing Values in Friendship, Continuing the Journey, etc. MOMS groups are not bible studies, book groups or play groups. Although many MOMS groups continue their journey by participating in such groups!

How can I prepare to participate in this group? All you need is an open and willing heart. Each participant uses *MOMS: A Personal Journey* as the basic text. With the help of facilitators (also mothers who have participated in MOMS), the manual guides you through a process of self-examination and spiritual growth with questions and words of inspiration. *Do be sure you are able to commit yourself to the full eight sessions, and that you feel comfortable to separate from your child/children for a two-hour period.*

How is the program funded? Group participants are asked to contribute \$30 to cover the cost of the journal and other materials. The MOMS program also receives funding from St. Albert the Great parish. The MOMS program is open to all mothers - no one will be turned away due to financial circumstances- simply return your registration without payment-no questions asked.

Are there any additional costs? Childcare for the sessions is provided for a \$5 per family fee. Childcare is not provided for during the Celebration Dinner. **** Childcare is limited to children over 1 year old due to safety concerns**** A Celebration Dinner is scheduled for the 8th MOMS session (This event is usually held in the evening). All participants of the MOMS program are invited. The Celebration Dinner is held at a restaurant and typically costs participants \$20-\$30.

When and where do the MOMS groups meet? Two eight week sessions are held each year. They are scheduled to begin at the end of September and at the end of January. Actual meeting times are based upon the availability of the participants and facilitators. Sessions are held at St. Albert the Great.

How do I register for the MOMS program? Pre-registration is required. Please contact Ann at 834-0652 or maastricht5@spwl.net for a registration form or questions.