



at



MOPS



free indeed

2017-2018 Schedule
Meetings on Fridays from 9:00 am – 11:15 am
Located at Foundations Church

Wednesday, June 14: Park Play Date at Seven Lakes Park from 9-11am
Tuesday, July 18: Park Play Date at Dwayne Webster Veteran's Park from 9-11am

August 18: Registration
August 25: First regular meeting
September 1, 15, 29
October 20
November 3, 17
December 1, 15
January 12, 26
February 9, 23
March 23
April 6, 20
May 4: Last meeting

Foundations MOPS Coordinator:
Brandi Dill
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Mission/Vision:
MOPS encourages and equips moms of young children (from pregnancy through kindergarten) to realize their potential as mothers, women and leaders, in relationship with Jesus, and in partnership with the local church.



Check us out on Facebook:
MOPS at Foundations



What do you long for? What is the thing that your heart craves?

Is it possible that your deepest desire is to be free?

Free from worry.

Free from feeling stuck.

Free from hustling to be loved.

Free from a heaviness you can't put your finger on.

Free from thinking you should be someone other than exactly who you are.

At the core, maybe what we are all longing for is to be Free Indeed.

Choosing freedom is a deeply spiritual act, one that our souls long for.

That is why this year, we choose wild, unexpected freedom; the kind that brings more laughter and less worry, more contentment and less hustle. Freedom that is so contagious, the people around us are compelled toward their own liberation.

THEME VERSE

The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor, he has sent me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord.

- Luke 4:18-19

In order to unfold our wings this year, we will ...

LET LOVE BE THE LOUDEST VOICE

Proclaim Favor

Sometimes, especially as moms with young kids, life can sneak up on us, and we don't realize that we have gotten stuck. Stuck in patterns of thinking or habits that are holding us captive. This is the year that changes, this is the year we will stop settling for what simply gets us by and do the work to get to what's best. We will examine our worry and not believe everything we feel. We will bask in the freedom of living loved by understanding who God is, and who we are because of it. We will be free from the need to hustle for our worth, and we will live in the truth that we are already loved and lovable, without all the striving. We will parent with fresh perspective and will treat ourselves with tenderness, because love is the loudest voice we hear, and it is proclaiming freedom and favor.

BE GUTSY

Proclaim Release

Sometimes we don't take responsibility for our lives. We carry the weight of expectations, feeling out of control over the pace and trajectory of our days. Being gutsy is about realizing that you get to decide how busy you are, what you say yes to, what is best for your family and what you make a priority in your mothering. If you need to slow down your life – you can do that. If you feel like you don't have any friends, go out and make some. This is the year of release from believing life has to look a certain way, and isn't there so much freedom and audacity in that? The truth is, we have more authority to shape our daily lives than we think we do. Your life can match your values and your passions, it will just take some guts to make it happen.

GO FIRST

Set Free

It is a fact that freedom is contagious. That is why we are choosing to go first in order to spark a revolution of women who are choosing freedom over fear. Going first is about being courageous enough to take steps before you are ready, to share the details of your journey, extend invitations, conquer fears, and lead the way for friends and kids and family. In fact, one of the best ways to advocate for others' freedom is to go first ourselves, and then we can share with courage and honesty because we have found the keys that can set others free. We will go first so that we can set other captives free.