

# St. Peter MOPs (Mothers of Preschoolers)

## Fresh Air: Breathe Deeply, Live Fully

MOPS is about ... celebrating motherhood, meeting needs, making connections and experiencing God's love...through relationships and resources.

All preschool moms (infant through Kindergarten) are invited to join us this year to our meetings which include a light breakfast buffet, speaker, craft, discussion group and fellowship.

**Free** child care is available. Infants - age 3 children are welcome in the fully staffed nursery. Children ages 4 and up are invited to attend the Moppets program. Volunteers will care for your child with a snack, craft, song time and Bible story lesson.

### 2006-2007 meeting topics:

September 29: Kick off

November 3: How to bake an apple pie

December 1: Photography tips

January 5: Yoga

February 2: Marriage enrichment

March 16: Organizing/Cleaning your home

May 4: E-bay sales

October 6: Nourishing yourself spiritually

November 17: Guardians/Wills/Trusts

December 15: Christmas celebration

January 19: Heart truth for Women

March 2: Living on a budget

March 30: Gardening tips

May 18: Year wrap up and farewell

We will meet in Room 6 from 8:30 until 11:00 a.m.

Please set aside some time for yourself and catch your breath as we learn to breathe deeply and live fully.

Contact Gretchen Carlin (586-226-8237 / gcarlin@ameritech.net) for membership information and fees.