

2016-2017 Theme

Sometimes we think we have to pick one, when in reality it is always both. Light and dark, hope and fear, kindness and risk, wonder and mundane.

This is evidenced by the fact that we are people who are meant to live by both sunlight and moonlight. Our natural rhythms revolve around the circling of sun and moon. Yet often our tendency is to cling to one, the one that is more comfortable, forgetting that our fullest living comes when we embrace the swirly mix.



Starry Eyed means looking for the light even when darkness is enveloping. It is an opportunity to hope recklessly and to witness God's presence guiding things seen and unseen, comfortable and uncomfortable.

When we reflect back over our lives, this year is going to stand out. It will be the year that we decided to live fully by both sunlight and moonlight. Because audacity is rising in the deepest and wildest parts of our souls. And the best part is, we will experience it all together.

When was the last time you felt fully alive? the last time you were so swept up with wonder that it took your breath away? that kindness made you feel powerful? or audacious hope unraveled fear? This is the year to experience all of it.

Starry Eyed is seeing the light in the darkness and choosing to live courageously in both. It is opening our eyes to wonder and choosing hope over fear. Starry Eyed is significant acts of kindness that send ripples of light into the world. It is a choice to live fully and wholly and to breathe our way back to life. If you feel anxious and don't know why ... If you are busy and distracted from the things you truly care about ... If you are restless for an unexpected encounter with God ... If you long to feel alive, to regain a sense of wonder, to hope a little freer and to be a powerful force of kindness in the world, then we'd love for you to join us in becoming Starry Eyed.

This year we will run wildly toward wonder, hope and kindness because We Are the Starry Eyed and we choose to see the light.

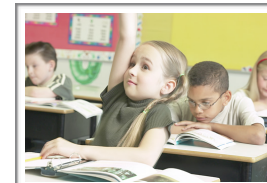
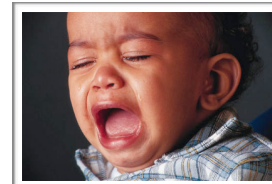
For more information on
Lowell MOPS/MOMsNext,
please contact
Courtney Serne
616.466.9494
courtneyserne@att.net

2016-2017 Meeting Schedule

September 8 & 22
October 13 & 27
November 10
December 8
January 12 & 26
February 9 & 23
March 9 & 23
April 13 & 27
May 11

Lowell M♥Ms
is hosted by
First Baptist Church
2275 West Main Street
Lowell, MI 49331
616.897.7168
www.fbclowell.org

got kids?



First Baptist Church



Lowell, Michigan

What is MOPS and MOMSnext?

MOPS stands for Mothers of Preschoolers (birth through Kindergarten). MOMSnext is a ministry extension of MOPS International for mothers of school-age children (1st - 12th grade). MOPS International believes *Better Moms Make a Better World*. This is true during the preschool years and beyond.

Lowell MOPS/MOMSnext (M♥Ms) exists to meet the needs of every mom—urban, suburban and rural, stay-at-home and working, teen, single and married — moms with different lifestyles who all share a similar desire to be the very best moms they can be!



You do not have to be a “church-goer” or be from a specific denomination to join us. You’ll be welcomed, accepted and inspired to reach your full potential and recognize your influence within your family and the world!

When and where does M♥Ms meet?

Meetings are held the 2nd and 4th Thursdays of each month September through May from 9:00am to 11:30am. We meet at First Baptist Church in Lowell. Lowell MOPS & MOMSnext also offers Moms Nights Out and play dates throughout the year.

What can I expect at a meeting?

- Inspirational, relevant speakers offering practical tools and insight into important topics.
- Personal mentoring from those who have been there, have great advice, and have a willing ear.
- Time to chat and get to know other moms in an accepting small group atmosphere.
- Create, imagine and actually finish a project.
- Care for your kids in MOPPETS while you get a nice break from being Mom.
- Gain leadership skills through the training and experience provided by MOPS.

Lowell M♥Ms Dues

Meeting dues are \$40 per semester (due by Sept 8th and Feb 9th), which covers the cost of childcare, publicity, supplies and speakers. Fundraisers will be held to defray some of the cost and possibly lower future dues. Scholarships are available for moms in need of financial assistance.

MOPS International Membership

Annual MOPS International membership of \$24.95 is due with your registration form and includes a welcome kit with:

- *Becoming Starry Eyed: Practices to Cultivate Wonder, Hope and Kindness* Guidebook
- An adorable print to beautify any space you choose
- A handmade (yes, handmade!) copper bracelet
- An invitation to the 28-Day Challenge
- *A Guide to the Night Sky*
- And, of course, some surprises that you’ll absolutely fall in love with!

Also included is an annual subscription to Hello, Dearest magazine, exclusive discount offering and weekly emails to fill you with inspiration.

Lowell M♥MS Registration

Name _____

Address _____

City _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Birthday (month & day) _____

Spouse _____ Anniversary _____

Home Church (if any) _____

Child's Name _____ Age _____

Birthdate _____ Attending MOPPETS? _____

Child's Name _____ Age _____

Birthdate _____ Attending MOPPETS? _____

Child's Name _____ Age _____

Birthdate _____ Attending MOPPETS? _____

If expecting, due date _____

☐ Registration fee - \$24.95 (due with registration form)

☐ Registration fee + 1st semester dues - \$64.95

☐ Registration fee + 1st & 2nd semester dues - \$104.95

Please make checks payable to *First Baptist Church with MOPS in the memo* and mail with form to:

Lowell MOPS & MOMSnext
First Baptist Church
2275 West Main Street
Lowell, MI 49331