**Who attends MOMS Group?**

Women of any age at any stage of mothering, any religious affiliation.

**What is MOMS Group?**

We are a fellowship of women who are mothers providing each other with spiritual, social, emotional and practical support in the vocation of motherhood.

**Where and when does**

**MOMS Group meet?**

MOMS Group meets Thursday mornings from 9:30-11:30 am,

Room 143 at

St. Patrick St Anthony Parish

**Why is there a MOMS Group?**

MOMS Group share experiences, offer advice, and seek support from other women who understand what it is like to be a mom. This two-hour meeting grants some needed respite from the daily grind. We are enlightened by topics from various speakers and benefit from socializing with other mothers, while enjoying coffee and snacks. Don’t be surprised if you make a friend or two (or more!) through this group.

**Winter/Spring 2023**

\*Schedule subject to change

January

5- Breakfast (location TBD)

12- Nutrition with Laura

19-Mental Health discussion with Patti Edwards

26- Car Care with Andrew Cutler

February

2- Breakfast (location TBD)

9- Kids and substance abuse with Carolyn Taylor

16- Photography Tips with Juliet

23-Dance Lessons with Steph

March

2- Breakfast (location TBD)

9- Enneagram Family with Amy

16- Self Defense with Tim

23- QPR

30- Hands on Easter at home ideas

April

13-Breakfast (location TBD)

20- Law Q&A with Kellen

27- Picture Walk

May

4- Breakfast (location TBD)

**11- Macrame with Judy**

**18- Lori’s Voice**

**25- Planning Meeting & Potluck**

**What about child care?**

Loving child care is provided at the center by experienced nursery workers. The children enjoy playing with other kids their age and participating in age-appropriate crafts and activities. Donations to offset the cost of child care are much appreciated. Quiet lap babies are welcome at the meeting.

**What’s a Titus Mom?**

MOMS group is blessed to have some seasoned mothers as mentors in the group. These mothers have been through many stages of mothering, including some of the tough spots mothers experience with young and growing families. Titus Moms provide advice, experience, fellowship, encouragement and much needed prayer for the women in MOMS group.

**Other activities and support provided by MOMS group**

Other than the weekly fellowship, the women of MOMS support each other in many ways. We make meals for each other’s families when there is a need for extra help and attend parish events together. (Advent by Candlelight). We also meet at local parks once a week in the summertime when MOMS group is not in session.

**Questions about MOMS Group?**

Contact

-Rachael Rudd (810)955-9154

[rachaelarudd@gmail.com](mailto:rachaelarudd@gmail.com)

-Mary Kiley (517)902-8962

[Maryckiley4@gmail.com](mailto:Maryckiley4@gmail.com)

Be sure to watch the Sunday bulletin at St. Patrick St Anthony Parish and

St. Mary Catholic Church about upcoming speakers and events!

You can also join our group on Facebook: St. Patrick and St. Anthony MOMS Group



Please join us! MOMS Group meets Thursday mornings from 9:30-11:30,

Rooms 143 at

St. Patrick St Anthony Parish

920 Fulton Avenue

Grand Haven, MI 49417

Church phone: 616-842-0001

Updated 12/15/22

**MOMS**

**Mission Statement**

Our mission is to welcome and support women who are mothers.

This support will be provided through sharing and learning together in a casual atmosphere to increase our spirituality and feeling of community.



Mothers of Many Seasons

MOMS Group



“For me PRAYER is a surge of the HEART, it is a simple look towards HEAVEN, it is a cry of RECOGNITION and of LOVE, embracing both

TRIAL and JOY”

-Saint Therese of Lisieux