

## 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, while maintaining respect and confidentiality.

## 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, 920 Fulton Avenue, Grand Haven  
Contact person: Nancy Megley, RN  
Pastoral Care, 616-935-8742

## 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.

### September 2023

7 - Getting to Know You  
14 - Patti Edwards, LMSW  
21 - TBD  
28 - Family Prayer Baskets

### October

5 - Breakfast Offsite  
12 - Mind, Body, Spirit exercise  
19 - Handling Grief  
26 - Health & Wellness Day @ 321

### November

2 - Breakfast Offsite  
9 - Jessie Tree  
16 - Laudato Si Action Steps  
30 - Financial Literacy

### December

7 - Breakfast Offsite  
14 - Potluck & German Paper Stars

### January 2024

4 - Kids Day – No meeting; off-campus  
11 - Breakfast Offsite  
18 - Jazzercise  
25 – Woman's Health

### February

1 - Breakfast Offsite  
8 - Pysanky Eggs Craft  
15 - Money Mommy & Me  
Life Insurance

### February

22 - Organization  
29 - Self Defense

### March

7 - Breakfast Offsite  
14 - March is Reading Month  
21 - Line Dancing  
28 - TBD

### April

11 - Breakfast Offsite  
18 - Seasonal Color Analysis  
25 - Gardening Angels

### May

2 - Breakfast Offsite  
9 - Q&A with Fr. Dan  
16 - Spa Day  
23 - TBD  
30 - Planning and Potluck

\*Schedule subject to change

## Questions about MOMS Group?

Contact MOMS leaders:

Amanda Kosanic, 616-298-4276  
a\_walter1@hotmail.com

Megan Tobin, 440-668-0570  
tobinmew@gmail.com

### **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.

### **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-December 1st). We also meet at local parks once a week in the summertime when MOMS group is not in session.

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-St Anthony MOMS Group (Communication for nursery count and events)



### **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.

### **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. Titus Moms read devotionals, attend either breakfasts and/or meetings depending on their availability. This ministry is a great opportunity for retirees, or those seasoned mothers who work part-time and want to be involved, monthly, biweekly or weekly to support mothers. New Titus Moms are requested. If this opportunity interests you, please contact Nancy Megley, RN, Pastoral Care Coordinator for questions, 616-935-8742 or email at [nancymegley@stpatgh.org](mailto:nancymegley@stpatgh.org).

# **Mothers of Many Seasons**

## **MOMS Group**



**“The loveliest masterpiece of the heart of God is the heart of a mother.”**

**St. Thérèse of Lisieux**

