

# MEMBER HANDBOOK

2023-2024



MOPS

## SAY YES

DO NOT DESPISE THESE SMALL  
BEGINNINGS, FOR THE LORD REJOICES  
TO SEE THE WORK BEGIN...  
ZECHARIAH 4:10 NLT



# WELCOME



WHETHER YOU'RE A SOON-TO-BE MOM, SEVENTH-TIME MOM, TEEN MOM, ADOPTIVE MOM, STEPMOM, SINGLE MOM, OR ANY OTHER TYPE OF MOM, YOU ARE WELCOME HERE! WE'VE ALL BEEN PLACED IN THIS TIME AND PLACE IN HISTORY AS THE TRIBE OF WOMEN WHO ARE RAISING THE WORLD. OUR HOPE IS THAT YOU WILL FIND ENCOURAGEMENT, SUPPORT, RELEVANT TEACHING AND FRIENDSHIP WITH OTHER WOMEN WHO ARE IN YOUR SAME SEASON OF LIFE. WE ARE CONFIDENT THAT AS YOU BECOME MORE INVOLVED IN OUR GROUP, YOU WILL BE BETTER EQUIPPED TO FACE THE CHALLENGES THAT COME WITH MOTHERHOOD.

MOPS IS A NON-DENOMINATIONAL CHRISTIAN ORGANIZATION. YOU DO NOT NEED TO BE A CHURCHGOER OR FROM A SPECIFIC DENOMINATION TO JOIN MOPS. WE WELCOME WOMEN FROM ALL FAITH AND NON-FAITH BACKGROUNDS AND BELIEFS. THE VISION OF MOPS IS TO SEE NO MOM ALONE. AFTER ALL, WE MOTHER BETTER TOGETHER AND BETTER MOMS MAKE A BETTER WORLD!

## WHAT IS MOPS?

MOPS STANDS FOR MOTHERS OF PRESCHOOLERS, AND WAS ORIGINALLY DESIGNED AS A SUPPORTIVE GROUP FOR MOTHERS OF YOUNG CHILDREN UP UNTIL KINDERGARTEN

## WHAT IS MOMSNEXT?

MOMSNEXT WAS DESIGNED TO PROVIDE A CONTINUATION OF COMMUNITY FOR MOMS OF OLDER CHILDREN UP TO ADULTHOOD

## WHAT IS MOPS/MOMSNEXT @ HBC?

WE COMBINE BOTH OF THESE GROUP TYPES TOGETHER FOR ONE AMAZING COMMUNITY OF WOMEN FROM ALL WALKS OF LIFE! WE MEET TOGETHER, EAT TOGETHER, DISCUSS TOGETHER, AND ENJOY LIFE TOGETHER, BECAUSE WE MOTHER BETTER WHEN WE MOTHER TOGETHER !



# 2023-2024 THEME:

## SAU YES

HAVE YOU EVER GOTTEN TO THE END OF A WEEK, MONTH OR YEAR AND THOUGHT, "HOW DID I GET HERE? WHERE HAS THE TIME GONE?" IT HAPPENS IN OUR PARENTING, FRIENDSHIPS, MARRIAGE AND WORK- WE GET CAUGHT UP IN THE URGENT DEMANDS OF THE DAY-TO-DAY, AND THEN YEARS GO BY, AND WE REALIZE WE HAVEN'T BEEN MAKING THE SMALL CHOICES THAT WILL GET US WHERE WE ACTUALLY WANTED TO BE. SO THIS IS THE YEAR TO MAKE SOME MOVES.

SAY "YES."

IT'S AMAZING HOW ONE LITTLE WORD CAN CHANGE YOUR LIFE. BUT TOO OFTEN, OUR 'YESES' ARE RESERVED FOR DEFAULT DECISIONS WE AREN'T EVEN INTENTIONALLY MAKING OR THE STUFF WE FEEL OBLIGATED TO DO. WHAT IF WE STARTED SAYING 'YES' TO THE IMPORTANT THINGS? YES, TO PARENTING ON PURPOSE. YES, TO SIGNIFICANT CHALLENGES AND OUT-OF-YOUR-COMFORT-ZONE OPPORTUNITIES. YES, TO YOUR MARRIAGE. INVITATIONS TO CONNECT WITH OTHERS? YES, PLEASE. SAYING YES OPENS US UP TO NEW WAYS OF THINKING AND HELPS CULTIVATE A GROWTH MINDSET. TO CLARIFY, WE'RE NOT TALKING ABOUT PEOPLE-PLEASING OR OVER-EXTENDING YOURSELF. IN FACT, IT'S THE OPPOSITE. DEVELOPING A 'YES' MINDSET IS LIVING INTENTIONALLY, FOCUSED ON YOUR GOALS FOR YOURSELF AND YOUR FAMILY. IT'S ABOUT LISTENING TO GOD'S STILL, SMALL VOICE AND DOING THE BRAVE THINGS RATHER THAN THE EASY THINGS.

NOW IS YOUR OPPORTUNITY TO DEVELOP A SPIRIT OF ADVENTURE AND MAKE NEW MEMORIES. NOW IS YOUR CHANCE TO INVITE YOUR KIDS ALONG FOR THE THRILL THAT COMES WITH DOING HARD THINGS. YOU ARE WILDLY CAPABLE. GET UNCOMFORTABLE. PERSEVERE AND SAY YES TO THE NEXT SMALL BRAVE STEP GOD ASKS YOU TO TAKE.

# SAYING YES MEANS WE WILL



## Befriend discomfort

CONSIDER IT PURE JOY, MY BROTHERS AND SISTERS, WHENEVER YOU FACE TRIALS OF MANY KINDS, BECAUSE YOU KNOW THAT THE TESTING OF YOUR FAITH PRODUCES PERSEVERANCE. LET PERSEVERANCE FINISH ITS WORK SO THAT YOU MAY BE MATURE AND COMPLETE, NOT LACKING ANYTHING. (JAMES 1:2-4 NIV)

YOU HAVE THIS ONE LIFE. HOW DO YOU WANT TO SPEND IT? REGRETTING THE THINGS YOU DIDN'T DO? AVOIDING POTENTIALLY AWKWARD SITUATIONS? HATING YOUR BODY? WHAT IF THE WAY FORWARD IS TO BEFRIEND DISCOMFORT? DISCOMFORT IS A LIFE HACK THAT CAN IMPROVE EVERY AREA OF OUR LIVES. TACKLING CHALLENGING THINGS HELPS US BECOME MORE ROOTED- WE START TO FEEL LESS FRAGILE AND LESS STRESSED. DON'T WAIT UNTIL YOU FEEL 'READY' OR QUALIFIED OR WHEN ALL THE DETAILS COME TOGETHER PERFECTLY. NOW IS YOUR OPPORTUNITY TO DEVELOP A SPIRIT OF ADVENTURE AND MAKE NEW MEMORIES. OPEN YOUR HANDS TO RELEASE OLD DREAMS AND RECEIVE NEW ONES, OR TAKE THE BRAVE FIRST STEP TO GET HELP. NOW IS YOUR CHANCE TO INVITE YOUR KIDS ALONG FOR THE THRILL THAT COMES WITH DOING HARD THINGS. YOU ARE WILDLY CAPABLE. GROW YOUR CAPACITY TO ENDURE. SHOW ABSURD COURAGE. GET UNCOMFORTABLE. PERSEVERE AND SAY YES TO THE NEXT SMALL BRAVE STEP GOD ASKS YOU TO TAKE.



## Be easily delighted

HE BROUGHT ME OUT INTO A SPACIOUS PLACE. HE RESCUED ME BECAUSE HE DELIGHTED IN ME. (PSALM 18:19 NIV)

IT'S BEEN SAID THAT IF YOU JUST WENT TO THE SUPERMARKET AND EXPERIENCED IT FULLY WITHOUT THE GOGGLES OF HABIT AND CATEGORIES, YOU WOULD GO CRAZY WITH PURE JOY AND ASTONISHMENT. WE ARE DECLARING THIS OUR YEAR OF DELIGHT. CAN YOU BELIEVE HOW BEAUTIFUL THE WORLD IS AND HOW DELICIOUS FOOD CAN TASTE? HOW KIND PEOPLE ARE? IT'S ALL SO GOOD. YET SOMETIMES, FUN IS THE FIRST THING TO GO BETWEEN PARENTING, PAYING BILLS, AND WORRYING ABOUT DOING THINGS RIGHT. ALL OF THAT CHANGES THIS YEAR. BECAUSE GOD DELIGHTS IN US, WE WILL DELIGHT IN THE LIFE WE'VE BEEN GIVEN. WE'LL EXUDE PASSION. WE'LL LEARN TO LOVE WHAT MUST BE DONE AND BE CAPTIVATED BY THE SMELL OF OUR KIDS' HAIR AND OUR HUSBAND'S GLANCES ACROSS THE ROOM. IT'S ALL DECADENT WHEN WE STOP AND REALLY NOTICE. GOD, HELP US BE EASILY DELIGHTED WITH THE SMALL THINGS BECAUSE THE SMALL THINGS ARE THE BIG THINGS.



## Be here now

LOOK AT THE BIRDS OF THE AIR; THEY DO NOT SOW OR REAP OR STORE AWAY IN BARN, AND YET YOUR HEAVENLY FATHER FEEDS THEM. ARE YOU NOT MUCH MORE VALUABLE THAN THEY? CAN ANY ONE OF YOU BY WORRYING ADD A SINGLE HOUR TO YOUR LIFE? MATTHEW 6:26-27 NIV

THIS IS THE YEAR TO UPROOT OUR ANXIETY, WORRY AND HURRY. HUSTLE CULTURE TELLS US THAT IT'S ALL UP TO US. BUT SPACIOUS LIVING REMINDS US THAT GOD'S GOT US, AND A DEEPLY FORMED LIFE STARTS WITH COURAGEOUS FAITH. THIS YEAR WE WILL REMEMBER THAT OUR DIRECTION IS MORE IMPORTANT THAN OUR SPEED. WE WILL STAY INSIDE OUR COMMITMENTS AND THRIVE WITHIN OUR CONSTRAINTS. OUR LONGING FOR CONTROL WILL BE REPLACED WITH A HUMBLE SURRENDER TO THE FACT WE DON'T HAVE TO DEATH-GRIP EVERY POSSIBLE OUTCOME. WE WILL CHOOSE INTEGRITY OVER IMAGE AND PEOPLE OVER PRESSURE. WE WON'T LET WORRY ROB US OF TIME. INSTEAD, THIS IS THE SEASON OF TRUSTING THAT GOD IS PROVIDING FOR OUR EVERY NEED, AND THAT MEANS WE CAN TEND TO THE HOME, KIDS, MARRIAGE, FRIENDSHIPS, NEIGHBORHOOD, AND WORK THAT GOD HAS GIVEN US AND HAVE THE TIME OF OUR LIVES DOING IT.



# 2023 - 2024 CALENDAR



**SEPTEMBER 5 & 19**  
**OCTOBER 3 & 17**  
**NOVEMBER 7 & 21**  
**DECEMBER 5 & 19**  
**JANUARY 2 & 16**  
**FEBRUARY 6 & 20**  
**MARCH 5 & 19**  
**APRIL 2 & 16**  
**MAY 7 & 21**

## MEETING TIMELINE

5:45 PM | MOPSKIDS CHECK-IN

6:00 PM | WELCOME AND ANNOUNCEMENTS

6:15 PM | DINNER

6:30 PM | SPEAKER/VIDEO

6:45 PM | TABLE DISCUSSION

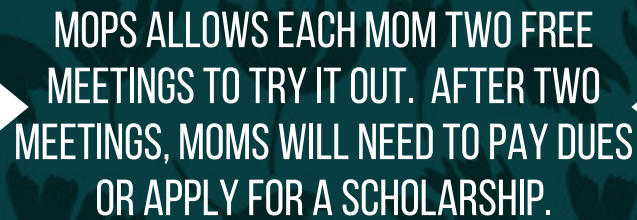
7:25 PM | CRAFT/ACTIVITY

8:00 PM | MOPSKIDS PICKUP

A hand holding a vanilla ice cream cone with two scoops. The background is dark teal with a repeating pattern of dark green leaves and small orange hearts.

# M

# MOPS Membership

Two white arrows pointing towards the text.

MOPS ALLOWS EACH MOM TWO FREE MEETINGS TO TRY IT OUT. AFTER TWO MEETINGS, MOMS WILL NEED TO PAY DUES OR APPLY FOR A SCHOLARSHIP.

**WE FOLLOW THE LEBANON R-3 SCHOOL DISTRICT FOR WEATHER CANCELATIONS. WATCH OUR FACEBOOK PAGE AND GROUP ME FOR UPDATES.**

## The Community

- ACCESS TO LOCAL, IN-PERSON MOPS GROUPS
- ACCESS TO MAMA MEETUPS - MEANINGFUL ONLINE COMMUNITIES FOR MOMS
- CONNECT FACE TO FACE AND HEART TO HEART WITH OTHER MOMS LIKE YOU

## The Encouragement

- QUARTERLY PRINT MAGAZINE SUBSCRIPTION
- BI-MONTHLY ENCOURAGING TEXTS
- ACCESS TO THE MOPS MEMBERS WEBSITE - MOMCON ONLINE, VIDEOS, ARTICLES, DISCOUNTS, MEDIA LIBRARY, DOWNLOADS, AND MORE

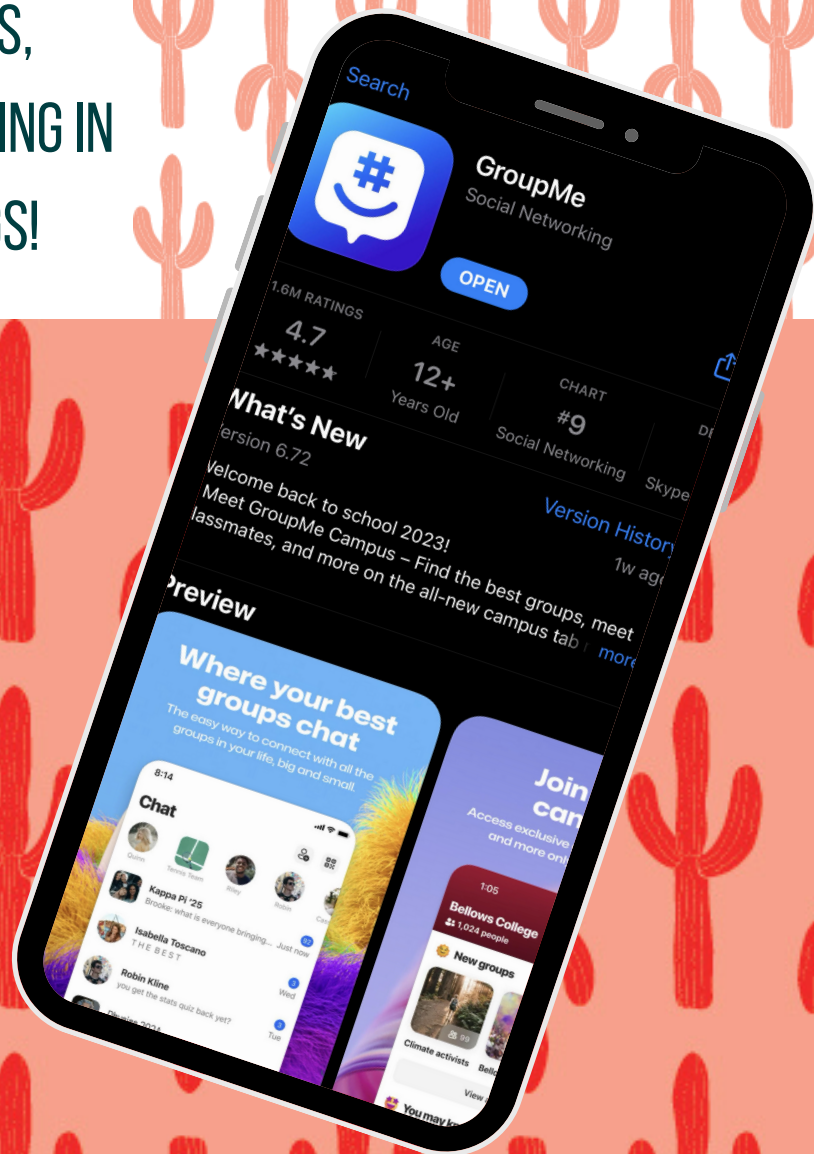
## The Extras

- TUITION DISCOUNT UP TO 30% AT COLORADO CHRISTIAN UNIVERSITY
- UPGRADED MEMBERSHIPS INCLUDE QUARTERLY ONLINE WORKSHOPS, DIGITAL BUNDLES, MOPS MERCH & SWAG, AND MORE



# Join us in our group on the GROUP ME app

GROUP ME IS OUR FORM OF  
COMMUNICATION FOR CHAT ROOMS,  
SHARING PHOTOS & VIDEOS,  
PLANNING EVENTS, AND STAYING IN  
TOUCH BETWEEN MEETINGS!



# DISCUSSION GROUP GUIDELINES

A GREAT MOPS/MOMSNEXT EXPERIENCE BEGINS WITH A GREAT DISCUSSION GROUP! AS A MEMBER OF MOPS/MOMSNEXT, WE WANT YOU TO HELP MAKE THIS THE BEST MOPS YEAR POSSIBLE FOR EACH WOMAN IN YOUR GROUP. THEREFORE WE ASK THAT EVERYONE:

**ATTEND FAITHFULLY.** REMEMBER THAT MOPS/MOMS NEXT IS A RELATIONAL GROUP, SO COME TO YOUR TABLE WITH A HEART TO SHARE AND A DESIRE TO ENCOURAGE ONE ANOTHER.

**RESPECT THE OTHER WOMEN IN YOUR GROUP,** THEIR OPINIONS, CONTRIBUTIONS, CHILD-RAISING TECHNIQUES, BELIEFS, AND UNIQUE QUALITIES. WE AVOID DIVISIVE TOPICS SUCH AS POLITICS, CIRCUMCISION, SPANKING, BREAST VS BOTTLE ETC., AND REMAIN RESPECTFUL WHEN THEY DO COME UP.

**REMEMBER THAT ANYTHING SHARED IS CONFIDENTIAL.** WE WANT EVERYONE TO FEEL THAT THIS IS A SAFE PLACE TO OPEN UP.

**ENCOURAGE ALL TO PARTICIPATE.** RECOGNIZE WHEN SOMEONE ELSE WOULD LIKE TO SPEAK AND TRY NOT TO MONOPOLIZE THE CONVERSATION.

**AVOID SPEAKING DISRESPECTFULLY** ABOUT HUSBANDS, IN-LAWS, ACQUAINTANCES, ETC.

**IT'S OK TO CRY, LAUGH AND EXPRESS EMOTIONS.**

**ENJOY THE WOMEN AT YOUR TABLE!**







# HOSPITALITY

WE HAVE COFFEE AND DINNER AT EACH MEETING. COFFEE IS PROVIDED, BUT DINNER WILL BE POTLUCK STYLE. EACH TABLE WILL BRING FOOD A FEW TIMES A YEAR. FOOD FROM THE STORE OR HOMEMADE ARE BOTH GREAT! WHEN IT IS YOUR TURN, PLEASE BE HERE WITH YOUR FOOD BY 5:50 SO THAT FOOD IS READY ON TIME. YOU ARE WELCOME TO CHECK KIDS INTO MOPS KIDS AT 5:45.


PLEASE LET YOUR TABLE LEADER KNOW BY THE SUNDAY BEFORE THE MEETING WHAT YOU PLAN TO BRING SO WE CAN ENSURE THERE WILL BE ENOUGH FOOD FOR EVERYONE.



# FINANCIAL

THE REGISTRATION FEE FOR THE 2023-2024 MOPS YEAR IS \$70. THIS INCLUDES YOUR MOPS INTERNATIONAL MEMBERSHIP FEES OF \$34. THE REMAINING \$36 WILL HELP US COVER THE COSTS OF CHILDCARE, CRAFT SUPPLIES, HOSPITALITY SUPPLIES, ETC.

IF YOUR FINANCIAL SITUATION PREVENTS YOU FROM PAYING THE MOPS REGISTRATION FEES, PLEASE CONTACT MEREDITH LEWIS OR CAITLIN HOWE. LIMITED SCHOLARSHIPS ARE AVAILABLE. WE DON'T WANT ANY MOM TO MISS OUT ON MOPS FOR FINANCIAL REASONS.



# Moms Night Out Playdates



OUR GROUP WILL HAVE PLANNED MOMS NIGHT OUT (MNO) FOR THE WHOLE GROUP TO ATTEND. MOST MNO ARE JUST FOR MOMS TO ATTEND, SO YOU CAN RELAX AND HAVE UNINTERRUPTED TIME WITH YOUR FRIENDS. THIS WILL GIVE US THE CHANCE TO DEVELOP FRIENDSHIPS WITH LADIES SITTING AT OTHER TABLES FROM US. WE WILL ALSO HAVE SOME OUTINGS FOR MOMS TO BRING KIDS ALONG OR EVEN THE WHOLE FAMILY! IF YOU AREN'T SURE, JUST ASK.

YOUR TABLE IS ENCOURAGED TO GET TOGETHER FREQUENTLY OUTSIDE OF MEETINGS. FEEL FREE TO INVITE YOUR TABLE MOMS TO GO GRAB COFFEE WITH YOU, OR MEET UP WITH THE KIDS AT THE LOCAL PARK. IF YOU WANT TO INVITE THE WHOLE GROUP, YOU CAN DO THAT ON THE GROUP ME APP, OR REACH OUT TO MEREDITH IF YOU WANT HELP ADDING IT TO THE CALENDAR. EVERYONE HAS A BUSY SCHEDULE, SO DON'T BE HURT IF SOME CAN'T ATTEND, JUST ASK AGAIN! DON'T BE AFRAID TO KEEP IT SIMPLE.



# MOPSKIDS

OUR MEETINGS ARE MEANT JUST FOR MOMS, BUT YOUNG INFANTS MAY STAY WITH YOU IF YOU DESIRE! WE ASK THAT MOBILE INFANTS AND OLDER ATTEND MOPSKIDS OR HAVE OTHER CHILDCARE ARRANGEMENTS. OUT OF RESPECT OF OUR SPEAKERS, PLEASE TAKE MOBILE AND CRYING BABIES TO BE COMFORTED OUT OF THE MEETING AND COME ON BACK WHENEVER YOU ARE READY. WE HAVE ALL BEEN THERE, SO DON'T WORRY THAT WE ARE JUDGING YOU! SOMETIMES, OLDER KIDS MAY HAVE DIFFICULTY SEPARATING FROM MOM. OUR CHILDCARE WORKERS WILL LET YOU KNOW IF YOUR LITTLE ONE NEEDS TO CHECK IN WITH YOU. BECAUSE WE HAVE SOME VERY ADULT/SERIOUS TOPICS, YOU MAY NOT WANT TO BRING LITTLE EARS IN THE MEETING. IF YOU WANT TO SIT AND CALM YOUR LITTLE ONE IN THE LOBBY, THAT IS TOTALLY FINE!

## IMPORTANT

PLEASE DO NOT BRING YOUR CHILD TO MOPSKIDS IF THEY HAVE ANY OF THE FOLLOWING SYMPTOMS:

1. FEVER, DIARRHEA, OR VOMITTING IN THE LAST 24 HOURS
2. SEVERE COUGHING-CROUP OR WHOOPING SOUNDS
3. SORE THROAT OR DIFFICULTY SWALLOWING
4. POSSIBLY CONTAGIOUS RASH
5. PINKEYE
6. HEAD LICE
7. UNUSUALLY CRANKY, LESS ACTIVE, OR LOSS OF APPETITE

IF YOU ARE UNSURE, OR YOUR CHILD SEEMS TO BE SICK, PLEASE KEEP HIM OR HER HOME.

ALL OF OUR CHILDCARE WORKERS HAVE BEEN BACKGROUND CHECKED AND ARE READY TO HELP YOUR CHILDREN ADJUST TO THE NEW SURROUNDINGS AND ENGAGE WITH THEM IN A POSITIVE WAY. IN MOPSKIDS, YOUR KIDS WILL HAVE THE OPPORTUNITY TO GROW IN THEIR UNDERSTANDING THAT GOD MADE THEM AND GOD LOVES THEM WITHIN A SAFE AND EDUCATIONAL ENVIRONMENT.

PLEASE BRING A LABELED BAG FOR EACH OF YOUR KIDS CONTAINING DIAPERS (OR UNDERWEAR), WIPES, A CHANGE OF CLOTHES, SNACK, AND A LABELED SIPPY CUP OR WATER BOTTLE. MAKE SURE EVERYTHING IS LABELED, WITH THEIR NAME CLEARLY MARKED ON THE OUTSIDE OF THEIR BAG SO THE CHILDCARE WORKERS KNOW WHICH IS THEIRS.

PLEASE PICK UP YOUR KIDS PROMPTLY FROM MOPSKIDS AT 8:00 PM.

# LEADERSHIP TEAM

OUR MOPS/MOMSNEXT GROUP HAS A LEADERSHIP TEAM MADE UP OF DEVOTED WOMEN WHO HELP MAKE SURE OUR MEETINGS RUN SMOOTHLY AND IMPORTANT DETAILS AREN'T OVERLOOKED. THEY ARE THE BEHIND-THE-SCENES FACES TO OUR TUESDAY MEETINGS. THEY SHARE THE MOPS INTERNATIONAL MISSION OF EQUIPPING AND DEVELOPING EVERY MOTHER TO REALIZE HER POTENTIAL AS A WOMAN, MOTHER AND LEADER IN THE NAME OF JESUS CHRIST. INTERESTED IN SERVING? WHETHER YOU HAVE A LITTLE OR A LOT OF TIME, WE NEED YOU! EMAIL [LEBANONMOPS22@GMAIL.COM](mailto:LEBANONMOPS22@GMAIL.COM) TO INQUIRE!

**SAY  
YES**



*Do not despise these small beginnings, for  
the Lord rejoices to see the work begin ...*  
**Zechariah 4:10 NLT**

## CONTACTS

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