



#TOTHEFULL

**TO  
THE  
FULL**

## Mothers of Preschoolers

### What is MOPS?

MOPS stands for Mothers of Preschoolers. MOPS is a caring network of moms, with children from birth to kindergarten, helping moms to be better moms through trusted resources and supportive relationships.

MOPS is a grassroots movement that believes moms are world influencers. We also believe that incubating hearts and giving just-because hugs can change the course of history. That's why we connect moms all over the world to a community of women in their own neighborhoods who meet together to laugh, cry and embrace the journey of motherhood.

A MOPS group is an open, accepting place for all mothers to experience authentic community, personal growth, practical help and spiritual hope.

### MOPS is about

- Celebrating Motherhood
- Meeting Needs
- Making Connections
- Experiencing God's love through relationships and resources

### LIFE Fellowship MOPS

LIFE Fellowship MOPS has been chartered by MOPS International, and although our MOPS group has a unique personality, there are several principals upon which all MOPS groups are built:

- **Community:** LIFE Fellowship MOPS will provide an open, caring and accepting atmosphere where we can come together to share this important season of life.
- **Mentoring:** Mothers of Preschoolers are new parents. Many times we long to walk with someone who has been down that road before. A MOPS Mentor is an experienced woman who helps new moms grow personally and as a parent. A mentor shares her wisdom in practical and meaningful ways to fulfill the varied roles of mother, woman and wife.
- **Practical Instruction:** Although the teaching format of the topics are given from a Biblical perspective, MOPS is not a Bible study. Whether MOPS moms attend a local church or not, MOPS moms will find that the topics are relevant, practical and interesting.
- **Leadership Development:** Not only are MOPS groups specifically organized for mothers of preschoolers, the meetings are run by mothers of preschoolers who gain confidence in their leadership skills through training and experience they receive through the ministry.

### What to expect at a MOPS meeting?

**Breakfast** - We can't meet without food and coffee!

**Curriculum** - Most meetings will have a topic of discussion through a live speaker or video provided by MOPS international

**Fellowship** - Local moms...friends to talk to, laugh with, share advice with and be encouraged. You are not alone!

**Crafts** - Fun and easy crafts, even for the less creative of us

**Childcare** - During meetings your little ones will be cared for by amazing MOPPET staff, so you can relax and have a whole conversation while your coffee is still hot!

**Play Dates** - We want to get to know you and your little ones, too! Join us for organized monthly play dates like story time, pumpkin patches and park days.

**Mom's Night Out** - Sometimes moms just need a girl's night out. We plan one almost every month.

### 2019-2020 Schedule & Fees

We are excited about our new 2019-2020 year. We plan to have meetings the 1st and 3rd Thursdays of the month from September to May. We'll meet from 9:30 to 11:30 a.m. at LIFE Fellowship Church. Our scheduled meeting dates are as follows:

Sept 5	Nov 7	Feb 6	Apr 4
Sept 19	Nov 21	Feb 20	Apr 18
Oct 3	Dec 5	Mar 5	May 7
Oct 17	Jan 16	Mar 19	May 21

Our MOPS registration fee includes the MOPS International fee and is \$131.95 annually with childcare or \$71.95 annually without childcare. You can split the cost into two semester payments of \$80 and \$51.95 with childcare or \$50 and \$21.95 without childcare.

Our MOPS fee includes many fun activities and crafts as well as childcare for our meetings. We can't wait to get to know you!

To register, please visit the following link: [Register Here](#)

For more information contact our Coordinator:  
Alyssa Hamamgian – [MOPS@lifecharlotte.com](mailto:MOPS@lifecharlotte.com)  
or click here to visit [MOPS INTERNATIONAL](#).

## To The Full!

*Are you breathing just a little, and calling it a life?\** Sometimes we need the reminder that life is meant to be lived to the full. That it is OK to enjoy ourselves, to let our hair down, to worry less, and to really suck the marrow out of life (who even says that? I guess we do now.) Because as far as we can tell, this is exactly how God intended for us to live- fully and abundantly.

It's easy to forget what that feels like, though. One day we're wide-eyed and the possibilities are endless, and then slowly, without even realizing it, we find ourselves dulled by the routines and disappointments that are a part of being human. We slowly start to lose our optimism and zest for life.

All that is about to change, because this next year is about the full life. Which means living grateful, joyful, and hopeful. It means being led by the Good Shepherd and trusting that everything is working out exactly as it should.

We'll say farewell to auto pilot and regain our vitality. We'll have more fun, get to know new people, stop fearing what could go wrong or being so afraid of what others think. We will enjoy our kids like never before, and someday, when they wonder what life to the full looks like, they will look no farther than how mom does it.

But here's one important thing to remember: this idea of life to the full isn't about striving for more. It's not about striving at all. It is about recognizing that life isn't a bunch of goals to achieve, or people to please; but an invitation to savor, delight, and enjoy your life just a little more.

If you have ever felt like you aren't enough, if you have forgotten to have fun, or feel like you have lost your spark, then this is the fresh start you have been waiting for.

### **In order to live *To the Full* this year, let's:**

**Have More Fun:** Fun is often the first thing to go when life gets hectic because it seems frivolous and extravagant. This year we are going to remember that we can still have fun even when life is hard. We are going to let the laundry wait and build a fort with our kids. We'll stop waiting until everything on our to-do list is finished until we have fun, and do one thing a month just because it makes us happy. This is our year to remember what it feels like to enjoy ourselves.

**Fear Less:** No more fearing what people might think or say. No more letting fear paralyze us or concern about the future rob us of the present. At any given moment, there is courage inside of each of us that may be lying dormant. This year we'll bring it to life. We'll change our ways of thinking, calm our anxiety, and surrender our need to control. This is the year of faith over fear, and abundance over scarcity.

**Find Our People:** This year we'll meet our neighbors, learn the name of the cashier at the grocery store, and invite our MOPS table over for dinner. We need our people, and they need us. Maybe it means asking someone we respect to be our mentor, or perhaps it means marching in a parade, throwing candy and inviting other moms to MOPS. Finding our people takes some vulnerability, but it will also mean being known, belonging, and helping others feel the same. Life to the full happens best with people by our side.

\* From the poem, *Have You Ever Tried to Enter the Long Black Branches?*, by Mary Oliver

### Find Us on the Web!

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