

Discover CBC MOPS

2022-2023



Agenda

Talk about the theme for the year

Discuss meeting dates/plans

Explain MNO's and play dates

Address common concerns

Take questions

Play games

Give out prizes

Have fun!!!

Rachel
Althaus-
coordinator





What we
actually look
like most days

WE GO TOGETHER



<https://leader.mops.org/we-go-together/>

LUKE 5:18-20, NIV

Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. When Jesus saw their faith, he said, "Friend, your sins are forgiven."

Challenges

1. Be Unoffendable

2. Show Up

3. Expect Good
Things

Meetings

- October 7, 21
- November 4, 18
- December 2
- January 20
- February 3, 24
- March 10, 31
- April 14, 28

**We meet
from
9:15-11:25
Friday
mornings**

Brunch and mingle (each group takes a turn bringing breakfast items each meeting)

Prayer, announcements, giveaways, and birthday gifts

Mom story or devotional

Speaker, video, OR fun activity

Games/icebreakers

Discussion time

A glance into this year's meetings:

Team building

Jazzercise

Jana Muntsinger -
author and wife of pastor
Dave

Christine Hards - licensed
counselor

Hawaiian Christmas party
(December meeting)

Cookie decorating

Video curriculum
provided by MOPS



Mom's Night Out

- One night/month
- Planned with your individual table groups, a few groups, or all of MOPS
- There will be "Mom's Night Out challenges" each month that can be used as a guideline for planning, if you want to use them
- Take time each meeting to plan this together as a group...
- Ideas for MNO include: going to a restaurant, having a dessert night at someone's house, going axe throwing, seeing a movie, etc.
- You can even enjoy Saturday morning brunch. It doesn't have to be at night!

**MNO:
SAVE
THE
DATE
Sept 26
at 7pm**

- MOPS- wide MNO for those who sign up by September 20
- September 26 at 7pm, here in the commons, we have our first MNO- "We Go Together Like Chips and Queso"! We will have chips, queso, and guacamole!! We will also be playing a game to help you find your table group. You'll have the opportunity to meet your mentor mom as well as those in your group.
- If you are not able to attend, we will be sending out the information via email prior to our first October meeting

Play dates

- One night/month
- Planned with your individual table groups, a few groups, or all of MOPS
- There will be "playdate challenges" each month that can be used as a guideline for planning, if you want to use them
- Take time each meeting to plan this together as a group...
- Ideas for playdates include: going to a park (Telge Park, Grantwood Park, etc), visiting an indoor playground (Fun N Play and Kidtastic Park are local... Second City is further away, but it is FREE!), library story time, play at each other's houses, etc.



**MOPS-
wide
playdate:
SAVE THE
DATE
October 14
at 10am**

- We will be going to the Pumpkin Patch at Cypress UMC- just down the road
- Address 13403 Cypress N Houston Rd, Cypress, TX 77429

3 Common concerns about MOPS

1. What am I supposed to wear?

2. I want to meet other moms outside of my table group

3. I don't feel like I can be "real"

*What do
I wear?*



I want to
meet
other
moms
outside of
my table
group

More MOPS-wide MNO's and playdates

More icebreakers and games to help us meet others during meetings

Team building

We are encouraging each group to invite other table groups to their MNO's or playdates (this does not have to happen every month)

I don't feel like I can be "real"

01

We want you to come AS YOU ARE. If you are a mom, you are welcome here.

02

We love you just as you are. Despite your flaws, weaknesses, failures, or shame, there is a seat for you at our table.

03

We set the precedent that you can and should be as real as you feel comfortable. We avoid judgement and shame of those who may do things differently.

Do you have
any
Questions?

