

What is MOPS?

Here at MOPS, we gather moms. We believe in the simple but revolutionary idea that remarkable things happen when moms come together. That is why MOPS rallies women, in their own neighborhoods, to help them become more brave, kind and honest, one gathering at a time.



So, whether you are an adoptive mom, young mom, seasoned mom, foster mom, step mom, or any other type of mom, you are welcome here.

2018-2019 Calendar

Monthly • Third Wednesday
(with some exceptions)
9:15 to 10:45 a.m.

September 19
October 17
November 14*
December 12*
January 16
February 20
March 20
April 17
May 15

* Not on the third Wednesday of the month due to conflicting VCP Preschool events or holidays.

Where We Meet

Valley Community Presbyterian Church's Youth House

8060 SW Brentwood Street • Portland 97225

The Youth House is a light brown ranch-style house located adjacent to the Church.

Connect With Us

Email Us

www.mops.org/groups/vcp

Like Our Facebook Page

www.facebook.com/VCPMOPS

Registration & Fees

Request Registration Packet Via Online Form

www.mops.org/groups/vcp

\$20 Registration Fee

(Due at time of registration. Helps cover the cost of coffee supplies, name badges, etc...)

\$31.95 MOPS International Membership

(membership required by third meeting & purchased individually on MOPS website using code 2VVG)

MOPS Kids Childcare

\$70 for 1st Child • \$40 Each Additional Child

Fees due at first meeting and are non-refundable.

If budget constraints limit your ability to participate, please let us know. We want everyone to be included!



Thank You

Valley Community Presbyterian Church
Session (Elders of the Church)
Rev. Jeff Binder
Misty Bonham, Director of Childrens Ministry
Carmen Vignolle, MOPS Kids
Judy Buerer, MOPS Kids
Alicia Wheeler, MOPS Kids



VALLEY COMMUNITY
PRESBYTERIAN CHURCH

MOTHERS OF PRESCHOOLERS

JOIN US IN 2018-2019



FIND YOUR FIRE



www.mops.org/groups/vcp

What to Expect

Our monthly meetings are a place to relax, chat, and to make connections with other moms. A MOPS meeting includes practical teachings through videos, group discussions and creative activities.

Food & Drink

We can't meet without food & espresso! Members volunteer to bring a morning snack. We also offer espresso drinks with regular, coconut, soy, and almond milk. Add your favorite flavors.

Curriculum

Each meeting will have a topic to discuss ignited by powerful videos provided by MOPS International.

Fellowship

Meet other local moms to talk with, laugh with, share advice with, and relate to. You don't have to do mothering alone!

Childcare Available

During meetings, your little ones will be cared for by amazing MOPS Kids providers so you can relax and have a whole conversation while your coffee is still hot! Nursing infants are welcome at the meeting. See back portion of this brochure for fee information.



How Your Life Will Change This Year

Every year, MOPS International provides each group with content that centers around a life changing theme.



FIND YOUR FIRE

Sisters, this is a year we will tend the **fire** in our hearts.

We will stop inhaling the fumes of our mistakes that tell us we are not enough, not a good enough mom, not pretty enough, not brave enough, not smart enough, not wealthy enough. Instead, we will choose to tend our **God-given fire**.

We will **love** our children with an all-consuming love and **use our words** to warm the world. We will hold the torch up high and shed light on what matters most.

*When our homes feel cold,
we'll light a fire.*

*When a friend has lost her spark,
we'll fan her flame.*

*When the world seems dark,
we will be an ember of hope.*



We Will Learn To

Live Expectantly

Think about what could go right. We will renew our minds and choose to trust that God is good. We will be women whose passion and patience inspire the people we love most.

Surrender Daringly

Let things go. Let go of unhelpful expectations and the need to control the people and situations in your life. We will be women who trust that God is fighting for us, so we need only to be still.

Breathe Freely

Let yourself be loved. Even though we aren't enough in our own mind, we are enough in the mind of God. We will be women and moms who stand out because we live loved.

Never let the fire go out...

When you hope, be joyful.

When you suffer, be patient.

When you pray, be faithful.

Share with God's people

who are in need.

Welcome others into your homes.

Romans 12:11-13

