

What Is M.O.M.S.?

MOMS - My Perspective

By Laura Gibson MOMS #10

It was February of 1996. I had recently returned to Austin after living and working in Houston while I was expecting my first child. I was an aerospace engineer who was now a stay-at-home mom - devoted to my child, but feeling a little lost. I had everything I wanted - the ability to stay at home, a nice house in Austin where I loved living, a husband who loved me and supported my decision to stay at home, and a beautiful 8 month old daughter. Why didn't I feel happier? I knew St. Catherine's was a special place from the resonance of Fr. Oliver's sermons, so when I heard about MOMS I signed right up.

From our first meeting, with its emphasis on "sacred spaces" and confidentiality of the group, I knew this was going to be special. There were 11 other mothers and 3 facilitators (who of course were also moms.) Structured topics and well-organized sessions each week led to more than just a sharing session or a social group for moms. The sessions covered topics such as self-esteem and self-acceptance, stress, everyday spirituality, feelings, and others. They were led by facilitators who guided us to stay on topic, but also allowed us to share what we wished. We had opportunities to let down our guard and let others know our faults (although we never felt pressured to do so.) This led to a bonding among the members not to be found in other moms groups. There was also an emphasis on spirituality that led to a closer feeling to Jesus and Mary.

We also had a social get-together which allowed all the families in my MOMS group to get to know each other. This program has led to life-long friendships for both myself and my children. I can't believe my daughter is almost 5 - and she has grown up with the children of the other moms in my group. Finally, through a special celebration, we were introduced to others who had been through the MOMS experience. I would recommend the MOMS experience to any mother who wants to be a better, happier, more spiritual person with stronger connections to others at St. Catherine's.

MOMS

by Lori Roussel MOMS #15

Being in MOMS totally changed my life and my ideas about being a mother, daughter, sister, wife, and friend. Each week when I would leave the group, I felt so positive about myself and my life. MOMS also enriched my faith and led me back to church. MOMS helped me make new friends with "great" moms who understood the same challenges I was facing as a mom. I looked forward each week to attend our class and actually wished it took place every day! It is hard to describe the feeling that MOMS gave me, so I just tell everyone... JUST DO IT!! And see and experience it for yourself. You'll be glad and thankful that you did. I know I am!

MINISTRY OF MOTHERS SHARING will be led by a facilitator team. Babysitting is provided. 34

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TOPICS WILL INCLUDE:

- 6/4/2018 **Orientation/ Pick up Materials**
- 6/11/2018 1. **Self-Esteem & Self-Acceptance** - What influences me at this time in my life?
- 6/18/2018 2. **Stress, Worries and Anxiety** - Learning to deal with stress productively.
- 6/25/2018 3. **Everyday Spirituality** - Relationship with self: Relationship with God.
- 7/9/2018 4. **Feelings** - Constructive self-expression of feelings.
- 7/16/2018 5. **Personal Growth** - Who am I? Where do I give and receive support?
- 7/21/2018 **Saturday Evening Social at VFW Post 4443 - Husbands and Children**
- 7/23/2018 6. **Expressing Values in Friendships** - Defining Christian values, examining relationships.
- 7/30/2018 7. **Celebration of New Beginnings** – An evening of celebration and reflection with previous Moms Ministry Groups.
- 8/06/2018 8. **Postscript: Continuing the Journey** - How will I continue my personal growth?
- 8/13/2018 9. **On Our Own: Planning Our Next Meeting Schedule**

(**) Meetings will commence promptly at 7:00 PM and close at 9:00 PM. The schedule is subject to change based on the needs of the group; however, the topics will be covered in the same sequence.

Cost is \$50. The cost covers one copy of the book: **GRACE WITHIN - A Personal Journal**, by Jean Glaraton, Mary Boespflug, & Lori Gross as well as miscellaneous program materials, and the Celebration. Scholarships are available.

Make checks payable to **St. Catherine of Siena**. Call the Community Ministries Office, 892-2420 ext 316 for additional information. Or email familyministry@stcatherine-austin.org

MINISTRY OF MOTHERS SHARING

Don't Miss
St Catherine's MOMS 34
Orientation on June 4

Contact: Family Life office, 892-2420 ext 316

familyministry@stcatherine-austin.org

For registration information

An opportunity for women to develop self-esteem, relationship skills, and a more defined sense of their own spirituality at a time when they are facing the difficult challenges of raising a family.

"How much it meant to share the faith, the fear, the anticipation with a trusted friend."



