



# Registration

(Please return form with payment.)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Birthday: \_\_\_\_\_  
Food Allergies: \_\_\_\_\_  
Children & DOB: \_\_\_\_\_

Have you attended MOPS before? Yes / No  
If yes, where? \_\_\_\_\_

Do you attend church? Yes / No  
If yes, where? \_\_\_\_\_

Can we share your contact information with  
other MOPS group members? Yes / No  
Do you work? Full-Time Part-Time At Home

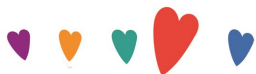
## MOPS Group Preferences

### **Daytime MOPS** *(limited child care available)*

- ☐ Contact me when child care is available.
- ☐ I would like to register without childcare.

### **Evening MOPS** *(limited child care available)*

- ☐ I would like to register for Evening MOPS.
- ☐ With child care ☐ Without child care



## 2013-14 Calendar

### Daytime MOPS Schedule

#### Session I

September 17  
October 1 & 15  
November 5 & 19  
December 3 & 17

#### Session II

January 21  
February 4 & 18  
March 4 & 18  
April 1 & 15  
May 6

### Evening MOPS Schedule

#### Session I

September 17  
October 15  
November 19  
December 17

#### Session II

January 21  
February 18  
March 18  
April 15  
May 6



### For more information please contact:

Daytime MOPS Group  
Cheryl Dore, 952-442-5263  
waconiampops@gmail.com



Evening MOPS Group  
Meg Bode, 612-558-5302  
TrinityEveningMOPS@gmail.com

Mothers of Preschoolers (MOPS) meets at

**TRINITY**  
LUTHERAN  
CHURCH & SCHOOL  
601 East 2nd Street  
Waconia, MN 55387



**Invites you to:**



**EMBRACE YOUR STORY**

**The MOPS experience  
equips women for  
the joys and challenges  
of their lives as moms.  
Join us this year!**

# Is MOPS for you?

## If you are a mom who...

- ~ is pregnant or with children infant-kindergarten
- ~ desires to make new friends
- ~ wants to share the challenges and joys of motherhood
- ~ is looking for opportunities for personal growth through trusted resources
- ~ enjoys giving back to the community...

...then YES,  
MOPS is for YOU!



# What Is MOPS?

MOPS, Mothers of Preschoolers, is a program designed to nurture mothers with children from infancy through kindergarten.

It is a safe, loving environment where moms have the opportunity to make new friends, share experiences, and laugh together. They learn Biblical principles pertaining to womanhood, parenting, and marriage.

Read more about the MOPS international group at [www.mops.org](http://www.mops.org).

## MOPS at Trinity!

Trinity Lutheran Church & School offers two choices for MOPS with limited child care.

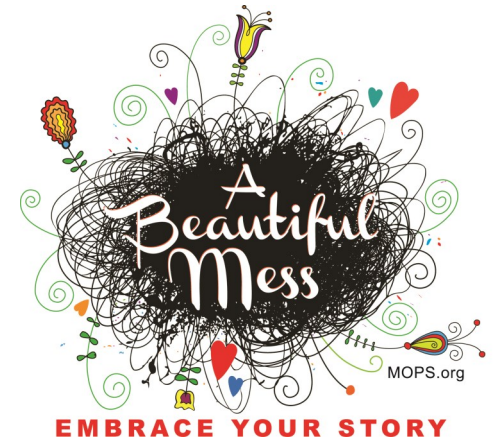
**Daytime MOPS:** This group meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday morning of each month from 8:45-10:45 am in the Fireside Room.

**Evening MOPS:** This group meets the 3<sup>rd</sup> Tuesday of each month from 6:30-8:30 pm in the Fireside Room. (Dinner is included.)

The membership fee for each MOPS session is \$50 (\$100/year). Please make checks payable to Trinity Lutheran Church & School. **Scholarships are available. No one will be turned away due to inability to pay.**

# This Year's Theme

In 2013-14, MOPS invites you to join in the learning process as we address the needs of moms through our theme:



Moms live in messes. The toys, crumbs, and spit-up are their natural surroundings. Moms often feel like a mess. They are exhausted, under-showered, and hormonal. Their past and present circumstances and decisions can leave them feeling inadequate for God's love and purposes.

*A Beautiful Mess* reminds moms that beauty can come out of their difficult spots. The grime of mothering young children brings the beauty of motherhood. The bruises of life can bring God's redemption.

*Embrace Your Story* reminds moms that their past, present, and future can be used for good. God knows where each of us has been, where we are today and has set in motion where we are headed.

**For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. ~Ephesians 2:10 (New Living Translation)**