

**Some of our Favorite  
MOPS Activities**

MOP Swap - Our annual kids' resale

Moms' Nights Out

Christmas Party

Coffee Nights

Summer Park Dates

Cooking Demonstrations

Valentine's Dinner

Apple-picking with the kids

Scrapbook nights

Mission projects for Fairview  
Hospital's NICU and for Berea  
Children's Home

Breakfast at each meeting...  
that we don't have to share!



**Now that you're a mom,  
you know:**

You can no longer wear black, for fear  
of massive spit up marks

When you hear the toilet flush and  
the words 'uh oh', it's already too  
late.

Play dough and microwave should not  
be used in the same sentence.

A 3-year old's voice is louder than 200  
adults in a crowded restaurant.

No matter how much Jell-O you put in  
a swimming pool you still can't walk on  
water.

VCR's do not eject 'PB & J'  
sandwiches even though TV  
commercials show they do.

**Come join us for a morning out with  
other moms that understand!**



**What is MOPS?**

*MOPS stands for "Mothers Of PreSchoolers" and is an international ministry to mothers of children from birth through kindergarten. MOPS recognizes that urban and suburban, stay-at-home and working moms, single and married moms all share a similar desire to be the very best moms they can be.*

*MOPS provides an atmosphere where the specific needs of today's mothers of preschoolers are addressed; including friendship, tips on child-rearing, marriage, managing your home, and your own personal life - physically, emotionally and spiritually!*

*Through guest speakers, creative activities, fellowship, food, and fun, MOPS assists women in a friendly, Christ-centered environment. It is a wonderful outreach that recognizes that all mothers need encouragement, love, and time to share alongside others who are in the same season of life.*