

Kids United

While mothers are enjoying their MOMS UNITED morning, their young children (infant to five) will also be enjoying a fun, age appropriate program. Stories, games and snacks are all part of KIDS UNITED. Child drop-off begins at 8:30 a.m. We ask that if your child has had a fever, or vomiting or otherwise ill in the past 24 hours, please leave your child(ren) at home.

Registration

To register for MOMS UNITED, simply call Becky Smith at 815-568-5745. Registrations are requested no later than 4 days prior to the meeting you plan to attend. Cancellations should be made as soon as you are aware that you or your children are unable to attend.

Program Fees

The cost for MOMS UNITED morning includes childcare, refreshments, program and speaker. There are two options to choose from:

Yearly Fees: \$30 for mom only; \$35 for mom and one child; \$45 for mom with two or more children

Drop-In Fees per meeting: \$4 for mom only; \$5 for mom and one child; \$6 for mom with two or more children

Contact Us:

www.momsunited-zion.com

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MOMS

UNITED

Is a ministry of

Zion Lutheran Church

815-568-6564

412 East Jackson Street

Marengo, IL 60152

Parking is available in lot
on East Street.

For More Information Contact

Becky Smith

815-568-5745

Moms United



2011-2012

*A program designed for mothers
with children of all ages!*

*If we love one another, God abides in us
and His love is perfected in us.*

1 John 4:12b

Who We Are

Welcome to MOMS UNITED, a program designed for mothers of infants through school age children. Come and enjoy a refreshing morning of teaching and encouragement that includes a continental breakfast, casual conversations, timely speakers and helpful discussions groups. At MOMS UNITED you will find a caring community where friendships are built, personal growth occurs and God's desires for your life are explored! Spend some time with us and see what God has for you today!

Get Connected

As women in today's world, we find ourselves busy, busy, busy! It's easy to get caught up in the daily routines, and despite being involved in lots of activities, we find ourselves isolated. God desires for us to enjoy our role as a mom. He wants us to connect with our kids, our husbands, our friends and Him. We hope your time at MOMS UNITED will help accomplish that.

Our Program

The MOMS UNITED program begins at 9:00 a.m. until 10:30 a.m. on the third Thursday of the month, September through April, unless otherwise noted in the brochure. Registration, breakfast, childcare and fellowship begins promptly at 8:30 a.m. Parking is available in the lot on the northeast corner of East & Jackson street.

Discussion Groups

Following breakfast and the speaker, mothers will have opportunities to talk about life application questions with other women at their table. The discussion will stem from the speaker's topic and will allow women to share their ideas and feelings in a small group setting.

2011-2012 Program

September 1, 2011

Moms United 11-12 Kick-off!

Come join all of us as we get to know each other and see what the year has in store for us at Moms United! It promises to be a great year as we kick it off into high gear!

September 15, 2011 —Julie Barnhill

"Motherhood, the Guilt that Keeps on Giving"

You can't have Oreos without a glass of milk. There would be no Lone Ranger without Tonto. And where would Mary Kate be without Ashley? Alas, some things just go together and all too often (let's say most often, shall we) motherhood is accompanied by the overwhelming, sometimes debilitating, emotion of guilt and second guessing. Julie explores its multiple layers and gives real help leading to grace and freedom.

October 20, 2011—Robert Currie

"What Your Preschooler Desperately Wants to Tell You"

Connect with your preschooler like never before by learning to see life how he or she sees it. Learn lots of easy to use tips that will give you a more obedient child and the ability to share more fun times with him or her. You will learn TONS and some of the highlights are: how to respond to your preschooler, family tested solutions to parent-child conflict, and proven practical tips drawn from parents.

November 17, 2011—John & Kendra Smiley

"Do Your Kids a Favor...Love Your Spouse"

Building a healthy marriage can give your kids a great head start in life. Kendra and John learned this through the ups and downs of raising three sons, all now grown. With trademark humor, honesty, and wisdom, John and Kendra offer practical, day-in, day-out insights on kids, marriage, and much more. They will share their wisdom on such topics as setting priorities and coming to grips with family backgrounds, showing how when we make the right choice for our marriage, we're making the right choice for our children.

January 19, 2012—Cheryl Moeller

"Mom Laughs"

Laugh with Cheryl through motherhood. Cheryl is a stand-up comic for moms, a syndicated humor columnist, Christian author, conference speaker, homemaker, married for nearly 32 years, mom of 6. She will show the humor in our everyday lives.

February 16, 2012—Rhonda O'Brien

"The 5 Love Languages"

How do I love you, let me count the ways.

The 5 Love Languages by Gary Chapman and Ross Campbell explain five ways to give and receive love. According to Chapman and Campbell, "You may truly love your child, but unless she feels it—unless you speak the love language that communicates to her your love—she will not feel loved." We will define the love languages and learn to identify the languages of our loved ones, focusing on our children. Come enjoy a Love-ly morning with Moms United.

March 15, 2012—Becky Moore

"Parenting a Child With Special Needs"

Parenting a child with special needs can be overwhelming, disruptive to the whole family, exhausting, isolating from the community, church and family members. It can also be extremely rewarding and full of love and fun activities! This workshop will offer one Christian mom's perspective on how to juggle the various facets of loving and caring for your special needs child while fostering healthy relationships within the family and finding special time for yourself.

April 19, 2012—Kelly Bertrand

"How to Eat, Move, and Be Healthy"

You are unique! The way we respond to food, exercise and stress varies person to person just like our fingerprints. This discussion will help you identify YOUR individual needs and teach you how to address issues that may be preventing you from looking and feeling your best. Whether you want to lose weight, change your body shape or overcome a health challenge this discussion will help you reach your potential. Learn about Metabolic Typing—the safest and most effective way to achieve weight loss, reduce body fat or put on muscle.