

*Are you breathing just a little, and calling it a life?**

Sometimes we need the reminder that life is meant to be lived to the full. That it is OK to enjoy ourselves, to let our hair down, to worry less, and to really suck the marrow out of life (who even says that? I guess we do now.) Because as far as we can tell, this is exactly how God intended for us to live — fully and abundantly.

It's easy to forget what that feels like, though. One day we're wide-eyed and the possibilities are endless, and then slowly, without even realizing it, we find ourselves dulled by the routines and disappointments that are a part of being human. We slowly start to lose our optimism and zest for life.

All that is about to change, because this next year is about the full life. Which means living grateful, joyful, and hopeful. It means being led by the Good Shepherd and trusting that everything is working out exactly as it should.

We'll say farewell to autopilot and regain our vitality. We'll have more fun, get to know new people, stop fearing what could go wrong or being so afraid of what others think. We will enjoy our kids like never before, and someday, when they wonder what life to the full looks like, they will look no farther than how mom does it.

But here's one important thing to remember: this idea of life to the full isn't about striving for more. It's not about striving at all. It is about recognizing that life isn't a bunch of goals to achieve, or people to please; but an invitation to savor, delight, and enjoy your life just a little more.

If you have ever felt like you aren't enough, if you have forgotten to have fun, or feel like you have lost your spark, then this is the fresh start you have been waiting for. In order to live *To the Full* this year, let's:

Have More Fun
Fear Less
Find Our People

**From the poem, Have You Ever Tried to Enter the Long Black Branches?, by Mary Oliver*

MOPS Meetings

September 11, 2019

October 9, 2019

November 13, 2019

December 11, 2019

January 8, 2020

February 12, 2020

March 11, 2020

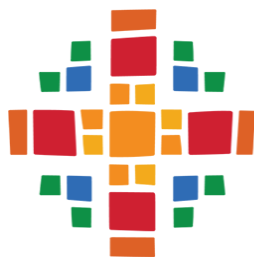
April 8, 2020

May 13, 2020

All meetings are from 9:15 a.m. to 11:15 a.m.
Childcare is provided.



MOPS



**CHRIST
LUTHERAN
CHURCH**
ZIONSVILLE

Christ Lutheran Church
2019-2020

What is MOPS?



MOPS (Mothers of Preschoolers) is a ministry of Christ Lutheran Church and is a part of MOPS International. This ministry is open to any mother who has children infant through Kindergarten. MOPS

International encourages and equips moms of young children to realize their potential as mothers, women, and leaders in relationship with Jesus and in partnership with the local church.

MOPS Membership is a movement of women who are practicing becoming more brave, kind, and honest. MOPS exists to build communities of women who love and support each other through the journey of motherhood. No matter what motherhood looks like for her, every mom has a place in MOPS.

What Happens at MOPS?

A typical MOPS meeting includes announcements, fellowship, a speaker, small group discussions, a creative activity, and a great breakfast. Speakers and topics vary, but are relevant to many aspects of a mom's life.

During our MOPS meetings, your children will be cared for in a program called MOPS Kids, with plenty of T.L.C., playtime, Bible lessons, crafts, singing, and snack time.



How Can I Join?

MOPS provides quality mothering resources. As part of your MOPS International Membership, you will receive weekly email messages about what moms are talking about, text message pep talks, quarterly digital benefits, and a welcome gift. Visit <http://www.clcziionsville.org/mops/> to register with MOPS at Christ Lutheran Church.

Although MOPS is a non-profit, we do charge a \$92 annual fee* to cover MOPS International fees, our operating costs, speakers, crafts, and materials.

**Partial payments are accepted and scholarships are available. Please do not let the cost influence your decision to join. Please call for more information.*

Small Group Discussion



Small Group is a thoughtful, faith-based discussion on topics such as friendship, hospitality, and character.

Each session is from 9:15 a.m. to 10:30 a.m.
Childcare is provided.

Small Group Meetings 2019-2020

September 25, 2019	January 22, 2020
October 23, 2019	February 26, 2020
November 20, 2019 (3rd Wed)	March 25, 2020
	April 22, 2020

Moms' Night Out

Throughout the year, we plan several "Moms' Night Out" activities. These activities provide opportunities to have fun while building relationships with other moms outside of our monthly meetings. For more information, contact our MNO Coordinator, Vanessa Friedman, at vanessa.friedman425@gmail.com. Find a sitter (or dad) and join us!



Service Project

Each year, we collectively support a local cause in order to make a difference in our community and in the lives of others. Our most recent project was supporting the Helping Hands Shelter, a part of Mental Health America of Boone County.

Contact Us

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