



MOPS

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2019-2020 Theme:

# *to the full*

*The thief comes only to steal and kill and destroy;  
I have come that they may have life, and have it to the full.* – John 10:10 (NIV)

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.

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 life to the full this year, let's:**

**Have More Fun**

**Fear Less**

**Find our People**

## General Information About MOPS @ Sugar Land Baptist

At Sugar Land Baptist we are blessed beyond measure to be able to host TWO MOPS groups (Group A & Group B). Each group meets two Friday mornings a month. Depending on the group assigned it could be the 1<sup>st</sup> & 3<sup>rd</sup> or 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month. Each meeting begins with breakfast at 9:30 AM and ends at noon.

Dues are \$60 for the first semester and \$35 for moms who return for the Spring semester. Once registered, we are not able to issue a refund.

Meetings will consist of speakers, creative projects, games, or mission projects. We also meet often for play dates and Mom's Night Out.

## So...How Do I Join This Awesome Group??

Joining is easy. Simply click on the registration link to register and pay your membership dues. Once you have registered you will receive an email from MOPS International in 1 to 2 weeks with information about logging onto MOPS International. A week or two before the kickoff meeting you will receive an additional email from the Coordinators providing you with all the information you will need for the kickoff meeting and semester.

## Benefits of MOPS Membership

When you become a MOPS Member you get:

### The Kit ...

- A guidebook to help transform each mom's year
- Postcards and prints to show MOPS pride and spread some love
- A small jewelry item that matches the yearly theme
- And of course lots of other surprises that'll cause spontaneous smiles

### The Encouragement ...

- An annual subscription to *The MOPS Magazine* delivered right to every mom's doorstep
- Weekly emails about what moms are talking about – parenting, womanhood, sex, marriage and so much more
- Exclusive downloadables from our favorite artists, authors, boss-moms, and culture and faith influencers

### The Community ...

- Invitation to the mother-of-all mom meet-ups: MOPS groups (more than 4,000 meeting worldwide!)
- Exclusive Member only discount to the world's largest mothering conference – MOMcon
- Access to select live-streaming sessions at MOMcon
- Support and encouragement for Global MOPS – helping embolden moms in more than 40 countries around the world

#thisismotherhood

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