

Mastering Motherhood⁺

You are invited to be part of Mastering Motherhood⁺. Whether you are a new mother, one who has seen their children off to college and having babies of their own, or someone who doesn't have children but would enjoy a Thursday morning study with other women, you are welcome!

Mastering Motherhood⁺ seeks to provide love, support, encouragement and friendship to women seeking to follow the Lord in the adventure of mothering. Each week the ladies come together as a large group for brunch and devotions after which they break off into small groups and study different books.

Fall 2017 Kickoff Brunch

September 7, 2017

WHFC Room 227 • 9:15 am - 11:30 am

Mastering Motherhood⁺'s Fall session will not meet on November 23rd (Thanksgiving) and will conclude on December 14th with a Christmas Brunch. Several of the books being studied don't build upon the previous week's discussion so you can join MM⁺ at any time throughout the school year. The study books are available at the Kickoff Brunch and the following several Thursdays while supplies last. The suggested donation each Thursday you attend MM⁺ is \$3 if no preschool children coming with you and \$5 if 1 or more preschool children in childcare.

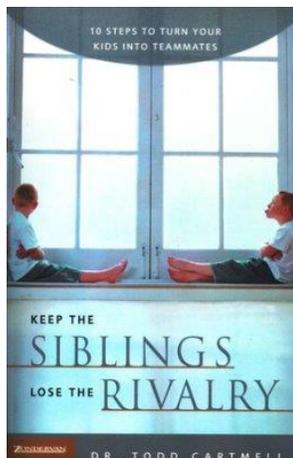
CHILDCARE REGISTRATION: Please register any children you are bringing with you at www.whfriends.org/grow/women and check out "HELPFUL INFORMATION" found here.

Check out the following book descriptions of the eight small groups available to you:

Keep the Siblings, Lose the Rivalry

by Todd Cartmell

Leaders: Cherie Zamecnik, Josi Brobeck, Christina Smelcer; Book Cost: \$10

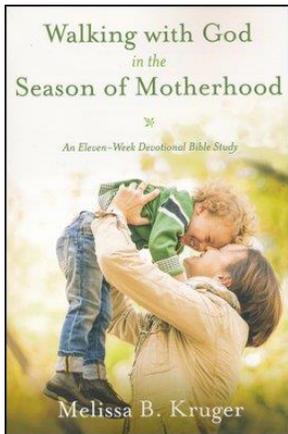


For most of us, dreams of family harmony and cooperation often give way to the reality of squabbling and fighting between siblings. In *Keep the Siblings, Lose the Rivalry*, Dr. Todd Cartmell explodes the myth that parents must sit passively by while sibling conflict runs rampant. Based on solid biblical principles and sibling research, Cartmell provides a ten-step plan that will help you enrich your family soil, plant the seeds of sibling relational skills, and provide an environment that will encourage respectful sibling relationships. Cartmell includes fifteen "ready-to-use" Family Time Discussion Guides and creates powerful object lessons using common household objects such as stinky socks, post-it notes, tennis balls, and tasty treats. With role-plays, Scripture references, and interactive discussion questions, each Family Time Discussion Guide will bring you closer together as a family and improve your children's skills at handling sibling conflict in a respectful way. Practical, down-to-earth, and leavened with Cartmell's dry humor, *Keep the Siblings, Lose the Rivalry* will equip you to handle the most difficult sibling challenges.

Walking with God in the Season of Motherhood

by Melissa B. Kruger

Leaders: Sheila Steer, Christine Reynolds, Cindy Warren; Book Cost: \$10



Learn how God's imprint on your heart can make a lasting impression on your children. Being a mom usually means being busy. Really busy. Whether you're zipping from your children's piano lessons to their next ballgame or nursing a baby while comforting a toddler, life is brimming with activities. Yet one encounter can help shape every moment: time in the Word with Jesus. In *Walking with God in the Season of Motherhood*, you'll learn how to nourish your own heart, mind, and soul with the wisdom you need to become the mother you long to be. Each week offers four days of study geared specifically to a mother's concerns, with the Bible passages already printed out for your convenience. The fifth day is a warm-hearted devotional reading to help you reflect on and apply the truths you've learned. As your relationship with God deepens through prayer and studying His Word, you'll discover how His imprint on your heart can make a lasting impression on your children.

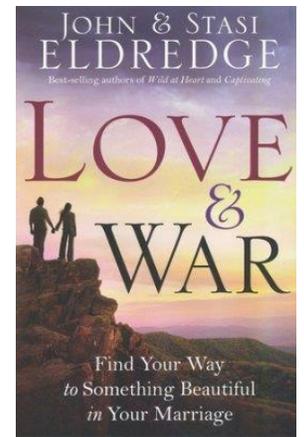
Love & War – Finding Your Way to Something Beautiful in Your Marriage

By John & Staci Eldredge

Leaders: Marilyn Shilling, Marnie Mekruit, Julie Radaker; Book Cost: \$10

With astonishing vulnerability that engages readers from the first page, John and Staci Eldredge openly discuss their own marriage and the breakthroughs they have won from the challenges they've faced. Each talks to the reader about what he and she have learned, providing a balance between male and female perspectives that has been absent from previous books on this topic.

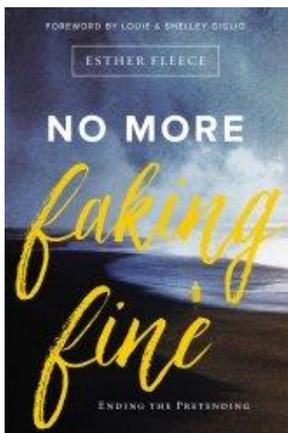
John and Staci begin *Love & War* with an obvious confession: *Marriage is fabulously hard*. But beneath and behind the inevitable tensions a man and woman "locked in the same submarine" are going to have, the real battle is against the work of the Enemy, who plots and schemes to tear love apart. The Eldredges show how couples can win "by fighting *for* each other, instead of *against* each other." As they say, "We live in a great love story, set in the midst of war."



No More Faking Fine

by Esther Fleece

Leaders: Diane Morosko, Colleen Sargent, Valerie Woods; Book Cost: \$9

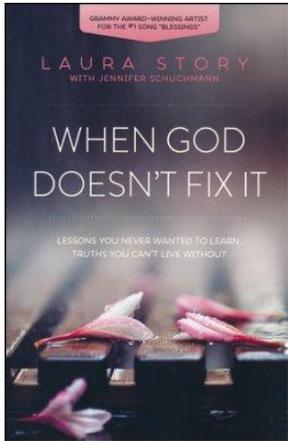


If you've ever been given empty clichés during challenging times, you know how painful it can feel to be misunderstood by well-meaning people. Far too often, it seems the response we get to our hurt and disappointment is to suck it up, or pray it away. But Scripture reveals a God who meets us where we are, not where we pretend to be. *No More Faking Fine* is your invitation to get gut-level honest with God through the life-giving language of lament. Lament, a practice woven throughout Scripture, is a prayer that God never ignores, never silences, and never wastes. As author Esther Fleece says, "Lament is the unexpected pathway to true intimacy with God, and with those around us." Esther learned this the hard way, by believing she could shut down painful emotions that haunted her from a broken past she tried to forget on her fast track to success. But in silencing her pain, she robbed herself of the opportunity to be healed. Maybe you've done the same. *No More Faking Fine* is your permission to lament—to give voice to the hurt, frustration, and disappointment you've kept inside and silenced for too long.

When God Doesn't Fix It

by Laura Story

Leaders: Esther Fowler, Beth Lydic, Kellee Flatt; Book Cost: \$13



Worship leader and recording artist Laura Story's life took an unexpected turn when her husband, Martin, was diagnosed with a brain tumor. Their lives would never be the same. Yes, with God all things are possible. But the devastating news was that no cure existed to restore Martin's short-term memory, eyesight, and other complications. The fairy-tale life Laura had dreamed of was no longer possible. And yet in struggling with God about how to live with broken dreams, Laura has found joy and a deeper intimacy with Jesus. Laura helps us understand we aren't the only ones whose lives have taken unexpected turns. She examines the brokenness of some of the heroes of our faith, and shows how despite their flaws and flawed stories, God was able to use them in extraordinary ways. And it was not because of their faith, but because of the faithfulness of their God. God may not fix everything. In fact, although your situation might not ever change or get better, with Jesus *you* can.

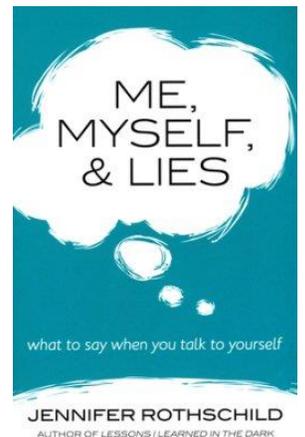
Me, Myself & Lies: What to Say When You Talk to Yourself

by Jennifer Rothschild

Leaders: Deb Ruminski, Suzanne Yarborough, Kim Judge; Book Cost: \$10

Everybody practices self talk, but few take the time to actually think about the things we say to ourselves. Are they even true? Many of our thoughts are not true; it's based on lies that can keep us from entering fully into the life God wants us to enjoy. When we take the time to be sure our thoughts line up with the truth of God's Word, we can experience true freedom and joy.

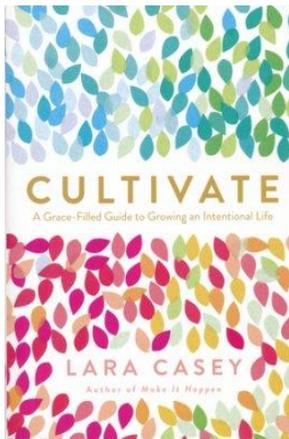
In *Me, Myself, & Lies*, Jennifer Rothschild helps you replace the lies with truth. With wisdom and authenticity, she helps you overcome a lifetime of damaging self-talk by replacing it with godly and biblical soul-talk. At the end of each chapter are *Soul-Talk Questions to Ponder*, *Passages to Ponder*, and you'll hear from Lysa TerKeurst, Laura Story, Lisa Whelchel, Stormie Omartian, and other popular authors and speakers as they share what they say when they talk to themselves.



Cultivate: A Grace Filled Guide to Growing an Intentional Life

by Lara Casey

Leaders: Carol Hiscott, Shanelle Harris, Robin Polack; Book Cost: \$13



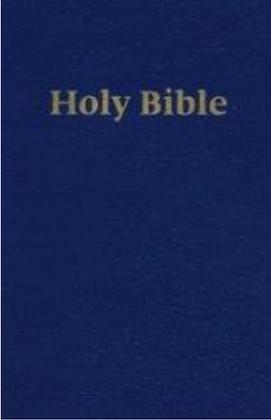
A flourishing life is possible—no perfection required! Women often feel like they have to have it all together in order to live a meaningful life. Instead they feel inadequate, overwhelmed, and exhausted as they to figure out how to do it all. Author, business owner, and mom to three Lara Casey offers sound and grace-filled advice: "We can't do it all, and do it well. But, we can choose to cultivate what matters." Welcome to the journey of getting messy in the rich soil of possibility—embracing imperfect, grace-filled progress to grow a life of joy. "It's in the imperfect—the mess of the dirt--that good things grow". Readers will learn to embrace the season they're in, finding balance as they interact in fresh ways with their current life scenarios, with God, and in the communities where they are planted. Find the joy and the freedom that comes in cultivating what matters, little by little, with God's transforming grace. Woven throughout is her personal story that helps release readers from the pressure to achieve and gives them freedom to move from planning to planting a meaningful legacy.

Proverbs Bible Study

Leaders: Marie Beaver, Lynn Pierce, Sarah Givens; Book Cost: \$0

Our world yearns for how-to guides and the secret to a fulfilled life. However, no truth is man-made. The wisdom that God granted to King Solomon is the same wisdom that would benefit us today—if only we would seek it. The book of Proverbs offers principles to develop godly character daily. From the dangers of speaking without listening to the satisfaction inherent in fearing the Lord, we will unpack the Scriptures in ways that will help you apply these spiritual truths.

Your Bible (in the translation of your choice) is the only book necessary to be part of this small group. During our small group time, we will read our way through the second half of the book of Proverbs. We will discuss the wisdom presented and how to embed it in our lives. We will conclude our meetings with prayer that with the Lord's help we might apply this wisdom in our lives and the lives of those we love.



Holy Bible

MM⁺ NEWS POSTED ON FACEBOOK:



facebook

Friends Church Women's Ministries Event Page

SNOW CLOSING: We will post if/when Mastering Motherhood⁺ is closed by 7:30 am on the above Facebook page and use the iAlert system which will then be shown on Channel 3 and most radio stations (95.5 the Fish does not participate).

SAVE THE DATE: SPRING 2018 KICKOFF BRUNCH - Thursday, January 18, 2018



Friends Church, Willoughby Hills
2846 SOM Center Road
Willoughby Hills, OH 44094