

# Mastering Motherhood<sup>+</sup>

---

You are invited to be part of Mastering Motherhood<sup>+</sup>. 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<sup>+</sup> 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.

## Spring 2018 Kickoff Brunch

January 18, 2018

WHFC Room 227 • 9:15 am - 11:30 am

Mastering Motherhood<sup>+</sup>'s Spring session will not meet on March 29th (Spring Break) and will conclude on April 26th with an End-of-Year Brunch. Several of the books being studied don't build upon the previous week's discussion so you can join MM<sup>+</sup> at any time throughout the school year. The study books are available at the Kickoff Brunch and the following Thursdays while supplies last. The cost each Thursday you attend MM<sup>+</sup> is \$3 if no preschool children coming with you or \$5 if 1 or more preschool children in childcare.

**\*\*NEW\*\* ONLINE PAYMENT:** For those who prefer, you can pay online at [www.whfriends.org/grow/women](http://www.whfriends.org/grow/women). Under Mastering Motherhood, select "PAY ONLINE" to use a credit card to pay for half a semester or the whole semester.

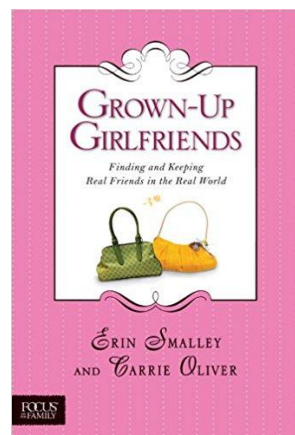
*Check out the following book descriptions of the eight small groups available to you:*

---

### Grown Up Girlfriends

by Erin Smalley

Leaders: Carol Hiscott, Shanelle Harris, Robin Polack; Book Cost: \$9



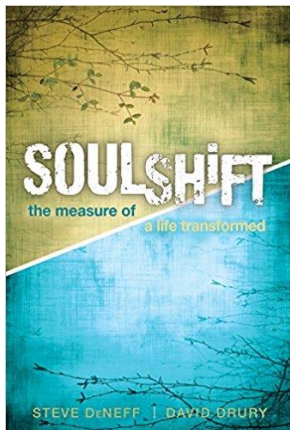
Even when life is hectic and harried, every woman has a God-given longing for relationship, and her female friends play an important role in filling that. Oliver and Smalley help women distinguish between self-centered, insecure, childish relationships and other-centered, healthy, "grown-up" relationships.

Using personal anecdotes and scriptural principles, they explain ten characteristics of a grown-up friend and offer ideas on how readers can develop these attributes in themselves. Finally, they tackle the tough issues of friendships, such as how to support a friend in crisis, how to work toward forgiveness when a friend has injured you, and how to determine when it is best to let a friendship go.

## SoulShift

by Steve DeNeff & David Drury

Leaders: Cindy Warren, Sheila Steer, Christine Reynolds; Book Cost: \$6



We want to be different, but we don't want to change. Our attempts at spiritual formation and growth are consistently sabotaged by our surface efforts that never quite get to the root of the problem. We think we know what we're supposed to do, but we're not quite sure who we're supposed to be on the other side of transformation.

In *SoulShift*, Steve DeNeff and David Drury offer an approach to spiritual transformation that focuses less on measuring how much time we are spending on spiritual inputs--such as Bible study and prayer--and more on measuring who we are becoming in Christ. Christians at any stage of life will experience a fresh beginning in following Jesus. You will learn about seven key transformational shifts that occur in the minds, hearts, and behaviors of every true follower of Christ. And you will receive practical help for bringing about these shifts in your own life.

---

## Walk It Out – The Radical Result of Living God’s Word One Step As A Time

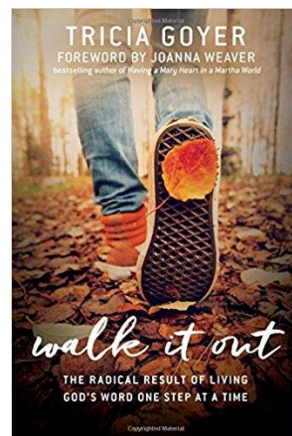
By Tricia Goyer

Leaders: Marilyn Shilling, Julie Radaker, Maggie Kruger; Book Cost: \$12

Women often pack their lives with family, friends, and faithful service, yet still end up feeling empty and unfulfilled. In *Walk It Out*, Tricia Goyer demonstrates to women that walking out the mandates of Scripture allows God to spark passion and mission within them.

Whether believers realize it or not, God intended for them to do what the Bible says: adopt the orphan, take the gospel into all the world, and care for the needy. These are mandates that point believers down the path of true living and eternal life.

Sometimes those steps are easy, but many times they require a move outside of what feels safe or secure. When women stop focusing on their own dreams and purposes, and instead focus on God’s dreams and purposes, everything changes.

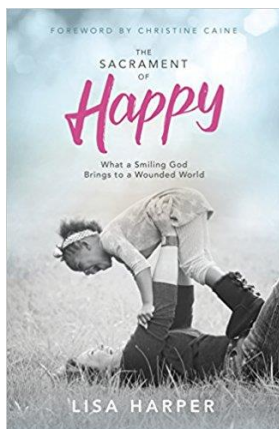


---

## The Sacrament of Happy

by Lisa Harper

Leaders: Diane Morosko, Colleen Sargent, Valerie Woods; Book Cost: \$10



Wearing the twin hats of both seminarian and belly-laughing adoptive mom, Lisa Harper dismantles the old-school idea that joy, not happiness, is the truly spiritual emotion, and asserts that Christ-followers are actually *called* to happiness. We are called to happiness, and this happiness is not impacted by personal or global tumult. In fact, happiness is a sacrament. The general definition of *sacrament* is “a visible sign of inward grace.” In communities of faith, it most often refers to holy communion or the Eucharist. In the broadest understanding, however, a sacrament is a gift bestowed by God, and in that case, ‘happiness’ is absolutely a sacrament—a visible, sometimes even audible, sign of inward grace!

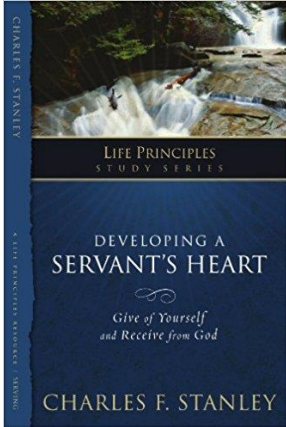
Lisa shares heart-wrenching difficult stories from her past, as well as some side-splitting hilarity along the way. Throughout the book, we see that happiness and sadness can coexist and ebb and flow like the tides.

---

## Developing a Servant's Heart

by Charles Stanley

Leaders: Deb Ruminski, Kim Judge, Josi Brobeck; Book Cost: \$7



Why would anyone want to be a servant?

The word itself brings images to mind of a lowly, abused slave—a "lower rower," as author Charles Stanley puts it. Yet the fact is that the King of the Universe lowered Himself and became a Servant of servants—and He commands His followers to do the same. "I am the most like Jesus," Charles Stanley writes, "when I serve others." That is the central premise of this Bible study guide: Christians become fully like the Lord Jesus only when they serve others.

This Bible study will equip you to serve the people around you: family, co-workers, neighbors—the people that you interact with every day. You will find very practical suggestions and principles here, all drawn directly from the Word of God. This book will train you to become more like Christ.

---

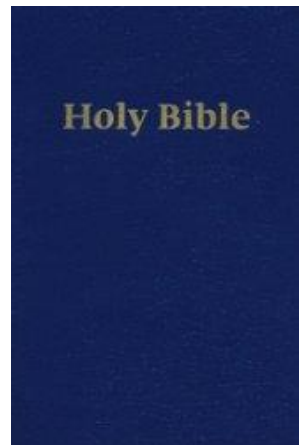
## James Bible Study

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

The book of James in the Bible details how to develop spiritual maturity and his preference for actions over words makes his text the perfect backdrop for a study of how to grow in faith. James contains practical advice on overcoming temptation, controlling the tongue, praying effectively, and practicing what the Bible teaches. The goal of studying James is to make progress in growing our faith and dependence on Christ so that we can live out the wise advice presented.

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 five chapters in the book of James. We will discuss the truth presented and how to embed it in our lives and the lives of our children.

We will conclude our meetings with prayer that with the Lord's help we might apply this truth in our lives and the lives of those we love.

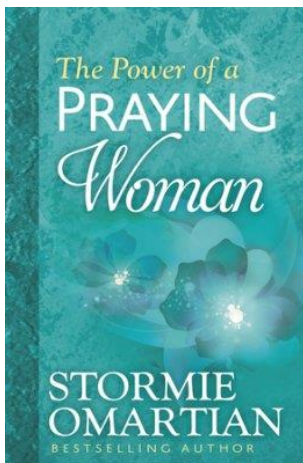


---

## The Power of a Praying Woman

by Stormie Omartian

Leaders: Cherie Zamecnik, Christina Smelcer, Suzanne Yarborough; Book Cost: \$9



It may seem easier to pray for your spouse, your children, your friends, and your extended family, but God wants to hear your requests for your life too. He loves it when you come to Him for the things you need and ask Him to help you become the woman you have always longed to be.

*The Power of a Praying® Woman* is just for you. You'll find personal illustrations, carefully selected Scriptures, and heartfelt prayers to help you

- trust God with deep longings, not just pressing needs
- cover every area of life with prayer
- maintain a right heart before God

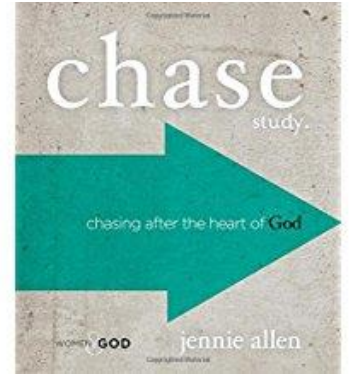
Each chapter concludes with a prayer you can follow or use as a model for your own prayers.

## The Chase

by Jennie Allen

Leaders: Esther Fowler, Beth Lydic, Kellee Flatt; Book Cost: \$9

We're all chasing after something, something that we think will make us happy—comfort, success, a bigger house, or someone's approval. But if we are all honest, it feels like trying to catch the wind. A man after God's own heart... As David's life weaves throughout the pages of Scripture, we see he was a man who spent his life chasing after God. *Chase* explores the events that defined David's life and the Psalms that flowed out of those experiences. Through David's example we'll discover what God really wants from us. The lessons in this study guide with accompanying DVD are simple yet deep and very interactive, offering Bible study, stories, and projects to dig into Scripture and deeply engage the mind and heart. God has carved out a space in each of us that only He can fill. So whether you are running from God or working your tail off to please Him, David's journey will challenge your view of God.



---

### MM<sup>+</sup> NEWS POSTED ON FACEBOOK:



facebook

*Friends Church Women's Ministries Event Page*

**SNOW CLOSING:** We will post if/when Mastering Motherhood<sup>+</sup> is closed by 7:30 am on the above Facebook page, the church website ([www.whfriends.org/grow/women](http://www.whfriends.org/grow/women)) and use the iAlert system which will then be shown on Channel 3 and most radio stations (95.5 the Fish does not participate).

---



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