

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 2018 Kickoff Brunch

September 6, 2018

WHFC Room 227 • 9:15 am - 11:30 am

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 cost to participate in Mastering Motherhood each Thursday you attend MM⁺ is \$3 if no preschool children coming with you and \$5 if 1 or more preschool children in childcare. There is no need to register in advance. Mastering Motherhood⁺'s Fall 2018 session will not meet on November 22nd (Thanksgiving) and will conclude on December 13th.

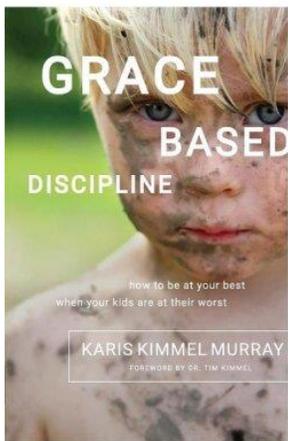
Want more information? www.whfriends.org/grow/women

CHECK OUT THE FOLLOWING BOOK DESCRIPTIONS OF THE 8 GROUPS AVAILABLE TO YOU:

Grace Based Discipline

by Karis Kimmel Murray

Leaders: Sheila Steer, Christine Reynolds, Cindy Warren; Book Cost: \$13



"Parents face a crazy paradox," says author Karis Kimmel Murray. "We love our kids exactly as they are, but we also love them too much to let them stay that way!"

Disciplining kids is tough . . . even on a good day. We just want the 140-character version of what we should do when our kids' behavior scrapes the enamel off our sanity. Here's what God says: "The Lord disciplines the one he loves," (Heb. 12:6).

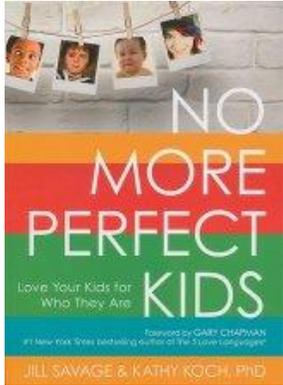
With humor and down-to-earth practicality, Karis shares stories of trial and triumph straight from the trenches of parenting. From the first page, Karis gives desperate parents a reliable recipe for peace, boundaries, and effective discipline. Here's the good news: you can do this!

Responsive, grace-based parents are just ordinary people who've learned to tap into divine help.

No More Perfect Kids

by Jill Savage & Kathy Koch

Leaders: Carol Hiscott, Robin Polack, Kellee Flatt; Book Cost: \$10



Mom, your kids are created in God's image, not your own. Jill Savage and Kathy Koch will guide you in truly appreciating your kids. They will teach you how to study and become an expert on your children, because you cannot fully embrace them until you truly know them. In *No More Perfect Kids*, Jill Savage and Kathy Koch equip us with the tools and perspective to:

- Identify and remove the Perfection Infection from our parenting
- Release our children from unrealistic expectations
- Answer the questions our kids are silently asking in a way that gives them the courage and freedom to be themselves
- Meet the needs of our children, including those with special needs

Written in a passionate, candid, and personal tone, the authors will instill within you hope and contentment. You'll be inspired to apply the practical, realistic, and relevant ideas and tactics Jill and Kathy share.

The Heartache No One Sees

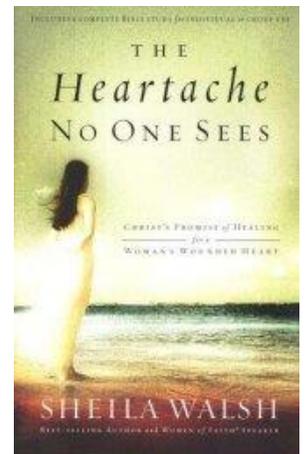
By Sheila Walsh

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

Do you belong to the "silent community of the broken," hiding your pain under a veneer of busyness and perfection?

- Are you lonely but too ashamed to open up?
- Are you a victim of well-meaning friends who have told you to get over it?
- Have you tried to heal yourself, to tidy up your pain with a quick fix?

In *The Heartache No One Sees*, Sheila shows you why some people are able to access and maintain an absolute hope that cannot be shaken while others lose it like the morning mist. You're invited to join her on a prayer-filled, God-seeking journey to understand how to live in this world, with all its potential for hurt, pain, and fear, and still experience a deep healing that you are able to hold on to, no matter what life throws at you.



Wild and Free

by Jess Connolly & Hayley Morgan

Leaders: Diane Morosko, Colleen Sargent, Valerie Woods; Book Cost: \$12



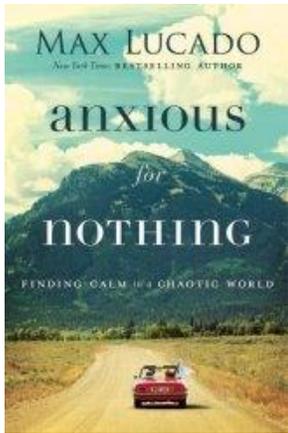
You don't have to be everything to everyone. You don't have to try so hard to button it up and hold it together. *Wild and Free* is an anthem and an invitation in equal parts to find freedom from the cultural captivity that holds us back, and freedom to step into the wild and holy call of God in our lives. With fresh biblical insight tracing all the way back to Eve and a treasury of practical application, Jess and Hayley reveal how women today can walk in the true liberty we already have in Jesus.

Because you don't have to be everything to everyone. You don't have to try so hard to button it up and hold it together. And you certainly don't have to quiet the voice that God gave you when he created you to sing. *Wild and Free* will help you shake off the lies of insecurity in your life, and step forward to maximize your God-given influence for his glory and the world's good.

Anxious for Nothing

by Max Lucado

Leaders: Esther Fowler, Beth Lydic-Reynolds, Amanda Marshall; Book Cost: \$13



Does the uncertainty and chaos of life keep you up at night? Is irrational worry your constant companion? Could you use some calm?

Max Lucado knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives. *Anxious for Nothing* invites readers to delve into Philippians 4:6-7: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.

In His Image

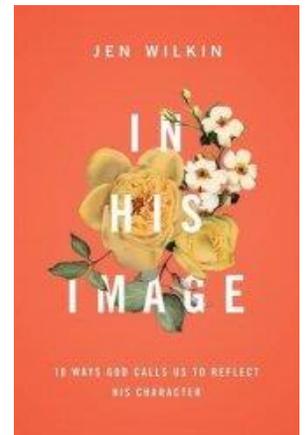
by Jen Wilkin

Leaders: Deb Ruminski, Kim Judge, Josi Brobeck; Book Cost: \$9

Sometimes we ask *What is God's will for my life?* when we should really be asking *Who should I be?* The Bible has an answer: *Be like the very image of God.*

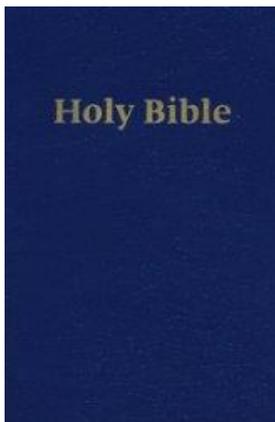
By exploring ten characteristics of who *God* is—holy, loving, just, good, merciful, gracious, faithful, patient, truthful, and wise—this book helps us understand who God intends for us to be. Through Christ, the perfect reflection of the image of God, we will discover how God's own attributes impact how we live, leading to freedom and purpose as we follow his will and are conformed to his image.

This book is for everyone who stresses over her decisions. Wilkin turns these questions upside down by encouraging us to behold the character of God, allowing that to inform and transform our actions as image bearers.



Philippians Bible Study

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



Even When Things Go Wrong, You Can Have Joy!

How do we capture the thieves that rob us of joy, and how do we live a life of Christian joy in spite of circumstances, people, things, and worry? In spite of his dire situation as a prisoner in a Roman jail, Paul's letter to the church at Philippi overflows with joy. Discover Paul's secret to finding joy in Christ as we go on a verse-by-verse tour through the book of Philippians.

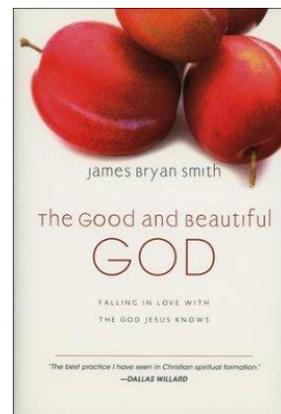
A Bible (in the translation of your choice) is the only book necessary to be part of this small group. We will discuss the truth presented and how to embed it in our lives and the lives of our children. We will conclude our discussions with prayer that with the Lord's help we might apply this truth in our lives and the lives of those we love.

The Good and Beautiful God: Falling in Love with the God Jesus Knew

by James Bryan Smith

Leaders: Cherie Zamecnik, Christina Smelcer, Suzanne Yarborough; Book Cost: \$12

"God wants me to try harder." "God blesses me when I'm good and punishes me when I'm bad." "God is angry with me." We all have ideas that we tell ourselves about God and how he works in our lives. Some are true--but many are false. James Bryan Smith believes those thoughts determine not only who we are, but how we live. In fact, Smith declares, the most important thing about a person is what they think about God. The path to spiritual transformation begins here. Once you've discovered the truth in Scripture, Smith leads you through a process of spiritual formation that includes specific activities aimed at making these new narratives real in your body and soul as well as your mind. Turning to the Gospels, Smith invites you to put your ideas to the test to see if they match up with what Jesus himself reveals about God. This deep, loving and transformative book will help you discover the narratives that Jesus lived by--to know the Lord he knew and the kingdom he proclaimed--and to practice spiritual exercises that will help you grow in the knowledge of our good and beautiful God.



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 2019 KICKOFF BRUNCH - Thursday, January 17, 2019



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