

A Ministry for Mothers

Sr. Paula Hagen understands the need and benefit for mothers to share with other mothers. In 1992, she developed MOMS (Ministry of Mothers Sharing) to bring women together into a ministry that offered them personal and spiritual renewal.

Christ is the center of this ministry. Mothers are invited to partake in an eight-week personal journey that involves pray rituals, journaling, and sharing with other faith filled women.

Mary and Elizabeth are the role models of hearing God speak to them in their innermost being and following that inner wisdom. They both became pregnant with new life. They were spiritually renewed as they listened and shared their hopes and fears with one another. The friendship between Mary and Elizabeth is symbolic of the friendships that develop through MOMS

MOMS has touched the lives of over 250,000 women and has been facilitated through more than 3,000 parishes. Sr. Paula serves as the National Director of MOMS from the St. Paul Monastery with the Sisters of St. Benedict in Minnesota.



St. Jude Catholic Church
5353 McFarland Road
Indianapolis, Indiana 46227

**MINISTRY OF
MOTHERS SHARING**

Registration contact: Julie Hahn
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You're invited: to begin a Personal Journey on Tuesday, January 12th. This is a commitment of one morning or evening per week, for eight weeks. The cost for materials is \$25 and is due at registration. The focus of the Journey is personal development and helping mothers find the spiritual in everyday life. The common bonds shared by participants are motherhood and Christianity. This core connection allows each group to grow in friendship with one another and strengthen their relationships with self, family, friends and God.



Where: Each week the group gathers, for two hours, at St. Jude to deepen their self-awareness through journaling and sharing.

What to expect: A team of three trained facilitators lead the journey sessions with discussions from the book, MOMS: A Personal Journey. Session topics include: self-esteem & self acceptance, stress, worries & anxiety, spirituality, feelings, personal growth, values in friendship, a celebration of new beginnings, and continuing the journey. To ensure a confidential environment and to encourage the group's cohesiveness each group is limited to 12 participants.

Information Session: On Tuesday, December 1 from 7:00-9:00 pm in the Parish Center basement, the St. Jude M.O.M.S. group will hold an information session about this wonderful Ministry offered here at St. Jude. Babysitting will be available.

January 2010 Registration

Name

Phone

Address

E-Mail

Choose a Personal Journey Session

- Tuesday morning 9-11 am
- Tuesday evening 7-9 pm

Free babysitting provided for both sessions.

Will you use the Babysitting service? Yes / No

If yes, list the names and ages of children:

/

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Cost is \$25 per participant. Checks may be made payable to St. Jude -MOMS. For additional information please contact the MOMS Registration Coordinator, Julie Hahn at 859-0276 or pjhahn1@comcast.net Mail registrations to Julie Hahn - 7418 Nutmeg Ct. Indianapolis, IN 46237

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