

September 2018

*"So faith, hope, love abide, these three; but the greatest of these is love."  
1 Corinthians 13:13*

- Meet, Eat and Mingle
- Opening Prayer
- Announcements
- Ice Breaker –
  - Introduce Yourself
  - What did it take for you to get here today?
  - Our speaker will be giving us practical advice on achieving intimacy with Jesus. What is the most practical piece of advice you have to offer? (Does not have to be faith-related)
- Guest Speaker – Lauren Nelson  
*Lauren is the creator of Gathering Manna: Moment by Moment Spirituality For Moms. This ministry exists as an apostolate to help Catholic and Christian moms find more peace, joy, and purpose in their lives through contemplative and liturgical spirituality. In addition to writing, speaking, and praying—she loves spending time with her two children and husband, exploring our city, reading out loud together, drinking copious amounts of coffee, and traveling.*
- Prayer Intentions –  
*Please give your table your undivided attention during this time of sharing and refrain from any additional conversation until the group final closing prayer has ended.*
- Closing Prayer  
*"Remember, O most gracious Virgin Mary that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, I fly to you O Virgin of virgins, my mother. To you I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me."*

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# Announcements

**Membership** - contact Maria Kahlig, [maria.kahlig@gmail.com](mailto:maria.kahlig@gmail.com) or Elaine Wood, [elmswood1998@gmail.com](mailto:elmswood1998@gmail.com)

Register before September 30<sup>th</sup> to avoid disruption in your Facebook group membership, emails, and social evites. Visit <https://docs.google.com/forms/d/e/1> to register.

**Sponsorship** - contact Amanda Ward, [Rhodes.amandam@gmail.com](mailto:Rhodes.amandam@gmail.com)

We still have a few sponsorship opportunities left. Please contact Amanda for more information.

**Continued Studies** – contact Kristen Hunt, [kristenhunt06@gmail.com](mailto:kristenhunt06@gmail.com) or Molly Ruby, [mollyruby@gmail.com](mailto:mollyruby@gmail.com)

There are still spots open for the 8 Week Spiritual Journey on Thursday mornings and Continued Studies on Thursday evenings. Please contact Kristen or Molly for more information.

## Discussion Questions

1. Are there natural rhythms within your day that you could attach some physical touch points, aspirational prayers, or liturgical reading?
2. Which of the tips and tools Lauren discussed today are you most excited about implementing in your life to draw you closer to Jesus throughout the day?
3. Build an imaginary Adoration Chapel in your head. What does it look like? What statues and Icons are there? Are there flowers? Use your imagination to create this chapel inside your heart. This method of meditation has been utilized and promoted by many saints including Mother Teresa, St. Therese of Lisieux, St. Catherine of Siena, St. Ignatius, St. Bernard, and Brother Lawrence, just to name a few. How will you build your interior chapel?

## Save The DATES

**Clothe A Child**  
October 13<sup>th</sup> & 20<sup>th</sup>

**Holiday Bazaar**  
Saturday, October 13<sup>th</sup>

**September MOMS Playdate**  
Friday September 21<sup>st</sup>  
10:00am  
Brunch at Ashley Mejia's House

**September MOMS Night Out**  
Thursday September 27<sup>th</sup>  
7:00pm  
Wine Tasting – Fortunata Winery

**NEXT MOMS Meetings**  
Wednesday, October 17<sup>th</sup>  
9:30am & 6:30pm

**November MOMS Meetings**  
Wednesday, November 14<sup>th</sup>  
9:30am & 6:30pm

**Christmas Party**  
Thursday December 6<sup>th</sup>, 6:30pm