

Topics Covered:

1. Self-Esteem and Self-Acceptance

What influences me at this time in my life?

2. Stress, Worries and Anxiety

Learning to deal with stress productively.

3. Everyday Spirituality

Relationship with self; relationship with God.

4. Feelings

Constructive self-expression

5. Personal Growth

Who am I? Where do I give and receive support?

6. Expressing Values in Friendships

Defining Christian values; examining relationships

7. Discernment of Gifts

What gifts have I been given and how am I called to share them?

8. Celebration of New Beginnings

Sacred Heart Catholic Church



Sacred Heart Catholic Church

1115 S. 8th Ave. E., PO Box 1478
Newton, IA 50208

PHONE: 641-792-2050

FAX: 641-792-8639

EMAIL: shadultform@iowatelecom.net

M.O.M.S. is for mothers of all ages. In a small group setting, mothers share readings from a journal, pray together and discuss issues affecting their lives. Participants develop a greater awareness of their own spirituality as mothers and affirm one another in the special ministry of mothering.

Ministry of Mothers Sharing

WHO: WOMEN who devote their time to the spiritual and physical upbringing of their children. WOMEN who live stressful lives. WOMEN who live with many demands on their time and energy. WOMEN who need a place to receive personal and spiritual nurturing.

WHEN: 6-8 p.m.
Monday evenings
Sept. 24th - Nov. 12th

WHERE: McCann Center
of Sacred Heart Church,
1115 S. 8th Ave. E., Newton

COST: \$20 includes
MOMS: A PERSONAL
JOURNAL

CHILDCARE: Available
for \$2 per child per session.

QUESTIONS: Contact
Tammy Norcross, pastoral
minister, 792-2050, or email
shadultform@iowatelecom.net

Name _____

Address _____

Home Phone _____ Work _____

Cell _____ Email _____

Children (names and ages)

Will your children need care during the sessions? YES NO

Registered at this church? YES NO How long have you lived in this community? _____

Why are you interested in this group? (Check those that apply.)

Intellectual Spiritual Psychological/Emotional Social

Other (Please be specific _____)

What personal talents or skills do you bring to this group? (e.g., music, crafts, listener)

What are your expectations about this group?

What do you need from the persons in leadership?

**PLEASE RETURN THIS COMPLETED REGISTRATION TO: Sacred Heart Church, Box
1478 Newton, 1115 S. 8th Ave., IA 50208**