

## M.O.M.S.

**WHO:** Women who devote their time to the spiritual and physical upbringing of their children.

Women who seek a place to receive personal and spiritual nurturing.

**WHAT:** This is an 8-week faith-sharing experience for mothers of all ages intended to deepen your spirituality and teach new ways to encourage living out your vocation.

**WHY:** You may ask yourself why should I participate? Please consider the benefits experienced by past participants. It...

"Helped me to accept others and to be more Christ-like in front of my family and friends." Gandolina Chi  
"Brought more spirituality into our day-to-day lives."  
Susan Santo  
"Learning more about myself helped me to respond to my family better." Dora Guerrero

**WHEN:** Evening Group- Mon., 7:00-9:00pm  
3/15, 3/22, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17

Morning Group- Wed., 9:30-11:30am  
3/17, 3/24, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19

All groups are invited to the celebration luncheon on May 23, 2010 at 1pm.

**WHERE:** St. Bruno Parish Center

**REQUIREMENTS:** Ability to commit to an 8-week period and keep confidentiality as this will provide the support needed for personal growth.

## MINISTRY OF MOTHERS SHARING

**(MOMS)** is a peer ministry and it will facilitate the 8-week faith sharing experience. The following topics will be discussed:

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 Friendship**  
Defining Christian values, examining relationships.
7. **Discernment: Continuing the Journey**  
How will I continue my personal growth?
8. **Celebration of New Beginnings**  
A meal of celebration and reflection.

### **CHILDCARE:**

Child care is available at no extra charge when you reserve a place for your child (see other side of this brochure).

### **REGISTRATION:**

Pre-registration will be taken by mail until March 1st. Thereafter, registration will be taken after each Mass on March 6-7, 2010. The cost is \$30 and includes one copy of the book MOMS: A Personal Journal by Sr. Paula Hagen & Vickie LoPiccolo Jennett. To register please complete the registration form and make a check payable to: St. Bruno Catholic Church.

If pre-registering, send mail to St. Bruno's Parish Center, c/o MOMS. You will receive your reading materials on March 15 or 17, 2010. If you have any questions, please contact Imelda Pribe at (562)315-5075 or via e-mail at [aipribe@charter.net](mailto:aipribe@charter.net).

**SPRING 2010**



*Take a Personal Journey...  
to reflect on how  
**YOU**  
have been Called and Gifted  
to serve your Family and Catholic  
Community.*