

# ***Mothers & Others, Winter 2010, Mondays, 9:30-11:30 a.m., Koinonia Room***

## **January 4<sup>th</sup> Sharing Circle:**

### **Winter Activities**

What do you do with your kids during Seattle's cold, rainy season? Share your ideas for fun and interesting activities.

## **January 11<sup>th</sup> Laugh Your Way To A Better Marriage, Mark Gugor via media presentation**

Come laugh and learn how to make real positive changes to your marriage. Mark's hilarious approach looks at relationship issues in a non-threatening way, using laughter to open hearts and change lives.

## **January 25<sup>th</sup> Jody McVittie, MD, Positive Discipline Educator**

Tired of sounding like a broken record? Feeling frustrated or stuck? *Positive Discipline* is a program designed to teach adults how to have mutually respectful relationships with young people.

## **February 1<sup>st</sup> Sharing Circle: Summer Camps and Activities**

Jump start your summer plans. Local summer programs start their registration soon! Share the family favorites.

## **February 8<sup>th</sup> Day of Pampering**

Product sampling and more to come . . . All without the kids. Relax and enjoy. *YOU* deserve it.

## **February 22<sup>nd</sup> Lenten Discussion**

Details will be announced closer to the date.

## **March 1<sup>st</sup> Women's Health Issues with Stephanie Hoener, N.D., Licensed Naturopathic Physician**

Feeling blue? Moody? Fatigued? Learn the top health issues affecting women including the action of our hormones and how we can treat these naturally.

## **March 8<sup>th</sup> Regina Aiello with Ben Bridge Jewelers**

Put the zing back in your bling! Learn how to clean, store and preserve your timeless treasures.

## **March 15<sup>th</sup> Sharing Circle: Good Reads**

Bring in a few of your favorite books from the past year. Share what you learned, discovered and enjoyed about the books. Books can be fiction, non-fiction, self-help, parenting or children's. We'll distribute the list to the group.

## **March 22<sup>nd</sup> Easter Egg Stuffing & Sharing Circle: Easter Traditions**

Here come the candy & treats! We will match and stuff the Easter eggs for our annual hunt. Share your family's Easter traditions and any favorite recipes.

## **March 29<sup>th</sup> Easter Craft**

Join us as we get crafty for Easter! Details will be announced closer to the date.

## **Core Team Meetings**

Thursdays

Social 7 p.m., Agenda 7:30 p.m.  
Rooms JKL

All members are welcome to attend our monthly meetings where we discuss and plan upcoming events. Send agenda items to Marcia [dietzinaustin@yahoo.com](mailto:dietzinaustin@yahoo.com).

**January 7<sup>th</sup>**

**February 11<sup>th</sup>**

**March 18<sup>th</sup>**

## **Special Events**

### **Easter Egg Hunt**

**Saturday, March 27<sup>th</sup>, 10 a.m.**

*Mothers & Others* hosts this annual event on the school and church grounds. The egg hunts are organized by age group from toddler through 5<sup>th</sup> grade. Refreshments follow in the Social Hall.

### **“Night of the Dragon”**

**SMS Parish/School Auction**

**Saturday, April 17<sup>th</sup>,**

**Bellevue Hilton Hotel**

Our entire community will gather for an evening of dining, dancing and high bidding. For more tickets and information, please contact auction co-chairs: Doreen Jones (425-283-7940) or Julie Vargas (425-753-4870).

## **Mom's Nights Out!**

Thursdays, 7 p.m.

RSVP to Jane Wasell @ [jane@wasell.com](mailto:jane@wasell.com) or 425.614.3510. For night of event questions call 425.269.3930.

## **January 14<sup>th</sup> Soup-R-Movie**

Join your M&O friends for a cozy bowl of soup and then a movie on the big screen T.V. Anne Dahlin is hosting this event at her house. Bring a favorite soup or bread/cracker to share then sit back and enjoy the flick!

**February 4<sup>th</sup> Chocolates & Wine at Sweet Decadence** in Newcastle. Voted the best chocolate in western WA, owner Sandra Wixon will serve up pairings of wine and handmade chocolates from her store. We can sit back, relax and enjoy! Check out the website <http://www.sweetdecadence.com>. We need a minimum of 8 people to attend and the cost is \$10 per person.

**March 11<sup>th</sup> Dinner in town:** You deserve a night out. Let Dad or a babysitter handle the evening routine! We'll decide on a restaurant as the date gets closer.

# Mothers



# & Others

**Winter 2010**

**St Madeleine Sophie Church  
4400 130<sup>th</sup> Place SE  
Bellevue, Washington 98006**

## Mothers & Others

### Co-Chairpersons

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## What is Mothers & Others?

*Mothers & Others* is a parent support group located at St. Madeleine Sophie Church and open to the community. We warmly welcome mothers, fathers, nannies, grandparents and others who nurture children of all ages. The mission of this peer-support ministry is to build community by focusing on:

- ◆ Mutual support and networking
- ◆ Parenting and family education
- ◆ Outreach to families with children
- ◆ Spiritual growth

*Mothers & Others* meets on **Mondays** throughout the year from September to June, from 9:30 to 11:30 a.m. in the Koionia Room of the church.

At each meeting, there is quality childcare available beginning at 9:15am. Babies and young toddlers play in our well appointed nursery, while older toddlers and preschoolers work on crafts, play games and hear stories in age-appropriate settings. Nursing babies or a quiet child may stay in the meeting room.

Our group also plans a monthly "Mom's Night Out", an annual Christmas party, and a spring weekend retreat. These events are not only a great way to further friendships but also provide participation opportunities for those unable to attend our daytime meetings.

To pay for our childcare, guest speakers, and outreach projects, we ask our members to pay nominal annual dues and participate in our fundraisers. "Drop-in" members pay \$7 per meeting. For those not needing childcare, the "drop-in" rate is \$5 per meeting. **All are welcome.**

Since 1994, *Mothers & Others* has become like a family for many members. Strong and lasting friendships have formed and much has been learned through sharing the challenges of parenthood. We invite you to take advantage of our diverse program offerings and look forward to meeting you soon!

[www.stmadophie.org/adfamily/momspus.htm](http://www.stmadophie.org/adfamily/momspus.htm)