



Mastering Motherhood+

Winter/Spring 2013
Small Group Studies

You are invited to be part of Mastering Motherhood+ this winter/spring. Whether you are a new mother, one who has seen their children off to college and having babies of their own, or someone who doesn't have children but would enjoy a Thursday morning study with other women, you are welcome!

Mastering Motherhood+ seeks to provide love, support, encouragement and friendship to women seeking to follow the Lord in the adventure of mothering. Each week the ladies come together as a large group for brunch and devotions after which they break off into small groups and study different books.

Winter/Spring Kickoff Brunch January 24, 2013

WHFC Room 227 • 9:30am - 11:30am
Childcare Provided for Babies through Early Elementary

Several of the books being studied don't build upon the previous week's discussion so you can join MM+ at any time throughout the school year. The winter/spring study books are available at the Kickoff Brunch and the following Thursday while supplies last. Mastering Motherhood+ meets during the school year taking a week off at Easter and then continuing until May 16, 2013.

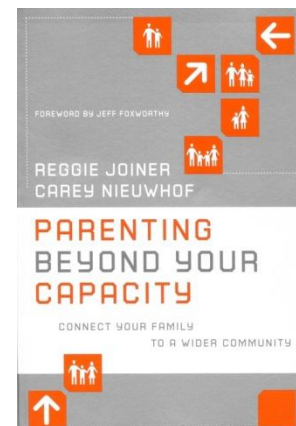
Check out the following book descriptions of the eight small groups available for you to be part of this winter/spring...

Parenting Beyond Your Capacity by Reggie Joiner, Carey Nieuwhof

Engage your family in a bigger story, a story that involves more than just your family—one that involves other influences who are on a journey to discover why a relationship with God really matters. We want to encourage you to establish a lifestyle as a parent in which you...

- Invite others to invest in your children so your sons and daughters have other voices that will help shape and determine the direction of their lives.
- Create a culture of unconditional love to fuel the emotional and moral health of your children
- Tap into the power of quality moments together, building a sense of purpose through every day experiences

This isn't a self-help book. It's a get-help book. It's about how you can increase your parenting capacity by connecting with available resources.

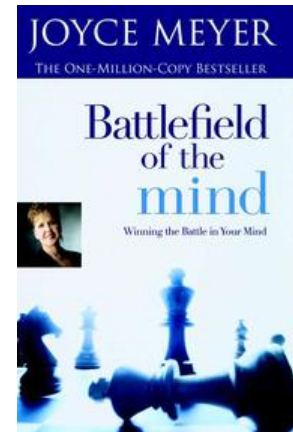


Battlefield of the Mind by Joyce Meyers

If you're one of millions who suffer from worry, doubt, confusion, depression, anger or condemnation, you are experiencing an attack in your mind. Overcoming negative thoughts that come against your mind brings freedom and peace. Find out how to recognize damaging thought patterns and stop them from influencing your life.

In *Battlefield of the Mind*, Joyce Meyer guides you through an honest self-appraisal by sharing the trials, tragedies and ultimate victories of her own marriage, family and ministry---including the truth she learned about what she was thinking and feeling every step of the way. You'll gain insight into how Joyce won the battle in her own mind---and how you can as well.

Don't surrender to misery another day. Find out today what you can do to ensure your victory in the *Battlefield of the Mind*!



Unglued: Making Wise Choices in the Midst of Raw Emotions

by Lisa TerKeurst



In her bestseller *Made to Crave*, Bible-teacher Lysa TerKeurst shared her struggles with what went into her mouth and how her food choices were based on her emotions. Now in *Unglued: Making Wise Choices in the Midst of Raw Emotions*, she focuses on what comes out in her speech. Sharing from her own experience, Lysa observes how many women hold their feelings inside, until circumstances reach a crisis and we explode, speaking in anger and saying words we'll regret later. In a very real way, we can come unglued and lose control of our emotions.

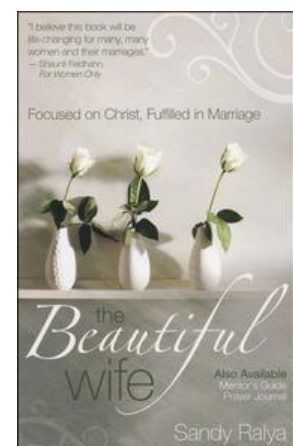
But there is hope for women who desire healing for their emotions. Without offering pat answers or simple solutions, Lysa brings insight to help women resolve conflict in healthy ways and improve communication with those whom you're in close relationship. Discover what it means to "renew your mind" in Biblical and practical ways.

The Beautiful Wife: Focused on Christ, Fulfilled in Marriage

by Sandy Ralya

Whether your marital struggles are few or many, *The Beautiful Wife* offers biblical principles, practical tips and inspiring stories to guide and encourage you as you look for God's best in your marriage.

When Sandy Ralya's marriage was in trouble, she was desperate for help but didn't know how to ask for it. Everyone else's marriage seemed so perfect. How could she admit hers was not. Sandy eventually sought guidance from godly mentors and Christian counselors. What she learned transformed her life...and then her marriage. Now, she wants to provide other wives with the same nurturing and mentoring that saved her relationship. In *Beautiful Wife: Focused on Christ, Fulfilled in Marriage*, Sandy passes on Biblical principles, time-tested tips, and inspiring stories from her life and others to guide and encourage any wife looking for God's best in her marriage.



Twelve Women of the Bible by Lisa TerKeurst

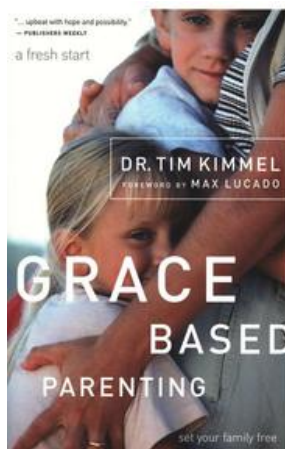
By looking at the spiritual lessons learned from twelve biblical women in a modern light, you and your Bible study group will be empowered to face trials in your own life. You will learn how to:

- Apply biblical lessons to your own modern-day struggles
- Live through your failures as well as successes
- Draw near to God in a world filled with trials
- Find lasting contentment
- Overcome rejection and insecurity
- And much more

This fresh look at the women in the Bible helps women discover new insights and provides a powerful witness to God's gracious love that will leave you feeling challenged, encouraged, and deeply valued.



Grace Based Parenting by Tim Kimmel



Parents in our post-modern world tend to be committed to but anxious about their child-rearing responsibilities. They've tried the countless parenting books on the market, but many of these are strident, fear-based books that loving parents instinctively reject, while still searching for direction.

Dr. Tim Kimmel, founder of Family Matters ministries, offers a refreshing new look at parenting. Rejecting rigid rules and checklists that don't work, Dr. Kimmel recommends a parenting style that mirrors God's love, reflects His forgiveness, and displaces fear as a motivator for behavior. As we embrace the grace God offers, we begin to give it—creating a solid foundation for growing morally strong and spiritually motivated children.

Dr. Tim Kimmel explains how fear-based parenting is a guaranteed method to set children up for failure. Learn how to meet your child's three driving inner needs for security, significance and strength with the invaluable gifts of love, purpose and hope

The Power of Praying Together by Stormie Omartian

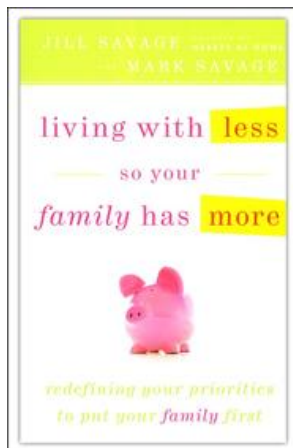
Stormie Omartian's previous books have centered on individual prayer that lifts up spouses, children, national needs, and personal growth. In her newest book, *The Power of Praying® Together*, Stormie and her longtime pastor, Jack Hayford, look at the benefits and power of praying with others. Readers will discover how to

- find a prayer partner
- create a prayer group
- tap into the power of a praying church
- unite in prayer as a nation
- cover the world in prayer

More than just a "how to" book, *The Power of Praying® Together* helps readers discover that when they are willing to link their hearts with others before God, they open themselves up to a wider, more interactive world of prayer.



Living With Less So Your Family Has More by Jill & Mark Savage



Our culture believes that bigger is better, but Jill and Mark Savage believe that being satisfied with less materially can allow you to give your family more -- emotionally, relationally, and spiritually. Living with less means living with less stress, fewer activities and less money in order to leave room in your life for more. More of what we all want and need: availability, patience, joy, kindness, and more energy and intentionality for parenting and marriage.

Jill and Mark, a husband and wife who have lived the less-is-more life for more than twenty years, provide an honest, straightforward approach on investing in the things that really matter.

- Creating a long-term vision for your family
- Identifying the attitudes and actions to live your vision out
- Practical action steps to help you make small and big changes

Whether your goal is allowing parents to cut back work hours and stress, making it possible for one parent to stay home full-time, or simply making more time in the day for family, this book helps you redefine your priorities in order to keep family first.

SAVE THESE DATES:

THURSDAY, JANUARY 24, 2013 – Winter/Spring Kickoff Brunch

THURSDAY, JANUARY 31, 2013 – First Small Group Meeting



Mastering Motherhood

Willoughby Hills Friends Church
2846 SOM Center Road
Willoughby Hills, OH 44094