YES WE'RE HAPPENING, IN PERSON!

#Momlife Friday mornings is back!

COME FOR COMMUNITY, ENCOURAGEMENT, & COFFEE!

FALL SEASON
11 SEPTEMBER - 11 DECEMBER
10:15 - 11:45 AM
FELLOWSHIP HALL COURTYARD

Come power walk first with Emily Gibbs & Kirsten Bruner! Meet at the church fountain 9:15 am. Bring strollers & scooters for the littles! Text Emily (858-527-5483) or Kirsten (469-475-3941) with questions!

Interested in a sitter watching your kids at the Rec Center during #Momlife? Text Emily! Want a sitter to come to your home or even form your own Friday home pod? Cynthia has a list of available gals!

Email Cynthia for the list: cynthiab@ljpres.org
FALL PROGRAM:

11-Sep, Speaker: Ruthless Elimination of Hurry: The Problem pages pp1-60
18-Sep, Ruthless Elimination of Hurry: The Solution pages pp61-118
25-Sep, Ruthless Elimination of Hurry: Silence & Solitude pp119-142
2-Oct, Ruthless Elimination of Hurry: Sabbath pp143-176
9-Oct, Ruthless Elimination of Hurry: Simplicity pp177-218
16-Oct, Ruthless Elimination of Hurry: Slowing pp219-258
23-Oct, Speaker: Stacy & Chad with Connected Families
30-Oct, Connected Families: Creating Responsibility with Questions Video Course
6-Nov, Connected Families: Video Course
13-Nov, Connected Families: Video Course
20-Nov, Connected Families: Video Course
27-Nov, Thanksgiving Break
4-Dec, #Momlife Service Project
11-Dec, Breakfast at Trilogy

For more info, contact Cynthia at cynthiab@ljpres.org

While the church can’t provide childcare this Fall, we have a list of available sitters Cynthia can share with you! Reach out to Emily about the Rec Center pod: 858-527-5483. Babies on moms’ laps are welcome. RSVP to Cynthia if you want to bring school aged children that can work independently. We can provide tables.