



*free indeed*  
MOPS

The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor, he has sent me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord. Luke 4:18-19

**What do you long for? What is the thing that your heart craves? Is it possible that your deepest desire is to be free?**

Free from worry. Free from feeling stuck. Free from hustling to be loved. Free from a heaviness you can't put your finger on. Free from thinking you should be someone other than exactly who you are. At the core, maybe what we are all longing for is to be Free Indeed.

**Choosing freedom is a deeply spiritual act,** one that our souls long for. That is why this year, we choose wild, unexpected freedom; the kind that brings more laughter and less worry, more contentment and less hustle. Freedom that is so contagious, the people around us are compelled toward their own liberation.

**LET LOVE BE THE LOUDEST VOICE. TO BE GUTSY. AND TO GO FIRST.**

The world will know who we are by the way we walk in freedom and courage.

This year, may we experience a new understanding of what it means to be **FREE INDEED.**

## Questions?

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LIKE US!  
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MOPS  
*this is motherhood*

**THURSDAY MORNING MEETINGS**  
@ CrossCity Christian Church



## Meeting Dates 2017-18:

August 31	November 30	March 8
September 21	December 14	March 22
September 28	January 18	April 12
October 12	January 25	April 26
October 26	February 8	May 10
November 9	February 22	May 24

### What Is MOPS?

MOPS stands for Mothers of Preschoolers, a program designed to nurture mothers with children from infancy through kindergarten.

MOPS is for all stages of motherhood offering resources and support in a relaxed atmosphere of caring, sharing, and fun!

Our CrossCity MOPS group is chartered with MOPS International, Inc. This non-denominational organization helps us to nurture every mother by meeting her distinct needs.

### Join Us At MOPS If:

You are expecting the arrival of a child or are the mother of a child (birth through kindergarten). You long for conversation with other moms who understand what you are going through. You are seeking friendships with other mothers in your community. You would like to have your child involved in planned activities with other children. You would like to be surrounded by encouragement & helpful advice from others in the "trenches" of mothering! You wish to learn more about mothering and women-related topics!

### When Does MOPS Meet?

Two Thursday's a month:

9:15am-11:15am, Kids Building  
Childcare drop-off at 9:00am

### What Does MOPS Cost?

\$47 (Before September 8th)

\$52 (After September 8th)

Includes MOPS International Membership Registration fee (paid once per year; scholarships available).

### Childcare

\$3.00 per child per meeting (not to exceed \$7)

1 child (w/MOPS registration) \$104.

2 children (w/MOPS registration) \$161.

3+ children (w/MOPS registration) \$180.

### What Goes On At MOPS?

#### Fellowship.

A time to catch up with each other.

#### Breakfast.

Must have food!

#### Speakers.

Share insight and ideas.

#### Small Groups.

True friends to relate and share life with.

#### Crafts.

An occasional fun easy project, even for the least crafty of us.

### Meeting Topics

Clutter Free Lives

Why Worry?

Perspectives on Marriage

Your Family Plan

Boundaries for Kids

Be Who You Are

### How Do I Register?

#### MOPS Registration Table

The table will be up in front of the Kids Building a few weeks before the start date. You'll be able to register before and after our weekend services.

#### Online

Visit [www.nccvirtue.com/mops](http://www.nccvirtue.com/mops) and click the pink registration button at the top of the page.

#### CrossCity App

Search "CrossCity Church - Fresno, CA" in the App Store or on Google Play. Open the app and select the "Event Registrations" icon and then click on the "MOPS 2017-18 Registration" link.

