

VIDEO SUMMARY



We have invited some friends to share stories, sparking conversation. These videos were curated to engage and inspire every mom in your Meetup. When used in conjunction with questions, activities and fun bonus materials, each video is the starting point for thought-provoking conversations, heartfelt storytelling and the opportunity to share Jesus.

INTRODUCTION TO THE THEME *Wild Hope / Mandy Arioto / mandyarioto.com*

Hope offers us an alternative option to the adversity and division that seems to be seeping into the fabric of our culture. Mandy Arioto, President and CEO of MomCo reminds us that we can make a positive difference in our families and communities. We can go into wild, uncomfortable places and find the clarity and vitality that hope can provide.

BE OPEN TO RECEIVE

BE OPEN TO RECEIVE *Andrea Fortenberry / andreafortenberry.com*

Have you ever felt like you had to be a strong, independent mom who can handle everything on your own? Andrea Fortenberry, speaker, author and podcaster, shares how we can move from that fixed mindset and find hope in a place of growth and freedom.

THE POWER OF COMMUNITY *Monica Rovira / themom.co/global-sisterhood*

Recent studies reveal that loneliness is at record highs. Not only that, doctors say that weak social connections are harmful to our health. The answer is community! Monica Rovira shares how vital community is in our role as moms and how we can build a thriving community, both inside and outside our homes.

EL PODER DE LA COMUNIDAD *Monica Rovira / themom.co/global-sisterhood*

Estudios recientes revelan que la soledad está en niveles récord. No sólo eso, los médicos dicen que las conexiones sociales débiles son perjudiciales para nuestra salud. ¡La respuesta es comunidad! Mónica Rovira comparte lo vital que es la comunidad en nuestro papel como mamás y cómo podemos construir una comunidad próspera, tanto dentro como fuera de nuestros hogares.

PASSIONATE FOR PEOPLE *Krista Gilbert / kristagilbert.com*

The word hospitality can stir up many feelings and fears because we think it means entertaining guests with a Pinterest-themed party or hosting dinner on fancy dishes. Krista Gilbert teaches that hospitality is more about people's experience with us than it is about our food or table. Hospitality is more about who we are and what we communicate.

3 RS OF FRIENDSHIP *Amberly Neese / amberlyneese.com*

You were made for connection and community, but building friendship can be hard. Amberly Neese, speaker, comedian and author, give three tips to consider when you are growing friendships.

STOP MAKING SO MANY DECISIONS *Alli Worthington / alliworthington.com*

Does your brain ever switch on at night and give you a list of all the things you forgot to do and stress you out? Author of the book, *Remaining You While Raising Them*, Alli Worthington provides some simple strategies to help lessen the mental load we as moms carry.

CHRISTMAS: A LOVE STORY *Pastor Aaron Stewart / uppc.org*

Have you ever considered the Christmas story is the ultimate love story? Pastor Aaron Stewart of University Place Presbyterian Church in Tacoma, Washington shares how we are all longing for this kind of love story.

BUILD ENDURANCE

BUILD ENDURANCE *Sherri Crandall / sherricrandall.com*

Life often is accompanied by hardship and suffering and many women are facing hardships every day. Sherri Crandall, VP of Global Ministries and Leadership Experience at MomCo believes there is a formula that can take us from suffering to hope when we build our endurance muscle.

GET OUTSIDE *Ginny Yurich / 1000hoursoutside.com*

The average American child spends around four to seven minutes a day in free play, but four to seven hours on a screen. When kids play outside, it helps them in every facet of their development: cognitive, physical, emotional and social. Ginny Yurich, founder of a global movement called 1000 Hours Outside, shows us how to bring back balance between virtual life and real life in childhood and beyond.

BROKEN CRAYONS STILL COLOR *Toni Collier / tonijcollier.com*

Raising our kids when we are still dealing with some of our own hurts and hangups is challenging. Author and speaker, Toni Collier, shares some of her journey in parenting, going from feeling completely unqualified to finding grace.

DIGITAL DETOX *Molly DeFrank / mollydefrank.com*

Every generation of parents has waded through challenges unique to their time. But no generation of moms and dads has faced the stress over technology like we do today. Molly DeFrank explains how a digital detox can help families reset and find freedom from their addiction to devices.

PARENT-CHILD ATTACHMENT *Lindy Johnson / lindygreenjohnson.com*

How we parent is directly connected to how we were parented. While this may bring up some hard emotions, it may also bring freedom from shame. Lindy Johnson, a Licensed Clinical Social Worker, explains the difference between healthy and unhealthy attachment patterns.

LIVE PASSIONATELY

LIVE PASSIONATELY *Jennifer Iverson / jenniferiverson.com*

As moms, sometimes life can feel flat and mundane. We forget what we're passionate about because we're so busy taking care of everyone else. Jennifer Iverson, MomCo Associate Director of Leadership Development, helps us identify our passions and remember the life-changing truth that God is passionate about us.

TEACH YOUR KIDS TO WILDLY HOPE *Carlos Whittaker / carloswhittaker.com*

As parents, we have the amazing opportunity to teach our children about the hope of Jesus. Carlos Whittaker shares how we can wildly hope with our kids and teach them that they are part of God's hopeful plan for the world.

RESTORING YOUR BODY IMAGE *Rachael Gilbert / rachaelgilbert.com*

When asked the question, "Do you like the way your body looks?" 99% of women respond no. Rachael Gilbert, a trauma-informed therapist, shares how we can challenge that thinking and find evidence of the truth that we were made in God's image.

INTENTIONAL CONNECTIONS *Chad & Sarah-Gayle Galbreath / hoperelentless.com*

Connecting with your spouse in the busy seasons of raising children can be a challenge, but it's a challenge worth prioritizing! Chad and Sarah-Gayle Galbreath of Hope Relentless Marriage and Relationship Center provide encouragement and practical tips for how to intentionally connect with your spouse in the day-to-day of busy family life.

TWO TRUTHS AND A LIE *Hannah Bolvi / themom.co/occ*

The MomCo and Operation Christmas Child (OCC) have been longtime partners because we both love the opportunity to be a blessing to children through a shoebox and the story of Jesus. Hannah Bolvi, Strategic Partnerships and Initiatives Manager for OCC, encourages us to discern the difference between truth and lies in how we show up as moms. She shares that our small acts of faithfulness are special and impactful.

WILD CONTENTMENT *Shaunti Feldhahn / shaunti.com*

It's easy to live in a mindset of discontent, focusing on all that we don't have and all that we can't provide for our kids. Shaunti Feldhahn—author, social researcher and spokesperson for Compassion International—shares two pivotal practices that can help us experience wild contentment.

LEADER

WILD HOPE AS A LEADER *Mandy Arioto / mandyarioto.com*

Some of the things God is going to ask you to do as a leader this year will take you way out of your comfort zone. Mandy Arioto, President and CEO of MomCo, knows that hope is contagious and takes just one brave leader to give others the confidence to do what may seem impossible.

WILD LEADERSHIP *Sherri Crandall / sherricrandall.com*

As we lead our meetups this year, Sherri Crandall, VP of Global Ministries and Leadership Experience at MomCo, shares some leadership principles that serve as guides as we navigate this wild adventure of leadership.

LEADERSHIP IS IMPORTANT *Pastor Aaron Stewart / uppc.org*

At The MomCo, we encourage and equip moms of young children to realize their potential as mothers, women and leaders. Pastor Aaron Stewart of University Place Presbyterian Church in Tacoma, Washington wants to remind you about the importance of your leadership.

LEAD ACROSS GENERATIONS *Amanda Mejias / girlsministry.lifeway.com*

Despite the labels, memes and stereotypes, generational differences are a beautiful part of God's design. Amanda Mejias helps us understand current generations and how God uses each one in specific ways. When generations work together to proclaim God's goodness and faithfulness, we can change the world.

NAVIGATING DIFFICULT CONVERSATIONS *Amberly Neese / amberlyneese.com*

When you put a group of people together, there is a high chance of encountering some difficult conversations. Amberly Neese, speaker, comedian and author believes this is a great opportunity to lead the moms and leaders of our Meetup with love, and encouragement.