

Top 10 Questions about MOPS

1. What is MOPS?

Are you a new expectant mom or a mother of children ranging in age from birth to kindergarten? If so, then MOPS ("Mothers of Preschoolers") is the place for you! We are a community of approximately 60 women from all stages and walks of life that meet together on a bi-monthly basis to relax, have fun and build meaningful friendships. MOPS exists for every mom and strives to provide a caring atmosphere where women can come to experience God's love, share the triumphs and struggles of motherhood, and continue to learn to be the best moms they can be! Our meetings typically begin with children being dropped off in our wonderful childcare program. Following that, a fantastic hot breakfast is served while we listen to informed and relevant speakers and spend time connecting with each other. Outside of our meetings there are opportunities to connect through play dates, Mom's Night Out events, service projects, etc.

2. Where & when does MOPS meet?

FBC Pelham MOPS meets typically the 2nd & 4th Friday, from 9:30 a.m. – 11:30 a.m. at First Baptist Church of Pelham: 2867 Pelham Pkwy, AL 35124 – with childcare drop off at 9:15 a.m. Our first meeting is Friday, September 11th. Our group is open & accepting registrations, but space is limited.

3. Who will watch my children?

We won't kid you, the first time you drop off your children for MOPPETS can sometimes feel a little crazy and can be a heart tugging experience. We're all moms too... we understand! Rest assured, your children will be fine! We are blessed to have some amazing women watching and teaching our children. Many are moms like us who will meet your child's needs, as you would meet the needs of another mom's child. The caregivers WILL come and get you if your child is just too distressed. When you drop off your child, you will receive a numbered tag that you have to have when you pick up your child for security. Each meeting, the kids will have a store time lesson, coloring and/or craft, and snacks in their classrooms along with plenty of playtime as well. Make sure to bring diapers, bottles/sippy cup, a special lovie if needed and let the childcare worker know of any allergies or issues before leaving them. Except for itty—bitty, nursing babies, we do ask that you utilize the MOPPETS area as our MOPS meetings are designed to give moms a break, free from distraction of little ones.

4. Do I have to be a member of that church?

No, you do not have to be a member of First Baptist Church of Pelham to attend our MOPS group. In fact, we have many moms in our group who do not attend our church. We welcome moms from all over!

5. Do I have to be a Christian?

Although MOPS is a faith-based organization, we happily welcome moms from all walks of life! If you are mom looking to connect with a community of loving women or searching for a place to enjoy a cup of coffee and some grown-up conversation, Pelham MOPS would love to have you!

6. I don't know anybody who goes to MOPS, is anyone even going to talk to me?

Of course! Every year, many new moms come to our group looking to meet new friends and find community. FBC of Pelham MOPS makes it a point to be an open and inclusive group., and we love welcoming new faces! In fact, we have a fabulous team of women, our Hospitality Team, whose primary purpose is to make sure all moms, both new and returning, feel like they belong.

7. Do these women dress cute every morning by 9am?

No! Most of us look forward to MOPS meeting days as an excuse to trade in our daily uniform of yoga pants and t-shirts for "real clothes." However, as moms, we know that every day is different. One week, we may be up early and feeling fabulous and the next we are lucky to even make it out the door with shoes on! Honestly, once you have made it to MOPS, dropped off your kids, and are eating delicious food, you will no longer care what you or anyone else is wearing!

8. Will I get to eat a delicious breakfast and HOT coffee?

This is a wonderful secret about MOPS! As a mom, feeding yourself is usually last on your list of things to do. If we get a good strong cup of coffee, we consider that a successful morning. On Fridays at MOPS, we have an enormous spread of breakfast items ranging from hot breakfast casseroles, to yogurt and homemade granola. Of course, coffee; lots and lots of coffee! Even better, there is plenty of time to eat without being interrupted or having to share with little ones wanting to try whatever is on your plate.

9. What is the one reason why I should NOT miss out this year?

MOPS is a great way to connect with other moms who are in the same life stage, trying to be the best they can be. It is a wonderful feeling to know that you are not alone through this journey of motherhood. It is a place to come and share the blessings and triumphs of being a mom, as well as a place to look to for help and advice when you are struggling. We invite you to come and join us Friday mornings this fall and spring as we seek to build friendships, learn from one another, and experience the unfailing love of God.

10. What is the cost & how do I sign up?

We would love to have you join us! Registration begins July 1st. The registration fee for the year is: **\$34.95** This covers childcare for your little ones, speaker fees, crafts, service projects & your National MOPS registration for the year. We do offer scholarships for those that need it. If you would like info please contact fbcpelhammops@gmail.com

Space is LIMITED so be sure to register as soon as possible.