

**MOPS International 2014-15
Theme Booklet**



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Compiled By: Shari Schock
MOPS Volunteer Staff, Area 3

Be you, BRAVELY

Verse: Isaiah 43:18-19 (NIV)

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

At any given moment in our lives each of us has...

- **Conversations we’ve been putting off.**
- **Reasonable risks we’ve been avoiding.**
- **Goals we want to achieve.**

Yet often times the more significant an action feels the easier it is to put it off. We get distracted from the big decisions by the immediate needs of the day. We spend all of our time doing two things—living and waiting to live. What all of us seem to have in common is that we need a nudge to help us get out of our ruts and routines so that we can begin risking bravely.

At MOPS we believe that you were meant to live deeply and so this theme was created to inspire you to choose the extraordinary. Be you, Bravely is designed to help us focus on making the choices that could create the most good in our lives, help us step into healthy risk and to do it in the context of community where we can cheer one another on.

Join us as we journey alongside you, asking one another what it means to “Be you, Bravely”.

Dream and ask God for vision (and creativity!) for your MOPS group. Then use this booklet to assist you in planning your MOPS year. May you continue to reach the moms in your communities!

Disclaimer: Websites are verified at time of printing; however, on-line content changes frequently and MOPS International does not guarantee content or endorse independent websites.

- **Guess Who:** with leaders or moms
- **Super Hero alter ego name** (have each mom come up with hers)
- **Speed Friendship/Dating**
- **Bath Robe Contest:** Prizes for cutest, prettiest, ugliest, most loved (Spa Day?)
- **Color Scramble:** Have moms get into groups by their favorite color
- **Origins of Moms:** Post a large outline of the country on the wall. Leave border space for those born outside of the USA. Have participants put their hometown and first name on the map. Then ask them to share about their hometown and how they came to the area.
- **Movie Madness:** Write down as many movies or TV shows you can think of that have “brave” or “courage” in the title
- **Mommy FEUD:** play a mom version of Family Feud using questions about moms, daily life with toddlers, things only a mom would know or hear, etc.
- **Mystery Cleaning Products:** Say the slogan and have moms guess which cleaning product it is. Winner gets the cleaning product.
- **One Item:** Have the moms find an item from either their purse or diaper bags to use as an explanation of who they are.
- Give the moms 5 minutes to come up with **5-10 things they have in common** with the other moms at their table.

Skits / Video clips

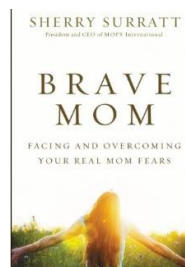
- Video about the “Be you, Bravely” theme: <http://youtu.be/QOYLVUL-CJs>
- “The Toughest Job” video clip
- Clip from “Evan Almighty (talks to God about his plan and God reminds Evan of HIS plan)
- Clip from “Mom’s Night Out” www.momsnightout.com
- Skit Guys— Tons of great skit ideas! skitguys.com
- Kid-inspired fashion show (moms wearing kid outfits... superhero, tutus, mismatched outfits, rain boots, etc.)
- Anita Renfro (All her video clips are great for MOPS meetings)
- Valentine’s Day: Do a slide show of each mom with their spouse/significant other

Icebreakers

- Check out the “FUN” cards that came with your Group Experience Kit at MOPS.org/groupexperiencekitonline
- Write down **what you wanted to be** when you grew up. Put them in a jar, pulling out one by one to try and figure out who said what. (Could also have moms write down something no one knows about them)
- **4 corners**: Divide into biggest fears, different times you had to be brave
- **Get to know you Jenga**: put questions on each of the pieces
- Introduce yourself with three interesting/odd things no one would know about you
- **Mama Bear Moments** - have a mom volunteer to share an area of her life or a moment when she or her child had to be brave
- **Most embarrassing moment** of motherhood to date
- **BINGO**- Play an actual game. Categories could be “Things in your Purse”, “How many times have you worn those jeans before washing them”, “Only a mom would ___”, etc.
- **Minute to Win It Contest**: teammates cheer each other on while trying to win a challenge (i.e. moving an oreo from their forehead to their mouth without using their hands).
- **Beach Ball**: Answer question on ball your thumb lands on when caught (i.e. red=hobby, white=nickname, etc.)
- **Telephone**
- **My Morning** - give each table 5-10 minutes to come up with a skit depicting one of their mornings. Have each table present the skit to the group.
- **People BINGO**: have a bingo board made up with pics of all the moms in your group. Then play BINGO. Great way to match names to faces!
- **Another Use For Me**: Give each table a cooking tool or utensil and ask them to come up with an alternate use for the item. Share with the group and vote on best alternate use idea.
- **What Recipes Am I In**: Give each table an ingredient and have them list as many recipes as they can think of this ingredient could be used in. See which table can come up with the most recipes.
- **Purse Contest**: Prizes for heaviest, smallest, most creative, oldest.

Let's be BRAVE in the 2014-15 MOPS year!

- **Introducing the theme using the MOPS *Be you, Bravely* video clip**: <http://youtu.be/QOYLVUL-CJs>
- Different “takes” on **implementing the theme**:
 - Birds/Nests/Feathers
 - Bow & arrows/targets/arrow pouches
 - Superheroes
- **Introducing Leadership Team**: Have each member of the Leadership team talk about the bravest thing they've ever done (or show a picture or video of them doing it)
- **A little competition...** Each month, moms can earn points for things like bringing a friend, being on time, etc. as well as for things that change from month to month (i.e. having a certain item in their purse, doing something as a group at the meeting (wearing PJ's, wearing table color), having a movie night together, play-date, etc.) Each month, tally the points. The winner of each meeting wins a small prize, and the winner overall for the year gets a girl's night out.
- Issue a small **passport-like “story”** book at your first meeting with all of the topics and dates for the year listed - this could include a magnet they could stick on their fridge. Have them visit different parts of the room and get punches/stamps on a card: making nametag, seeing what their dues go towards (a sample membership kit will be in your Group Experience Kit!), getting info about how MOPS works, sick child policy, etc.



“Brave Mom: Facing and Overcoming Your Real Mom Fears”

By Sherry Surratt

Coming in October!

Resources from MOPS to help you bring the theme to life in your group...

2014-2015 Be you, Bravely Group Experience Kit

Sent upon group renewal. Go to MOPS.org/renewal for more details.

- **24 Courage to be...Video Stories:** ready-to-use, relevant & inspirational topics presented by Bob Goff, Shauna Niequist, Sherry Surratt, among others. Use these occasionally or regularly in place of a speaker (or as back-up plan), so your moms benefit from high quality speakers offering solid content related to the MOPS theme.
- **7 Courage to be...Leader training** video segments: Learn helpful team building techniques and get training to help you lead with confidence.
- **Be you, Bravely: An experiment in courage guidebook:** A workbook to go through together with your group. Each chapter corresponds to a video segment. Use it to explore being brave together.
- **Mentor Bravely: The gift of presence:** A guidebook to help the mentors in your group. Full of wisdom from other women who have been there, done that. It's full of tips for mentoring the women in your group.
- **MOPS Group Leader's Guide** outlining the essentials of MOPS: the elements of a group, how to run a meeting, forming a leadership team, running team meetings, how to access MOPS resources and checklists for everything.
- **10 complete meeting plans** (we call them Fun, Think, Talk, Do cards) Includes ideas on how to incorporate the theme into meetings, icebreakers, discussion questions and creative activity ideas.
- A copy of our **newest MOPS book**—*Brave Mom: facing and overcoming your real mom fears* by Sherry Surratt. Shipped in October when it launches.
- A **\$10 off of \$50 coupon** for MOPShop: grab a new Be You, Bravely T-shirt, mug, or some fun swag for your group
- A complete **Membership Kit** - so you can peek at what your moms will receive when they register for the MOPS International Membership.

Mommy and Me / Family Night Ideas

Gardening: Go to your Community garden or one of your mom's gardens for planting, weeding, watering, etc.

Farm Play date: picking fruit or veggies at a local farm

Kid "Date" Night or Mommy and Me Holiday Craft Party

Indoor playground/play area (McDonald's Playland, Children's Museum)

Cookie Decorating with story time

Movie Day: kids wear PJ's and eat popcorn

Summer Park Day with themes: bubbles in the park, sand castle building

Dr. Seuss Celebration: read and serve Green Eggs and Ham

Field Trips: Fire Station, Beach, Factories, Pizza Parlor, Pumpkin Patch, Zoo

Family Game Night - BINGO or lots of board games; prizes

Recycling / Mommy Exchange

- MOPShop (mommy thrift store—during your meeting! Anyone can bring stuff; anyone can take stuff; anything leftover after the meeting goes to charity)
- Toy or Book Exchange - Bring gently used books or toys and exchange them.
- Have a game and/or puzzle exchange

Decorations

- Large poster/painting/foam cutout with the theme graphic on it. You can use a projector to blow it up on the wall. Then trace it onto white paper or fabric and paint or color it in. This could also be a backdrop.
- Peacock feathers, boas, bird cages, bird nests with birds, bird houses
- Feather dusters
- Fresh flowers
- Bow and arrows; Archery targets
- Super heroes (table cloth = cape)
- Big sky back drop

MOPS Add-ons

Fun Ladies Nights Out

- Show “Mom’s Night Out” movie
- Do it Yourself class at Home Depot
- PJ Bowling and Pizza Night
- Talent show or Karaoke
- Chonda Pierce or Anita Renfroe Video Night: Laugh out loud!
- Chef competition (teams each get one secret ingredient)
- Game Night - Bunco or variety of other games
- Cookie Exchange (Christmas Time?)
- Spa or Beauty Night (pedicures/manicures)
- Pottery Painting Night at a local pottery shop
- UFO night: (UnFinished Objects) Work on unfinished projects
- Late Night Outing after kids are in bed
- Recipe or Book Exchange Night
- Jewelry Making, Craft or Scrapbooking Night
- Christmas Card Night: Meet, eat treats and do your cards
- Dinner or Coffee out together (Melting Pot is fun!)
- PJ Party Night with movie and popcorn
- Video/Photo Scavenger Hunt (Google it for more info, very fun!)
- Attend a theatre production
- Make-Up lessons or bra fitting at your local department store
- Consider hosting a class for knitting, crochet, quilting, weaving or some other skill. Find out what skills your members have already and ask them to instruct other moms.
- Chocolate MOPS day or Ladies Night Out
 1. Have chocolate fondue/fountain and other chocolate treats and drinks.
 2. Share chocolate recipes.
 3. Make chocolate dipped spoons or cookies in a jar
 4. Play chocolate games and trivia: Bingo Search at www.google.com
 5. Play video clips and music from Willie Wonka, Forest Gump or Chocolate’.
 6. Use chocolate as decorations and door-prizes
 7. More ideas at virtualchocolate.com
 8. Have a chocolate tasting bar.



♪ Music ♪

- Eye on the Prize...Sara Groves
- Overcomer...Mandisa
- We are Brave...Shawn McDonald
- Disney’s Brave Soundtrack
- Hero...Mariah Carey
- Skyscraper...Demi Lovato
- You are Loved (Don’t Give Up)...Josh Groban
- Brave...Nichole Nordeman
- Giants Fall...Francesca Battistelli
- Oceans...Hillsong
- Thrive...Casting Crowns
- Brave...Sara Bareilles
- Born to Fly...Sara Evans
- Let it Go...Idina Menzel
- Fingerprints of God...Steven Curtis Chapman
- Daughters...John Mayer
- Another Day in Paradise...Phil Vassar
- You Are a Child of Mine....Mark Schultz
- Mom Song...Go Fish
- You Never Let Go...Matt Redman
- Children of God...Steven Curtis Chapman
- Father & Daughter...Paul Simon
- Cinderella...Steven Curtis Chapman
- With Arms Wide Open...Creed
- In My Daughter’s Eyes...Martina McBride
- Through the Years...Kenny Rogers

Check out the online leader section of MOPS.org. You’ll find leader training, the idea center, additional teaching segments and ten additional sets of Fun/Think/Talk/Do cards.

**Download theme graphics at:
MOPS.org/brave-theme-graphics**

Visit MOPS.org throughout the summer for updated information and new ideas on implementing the theme in your MOPS group!

Theme Topic Ideas

Make sure you round out the MOPS year with topics that address various areas of being a better mom. Start with the ideas on the Fun/Think/Talk/ Do cards that came in your Group Experience Kit (MOPS.org/ groupexperiencekitonline) and/or pick from some of these!

- Open mic / Coffeehouse—share talent, karaoke, poetry, etc.
- Self Defense Class—Being brave in crisis moments!
- What to do when your child is afraid / Stranger Danger
- Zumba!
- Overcoming Mental Illness / Post Partum Depression
- Fashion– Dress your Body Type
- Be You, Bravely* - Tea and Testimony
- How to Be YOU Bravely
- If I were a superhero I'd be... Finding your gifts and talents
- How to Keep in Touch with or Find YOU—the you that exists outside of parenting
- Ready or Not Here I Come—stepping out to new things for moms/kids like routines, schedules, adventures, embracing this age, etc.
- I am _____ - great motherhood topic or goal setting meeting
- Confident Mothering
- Goal Setting/Bucket List/Vision Board/Dream Building
- Family Crisis Plan - Provide information on creating a will, having important papers and documents together, etc.
- Be Brave, Go Green! Homemade cleaners for your home
- De-clutter/Organize your Home - Paired with a donation day (collect at MOPS and deliver to donation ctr). flylady.com –cleaning/organizing tips
- Braving your extended family - Etiquette coach / In-law issues / Balance or Out of Balance with family, work, in-laws
- Braving Summer! - Fun things to do in the summer, local places to swim or get wet. (Prepare summer survival kits with bucket, bubbles, etc.)
- Taking care of the “Me” in Mommy—Beauty, fitness, what not to wear & fashion tips
- Braving the grocery store or farmer’s market: which fruit and veggies to buy where; top 10 things to buy organic; when to buy local



Door-Prizes

- Cleaning supplies (home-made “samples” with recipes)
- Pens with a tag that says “You made the WRITE choice to come to MOPS” (Look for nice pens on sale in August and September when school supplies go on sale and clearance)
- MOPS Brave T-shirts
- “Homemade sugar scrub
- Organizing containers or labels
- “Feathery” Jewelry
- Dream Journal
- Subway Art (www.tagxedo.com)
- Pen wrapped in floral tape with a feather on top
- M&M’s or chocolate: To a mom who shares a sweet story about her kids.
- Batteries: “Get re-charged”
- Candles
- Books around \$1.00 each from: www.maninthemirror.org/
 - What Every Mom Needs - Elisa Morgan and Carol Kuykendall (Box of 48 for \$40)
 - Five-Star Families - Carol Kuykendall (Box of 48 for \$39)
- Cookies or a meal in a jar
- Spa or makeup kits to make moms feel pampered
- Temporary Tattoos with a Purpose - Lost and found temporary tattoos help ensure a lost child will be found. Great for vacations and travel. tattooswithapurpose.com
- At the beginning of each meeting, randomly pick a mom. She is asked a general question about herself, and gets to choose a MOPS item like a bumper sticker, shirt or bag. If the Leadership Team “catches” her using the MOPS item in a creative way (for publicity) she is awarded a free MOPS meeting.
- Validation Mugs: write words of validation on them, cook them in the oven, then hand out at the last meeting



Give-A-Ways

*When giving an item away, be creative with a question that goes with it.
Example: MOPS Key chain - Ask moms who locked herself out of her car or house in the past week. Winner gets the key chain.*

Think of door prizes to go with your topic for the day. Example: If the talk is on marriage, give away two movie tickets for a Date Night.

WELCOME BAGS

- Magnet with all the upcoming MOPS dates or Leadership Team phone numbers / email addresses
- Small note cards
- Chocolate, mints or gum
- Feather duster
- MOPS logo pens or other logo items
- Free espresso/latte coupon if your church has an espresso stand
- Items that go with theme (Dollar Tree, Oriental Trading, Michael's \$1 area, or Target \$1 Spot)

BIRTHDAY IDEAS

- MOPS Logo items
- Variety of items placed in a basket for moms to choose from

PREGNANCY

- Pregnancy Survival Kit: Crackers, Tums etc.
- Peggie Pops
- Pickles or frozen yogurt coupon
- Candy bars: wrapped in blue or pink
- Candy bars: Twix=twins, Mr. Goodbar=boy, Baby Ruth=girl
- Baby on the way prediction: Have them pull a candy like M&Ms out of a bag. If the candy has "nuts" it is a boy. No nuts, it's a girl.

NEW BABY / ADOPTION

- Cloth Diaper with ribbon sewn on to make cute burp cloths
- Package of wipes, diaper clutch/changing pad
- Handmade blankets, booties or quilts (made by older church ladies?)

ANNIVERSARY

- Small bottle of sparkling cider with good chocolates
- Coupon for babysitting so a mom can go out with her husband

Discussion Groups / Tables

- Each table is a different name or synonym of brave (courageous, dauntless, fearless, intrepid, audacious, daring, adventurous, spirited, spunky, valiant, confident, dashing)
- Super Heroes (wrap a baby formula can in super hero comic page to match the table name)
- Pixar's Brave Characters
- Bird Names
- Round targets for centerpieces: each table personalizes them
- Brave Women in History or in the Bible (Rahab, Ruth, Esther, Mary, Sarah, Abigail)
- "Brave" in other languages
- Name tables by what we want to achieve or character strengths: faith, hope, patience, gratitude,
- Colors (a classic and common way to distinguish tables!) Consider using darker colors like teal, greens, blues, blacks, gray to go with feather theme
- Black table cloths; each table is a different flower; pot with flower pens as a centerpiece. Use dry beans to hold the pens in the pot.
- Empty paint cans: Reuse them each year. Have the DGL's decorate them at their planning meeting. They hold the nametags, pens, etc.. You can purchase them at Home Depot or Lowe's.

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- Bible stories that involve bravery
 - Room names: Superheros or Fruits of the Spirit
 - Gift: "Thanks a Latte for all you do!" with coffee gift card
 - "Treat 'em right" is a book with great ideas on how to do cute sayings with gifts for volunteers
 - Gifts ideas: edible treats, a meal, gift cards, bookmarks, cookies or a meal in a jar, flowers "Thanks for helping our kids grow".
 - Gardening gift packs for MOPPETS workers (flower seeds, gloves and a pot or herbs growing in a mason jar)
 - My Favorite Bible: Curriculum created for MOPPETS that go with the book. Leader's Guide & Lesson Plans: MOPS.org/my-favorite-bible
 - Complete MOPPETS Curriculum from BOZ: Includes video content, lesson plans and downloadable worksheets. (Will arrive with the Group Experience Kit. Includes 16 lessons developed with MOPPETS in mind. BOZthebear.com/MOPPETS)



General Meeting Topics & Themes

- **Tame the tongue:** Speaking words of affirmation and encouragement into the lives of those you love, choosing your words carefully.
- **Where to run for help:** Health, Physical, Developmental delays, Speech, Emotional, Abuse, etc.
- **Coping with Anger** - Chance to be authentic and vulnerable while meeting a real need for moms
- **NO MOM ALONE!** Form support groups based on interest, kids ages, proximity or need. Extended table time.
- **Personality Profiles** - have someone come in and talk about personality profiles and then break up into groups of women who share the same types of personalities
- **Bunco or Speed Friendship:** Speed friendship is like speed dating. Have questions for moms to pick from.
- **What not to say** to a friend going through a hard situation (Miscarriage, Divorce, death of a loved one, etc.). Have moms who have been in those situations share.
- **Tea and Treasures/Jazz and Java:** Decorate tables (could be fine China or nice paper products), have special food and tea, favors for each mom, music, and have 3 moms give testimonies. This is a great Spring meeting to share the gospel.
- **Recipe Swap**
- **The Birth Order Effect**
- **Pampering Spa Day** - gives moms a chance to be together and get comfy with each other on every level. Transform your meeting place into a spa-like atmosphere complete with soft lighting, comfy seating, special food and drinks, door-prizes and stations (nail painting, foot soaks, facials, make-your-own bath salts, haircuts, paraffin hand dip, hair styling, waxing, lip-balm making, massages (volunteers from a local massage school), pictures of each mom, relaxation, exercise, etc. Often Mary Kay, Sensaria and other reps are happy to come and do things for your moms for free!
- **Emergency preparedness or Basic First Aid/CPR**
- **Breast Cancer Awareness:** survivor speak during October; tips for detecting lumps, etc.
- **5 Love Languages** (kids or adults)
- **Teaching kids about Money & Finances**
- **Discipline:** effective tips, creative correction and shaping your child's heart

Reward/Chore Charts

Conversation Starters: A box or jar with fun questions to pull out at dinner or in the car

Freezer Meal or **Spice Rub:** Moms assemble and take home..

Have an **Iron Chef competition, Recipe swap** or **Make a Recipe Box**

Decorating Cookies/Cupcakes

Mixing up Safe/organic cleaners and put them in spray bottles

No Sew Tu-Tus: cuegly.blogspot.com/2009/07/no-sew-tutus-i-cant-get-enough-of-this.html

Sew A Seed-in early spring bring in pots and soil and create a "herb garden". Each mom gets to pick 3 herbs to plant. They can draw on/decorate their pots with paint pens. Maybe a basket or some kind of cute container to hold the little pots. Also would be cute to make labels for the herbs.

Homemade bath soak, Coconut Lime Body Scrub, lipgloss, bath fizzies, or slow cooker lotion bars

Ribbon Memo boards: snsribbon.wordpress.com/2008/08/01/how-to-make-a-ribbon-memo-board/

Special plate: decorate a plate to honor family on their birthday

No-Sew-Fleece: Make scarves or tie blankets. Great gifts or donations.

Pick up Play Sticks-Write activities on popsicle sticks and put them in a decorated container. Kids pick out a stick and get to choose what you'll "do". (Puzzle, go for a walk, make cookies, make popcorn, watch a movie, have a dance party, paint a picture, playdough, read a book, create a science experiment, etc.)

Barrette / Hair clips - attach feathers, fake flowers or ribbon to hair clips

Bug Houses for kids

Make your own **wooden Nativity**

Room Spray (Monster Spray)

Chalkboard Planters: paint small planters with chalkboard paint

Shrinky dink Keychains with special paper from Michaels

No-sew T-shirt bags: cleverwren.blogspot.com/2012/08/

Homemade laundry detergent

Paracord bracelets with charm – can be personalized to MOPS

Restaurant Kits: activities for kids to do at a restaurant

Creative Activities

Check out the “DO” cards that came with your Group Experience Kit at MOPS.org/groupexperiencekitonline

Wire Bird Nest Necklace or Pendants: fancylittlethings.com/2014/01

Vision or dream board to hang in your home; encourages you to go after your dreams and goals

Dream catcher: mobile or wind chime type

Washer necklaces modpodged with paper

Homemade bubbles and bubble wands: make out of wire coat hangers in any shape

Story dice: mymagicmom.com/story-blocks-or-story-dice/

House Rules, Theme Picture with Feather or Quotes on Canvas

Backseat Travel Tray using a cookie sheet: familyfun.go.com/crafts/backseat-travel-tray-665360/

Key chain with block letter beads to spell name(s) - attach to diaper bags for easy identification in the nursery

Tooth pocket pillow cases: cut a tooth shape out of felt and glue it to a plain pillow case to make a pocket; then iron on a little poem or design

Wooden picture puzzles - decoupage wooden blocks with a family picture/graphic/saying cut into squares the same size as the blocks. allfreecrafts.com/decoupage/decoupage_puzzle_blocks.shtml

Boo Boo kit in small tins, plastic containers or bags to encourage bravery

Make a gift for **MOPPETS workers** at Christmas & at the end of the year

Valentine's Day cards with inserts for husbands "top reasons I love you"

Memory Book: Create a book about yourself for your kids to read when they get older. Memories of school, growing up, road trips, meeting your spouse, how you felt when you got pregnant, childbirth, etc.

I-Spy bottles: Can fill an empty clear plastic bottle with little trinkets/game pieces and rice... treasure hunt in a bottle.

Christmas Craft Day: Before Christmas, have a meeting where you do nothing but Christmas crafts - decor or gifts the moms can give away. Have different stations setup (ornament making, cookies in a jar, cookie decorating, sock snowman, card making, gift bag decorating, etc.)

Soldier care packages

Create an “**experience**” **Advent calendar** (instead of toys/candy/stuff)

- **Birthdays:** Cupcake decorating, party favors, party invites, decorations.
- **Gardening:** Container gardening, kids and gardening.
- **Cooking Demos:** Freezer meals, once a month cooking, holiday meals, gifts from the kitchen (Craft is a take-home freezer meal, marinade for meat, dried soup mix, or homemade instant oatmeal (oats, sugar, fruit))
- **Displaying and Preserving Your Child’s Art:** Share ideas on how to keep and store items.
- **Child Safety:** Make ID Cards for car seats, helmets, diaper bags (MOPPETS workers will love you for the diaper bag tags!). Can also put together emergency kits for home or car. Invite the local Child Safety experts to talk on car seat safety. Protecting children from predators.
- **Media and Kids:** how to keep your kids safe on the internet
- **Gifts:** Simple gifts to make for teachers, thank-yous
- **Mommy Style or MOPS What Not to Wear** Fashion show or demo of inexpensive fashion ideas. Do a before and after makeover.
- **Luau:** Island music, dress Hawaiian style, palm trees, blue sand in margarita glasses for décor, serve virgin pina colada or ice drinks with umbrellas, pass out leis, share how Jesus “lightens” our load.
- **MOPSCARS:** Give awards: golden razor for mom who hasn’t shaved in the longest, most kids, etc.
- **Panel:** Mentor Moms Q & A (respond to anonymous questions from moms), Schooling (Home School, Private School, Public School), Men
- **Survivor Motherhood:** Each table is a tribe, give them time to make up name and banner. Three challenges (diaper relay, food challenge, lifesaver pass). Then individual challenges.
- **Say “Cheese!”**- How to take great pictures of your kids / Photography basics.
- **Traveling with kids / Best local places to travel to**
- **Raising Readers:** Local librarian speaks
- **Popcorn Questions** - have moms write questions (about parenting, marriage, spiritual, etc), Pull out a few and set the timer for two minutes.
- **Shopping on a Shoestring** - making the most of a budget
- **Tips for the Holidays** - moms share their ideas, tips, etc. for the holidays with the group. Have idea sheets and materials to make a few

Fundraising Ideas



Clothes for the Cause—Textile collection drive. You get paid per pound for all the clothes, shoes, and linens you collect.

Clothesforthecausefundraising.com

Yankee Candles—yankeecandlefundraising.com 40% profit

Cinnabon - cinnabon.com Sell certificates for a 6 pack of Cinnabon Rolls.

Antiquities Children Pictures 1-800-871-6255 MOPS.org/antiquities

Flower Sale: Sell mums in the fall, poinsettias or wreaths for the holidays, or spring bedding flowers by the flat. Contact a local nursery.

Home Business Shopping Day – Invite Moms with a home business to set up a table and sell to MOPS moms. Proceeds of seller's choice go to the MOPS group. Consider charging a fee to seller's as well.

Babysitting Service— Childcare for moms during holiday shopping time.

Auction—Get local donations for either an oral auction or silent auction or BOTH. Auction off lunch with your pastor, house cleaning, etc.

Business Card ads: Provide ad space in your MOPS newsletters for local business as well as your moms with home businesses. Offer to place a business card ad for a set price.

Restaurant Takeovers: Red Robin, Cold Stone Creamery, Round Table Pizza, McDonald's, Papa John's, The Ram, Chevys Fresh Mex, Pizza Hut

Scrip: Sell gift cards or get a percentage of grocery loyalty cards, credit card or debit/ATM card purchases. unitedscrip.com or scrip.com

Little Caesar Pizza: Pizza Kits YUM YUM pizzakit.com

Cartridges for Kids: Turn in old Cell phones, inkjet cartridges, laptops, ipods, video games, DVD's, and cameras for \$ cartridgesforkids.com

HandiRecords – handirecords.com or 1-866-349-8653 Keep 50% of sales. HandiRecords are attractive, checkbook-sized medical information organizers that fit in your purse or pocket.

Dream Dinners: Dream Dollars is based on Dream Dinners meal-assembly sessions through 4-week programs, scheduled private parties or their scrip program. dreamdinners.com

Flower Power: Bulbs and plants; 50% profit. flowerpowerfundraising.com

Auntie Anne's: auntieannes.com 1-866-299-4654

Mabel's labels: Sticky labels, clothing labels, personalized stationary products, ID wristbands and household labels. mabelslabels.com

Seeds Family Worship: Worship and togetherness through music. Keep 50% of the list price of products. heather@seedsfamilyworship.com or (615)463-7398 seedsfamilyworship.com

Reaching out to more moms and growing your group:

Print water bottle or candy bar wrappers with your group info. Pass them out in the community or in Halloween buckets

Coffee Cup Ads: Place labels on all coffee cups in your church with an invite to join MOPS.

Free Business cards—vistaprint.com Order these cards with your MOPS group's info (where, when, phone # or email address, www.mops.org). Give them to the moms in your group - have a contest to see who can give away the most cards.

Printable Magnets - meeting dates that moms can put on their fridge

Stuff the Bags: At church services, stuff diaper bags with MOPS fliers.

WOM (Word of Mouth): Give each of your moms two fliers and ask them to invite two new moms, even moms they do not know or maybe someone they meet over the summer at the park or at swimming lessons.

Community Canvassing: Choose one day in the summer and have your entire Leadership Team go out into the community in groups of two and place MOPS fliers at your local doctor, dentist offices, hospitals, YMCA, preschools, consignment stores. Visit all the places moms hang out. Have some of your team stay at the church to baby-sit the children while the rest are out.

Hello, Darling Magazines: Collect old magazines, remove the address labels and replace with your local MOPS group information. Then place them at doctor and dentist offices.

Nametags

- Bird nest with different colored eggs (representing gender of kids)
- “Be You (name), Bravely”
- Laminate feathers with name
- Place Marker at table with name and conversation starters
- Necklace with name on it (using large square letter beads)
- Ribbon that matches their table's color
- Plastic reusable cup with lid and straw. Some of these can be personalized with a dry erase pen on a special insert in the cup.
- Each mom decorates a plain coffee cup with her name to use at each meeting (MOPS Mentor volunteer to wash them after each meeting?) You can buy cups at Dollar Tree and use pens that are permanent after “baking”.

Publicity

MOPS Logo & Theme Graphics: download at MOPS.org/brave-theme-graphics. The logo is hand drawn but Trade Gothic Condensed No. 18 works well with it. This font is similar and can be downloaded for free: “KG Eyes Wide Open”. The “Broadway” font in caps looks close to “Bravely”.

Marketing and Publicity Resources: Check out theme based MOPS newsletter templates, You’re a great mom! Stickers, printable posters and more here: www.mops.org/group-marketing-downloads

Newsletter Titles & Publicity Slogans:

- Birds of a feather flock together
- Don’t be a Bird Brain
- Don’t be chicken, come to MOPS
- Silhouette of woman with bow & arrow
- Picture of a baby bird jumping out of nest
- Life’s a Scary Sport
- Perfect faith is to have wings
- I’m a mom,,, what’s your super power?
- Brave Mom Monthly Feature



Newsletter Ideas:

Solicit **funny mom stories** from your Leadership team and moms. Publish a selection as comic relief for moms in the thick of it. Offer a fun prize (i.e. whoopee cushion) for the best stories.

Use words of encouragement as newsletter titles to help ladies be brave and do things they normally wouldn’t do.

Photo directory: take pictures of moms the first few meetings of the year then publish with names, kids and ages, address, email address.

Profile your Leadership team, include their photos, a brief bio, and a description of their most recent “brave” moment.

Family Game Night. Solicit suggestions from moms in your group, offering moms a new option for each month. (Include informal games too, such as “Peek-a-Boo” and “Patty-Cake” for young children).

“Mom Tips” list, compiling moms’ suggestions for the fun and the practical. Include ideas for how to model consistency, successful discipline tools, as well as a list of the best stain remover, best local kid-

Service

Make **shoes out of jeans for children in Uganda** via the Sole Hope project! www.solehope.org/

Put together a **system for delivering meals** to MOPS families in need of a little TLC. As the year progresses, you’re bound to have ample opportunities to put it to good use. Caringmeals.com is a free website that can help you set up a rotation for your group.

Adopt a military MOPS group—send them encouraging letters, etc.

Have a **game drive** for a local children’s charity. Encourage each table group to purchase a new board game. Pool your offerings and donate them to an after-school program, public library, homeless shelter, etc.

Create **blessing bags for moms to keep in the car** and hand out to people in need who they pass during everyday activities. Fill plastic bags with non-perishable items including granola bars, travel tissue packs, sunscreen or lotion samples, etc. Next time moms encounter someone asking for help they won’t need to decide how to help.

Consider **partnering with a nursing home** or senior living center. Bring your MOPPETS for a sing-a-long, art activity or story time. Work with the center to come up with activities that make sense for all parties.

Put together **gift bags for moms at a local shelter** or Ronald McDonald House. Include items like unused hotel toiletries, makeup, nail files, small chocolates, toothbrushes, etc. which will allow them to de-stress a bit in the midst of their circumstances.

Host a **seeker-sensitive Bible study** on non-MOPS meeting weeks. Consider one that can serve as a good introduction to the Bible for those who may not be familiar with Scripture.

Offer to do a project or **fulfill a need for your MOPS Church**. Adopt a flower bed, clean the outdoor playground, paint a room.

Volunteer to **provide a meal for a homeless shelter or elderly**.

Did you know that MOPS has a Pinterest page just for the *Be You, Bravely* theme?

[Pinterest.com/mops_int/be-you-bravely/](https://www.pinterest.com/mops_int/be-you-bravely/)