



Moms **ROCK**

Raising Our Christian Kids



2011

BROCHURE AND SPEAKERS

What members have to say....

I joined Moms ROCK at the encouragement of a friend, and it has truly turned out to be one of the great blessings of my life. When I first came, I had a newborn baby and it was so nice to be able to bring him and to enjoy some adult company, a lovely brunch, and a stimulating speaker. When my little guy started going to the Nursery, it was even more relaxing, and our mornings were such a nice break from my usual routine. I felt like I was able to take some time for myself doing something restorative without having to worry about my son...I knew he was getting such great care in the nursery. Everyone was so welcoming and warm, and I have made so many good friends through this group. I thank God for Moms ROCK! -Paula F.

2011 PLANNING COMMITTEE



*Bottom Row: Nicole Clough, Becky Bishop, Jess Hannan, Mary Braun, Malina Davies
Top Row: Renee Lange, Stephanie Heiberg, Kari Christensen,
Melissa Anderson, Angela Meyer, Jeannie Welter
Not Pictured: Jacque Kempf*



What kids have to say....

*I really like Kate, she is nice. I like to play
with all the toys that we don't have at our
house! -Nora*



PAX CHRISTI CATHOLIC COMMUNITY



Contact: Mary Kennedy, Director of Stewardship,
mkennedy@paxchristi.com,
952-405-7220, for additional information

THE BASICS OF MOMS ROCK

Mission Statement

Moms ROCK (Raising Our Christian Kids), a ministry of Pax Christi Catholic Community, seeks to serve moms by:

- ✧ Supporting their efforts to raise their children within a Christian environment
- ✧ Nurturing their faith and personal growth
- ✧ Fostering relationships among members
- ✧ Serving one another and our community

About Moms ROCK

Moms ROCK welcomes all moms, moms-to-be, and anyone else interested in joining us. Gatherings normally include brunch and relaxing social time, followed by uninterrupted time to focus on the day's guest speaker. Whether you can come to one or all of the gatherings, you are certain to leave with a feeling that you are part of something wonderful!

Moms ROCK provides a great opportunity for parents to gather and create connections in the Pax Christi community. Make yourself a priority and join us this year for our enlightening and inspirational events.

*Gatherings are held twice a month, on Wednesdays
in the Mahatma Gandhi Room 212, from 9:30 am – 11:30 am*

The cost to attend each speaker is \$7 per gathering, which includes childcare for those that have registered. Those who choose to register and prepay for the whole year, will pay a non-refundable \$115*. If you choose this option you can register online using a credit card. For planning purposes, discounted pre-registration is available until September 14, 2011, one week prior to our first gathering.

For those people who do not want to prepay for the year, there is also an option to register in the fall and then pay per gathering.

**Please contact Mary Kennedy, Director of Stewardship, mkennedy@paxchristi.com, or 952-405-7220 if you are experiencing financial hardship but would like to be a part of our program. She will be happy to work with you in a discreet manner to help you get registered.*

Registration

All participants must register to participate in the Moms ROCK program and the nursery services. The nursery has limited space that can hold a certain number of children safely. Please see the **Child Care** section for information on nursery use prioritization.

If you need registration materials, or would like to register online please visit www.paxchristi.com, or the Community Life bulletin board. If you have any questions regarding registration, please contact Mary Kennedy at 952-405-7220.





CHILDCARE

(Kate Gartin, Nursery Coordinator 952-405-7242)

While at Moms ROCK, parents can relax knowing their children are being well cared for in Pax Christi's nursery. Rather than simply acting as a day care, the staff turns the designated two hours into an unofficial "kids program." Children ages six months and older are cared for by an excellent nursery staff. (*Children under six months of age are welcome to attend the gatherings with parents.*) All members who will be using the nursery must complete a nursery form (included on the program registration form). Please notice the following nursery policies:

⌘ **Registration priority:** Until September 10, 2011, priority is given to Moms ROCK members who are registered members of Pax Christi Catholic Community. After September 10, 2011, all members and non-members who wish to secure nursery space will be added on a first come, first served basis.

⌘ **E-mail Confirmation:** An e-mail will be sent the week of our Moms ROCK gathering with a list of those registered for the upcoming gathering. If you are on this list and cannot make it, OR if you are not on this list and want to come—please contact the nursery by Monday to cancel your reservations or check availability.

⌘ **Nursery Hours:** The nursery opens at 9:15 a.m. You are encouraged to arrive early and settle your children into the nursery so that the gathering may begin promptly at 9:30 a.m.

⌘ **Cancellation:** Notify the nursery, 952-405-7242, kgartin@paxchristi.com as soon as possible if your children will not be attending a Moms ROCK event that you are registered to attend. A reminder e-mail will be sent the week of the gathering.

✦ *Additional children from a registered family:*

In the event that you have an additional child needing the nursery services after your original registration, please check availability with the nursery staff. *(Please keep this in mind if your preschool is not in session for Moms ROCK gatherings during school breaks or at the end of the school year.)*

✦ **Waiting List:** Due to the recent increased popularity of Moms ROCK, we will continuously monitor registrations as they come in and re-evaluate the nursery availability throughout the year. We will contact people on the waiting list when permanent openings become available.

✦ **Sick Child Policy:** *We are not able to care for sick children in the nursery. If your child has experienced vomiting, diarrhea, or a fever in the previous 24 hours, please do not bring him or her to Moms ROCK. Please remember to notify the nursery of your absence.*

SERVICE



In keeping with the Moms ROCK mission statement to our community, we have incorporated a monthly theme of service throughout the year.

October and throughout the year

Diaper Drive

During the month of October (and throughout the year), we will be collecting diapers for PROP. PROP (People Reaching out to Other People) is a non-profit multi-service organization serving children, families, and adults in Eden Prairie and Chanhassen. PROP operates a food shelf, provides emergency services, and offers short-term case management to qualified individuals. PROP will take new and opened packs of diapers. It is a great way to pass on diapers that your kids have grown out of. There will also be a box outside the nursery to collect diapers throughout the year.

November

Nursery Drive

One of our service projects is the Nursery Drive. Let's help fill the shelves of the nursery so they can take *even* better care of our children. We have all forgotten the occasional diaper or have had our child experience an accident while in the nursery. We also appreciate that they get a yummy snack while we are relaxing and eating our delicious brunch. Donation suggestions may include snacks (cheerios, goldfish, and crackers); arts and craft items; or new/gently used toys. We will provide a list of current needs the week prior to collection dates.

December

Twelve Baskets

In December, we will be helping to support one of the ministry groups of Pax Christi called Twelve Baskets. Twelve Baskets Ministry is part of the Social Justice Ministry Area. It is a group of committed volunteers who give of their time and talent to plan and execute "Giving Drives" providing goods to partner agencies that address issues of human suffering such as poverty, homelessness, hunger, untimely pregnancies, etc.

In the past, Twelve Baskets Ministry has had some wonderful collection drives for: Back to School, Hats & Mittens, Thanksgiving, Share the Joy - Christmas gifts, Easter Baskets, and Baby Shower items. Please watch for more information to come on how we will support their amazing efforts.

January

Jammies in January

We will be collecting pajamas for the organization *Sweet Dreams* again this year. Pajamas that are collected will be given to children in the hospital. Last year we had great success and good feedback as we heard from the founder of Sweet Dreams. So look for those PJs on clearance and put them aside for this heartwarming service project. **Please no zip front PJs as they do not work for children in the hospital!**

www.sweetdreamsforkids.org

February

Second Nursery Drive

Let's help replenish! We will have our second nursery drive of the year during the month of February. Again, we will provide a list of current needs in the weeks prior to the collection dates.

March

Birthday Bags

6th Annual Birthday Bags Stewardship Project

Working with the organization *Cheerful Givers*, we will be collecting gift items for children and assembling birthday gift bags which are then delivered to food shelves and shelters so that parents living in poverty can give their child a birthday gift.

www.cheerfulgivers.org

April

Earth Day

This month will focus on giving back to Mother Nature. We will be providing tips to help your family become a bit more "green" and will give you information on where to recycle those random items laying around your house (batteries, old paint, TVs, etc).

May

363 Days

We will be collecting money for our May service project. During our May 9 gathering we will be making sandwiches to donate to 363 Days. The monetary donation will pay for the food supplies purchased for the sandwiches we will make. See May 9 description for more details.



This symbol will denote what service project we are highlighting for the month. We will send out reminders so you can plan ahead! We will also do one of the Mom's Night Out activities as a service project. We hope you enjoy this enhanced part of Moms ROCK.



SPEAKERS

September 21

Welcome Brunch

The days are getting shorter, the kids are back in school, and now it's time for us to embark on a new year of discovery and sharing. Please join us for a yummy brunch as we preview a year of fun Moms ROCK activities, relax, and enjoy each others' company!

October 5

Father Kennedy

A Visit with Father Kennedy

Come and join us as we kick off the fall with our first speaker of the year. Father Patrick Kennedy will be spending the morning with us sharing stories and answering any questions we may have. Please take this opportunity to get to know Father Kennedy on a more personal level. Enjoy his humor and enthusiasm for life!



PROP Diaper drive - we will be collecting diapers for the local organization serving people in our community.

October 19

Karen Linscott

Helping your Child Belong

As parents, we play a vital role in helping our children socially. Peer groups are the panel in which our children define themselves. Children need acceptance to feel good. Trying to achieve and balance that sense of belonging is a fundamental milestone for children from early school years and beyond. Parents can help their children develop a sense of belonging in healthy and positive ways. We will discuss our role as our children navigate the social jungle. We will also discuss how to help our children learn friendship-making skills and anti-bullying techniques.

Karen Linscott has been a parent educator at the Eden Prairie Family Center for the last 13 years. She is a wife and mother of two children who are students in the Eden Prairie Schools. She started her teaching career as an elementary school teacher, teaching in Arizona, California, and Minneapolis. She has a degree in Elementary Education and a Masters Degree in Family Education from the University of Minnesota. She has learned a great deal over the years in the classroom, working with children and families.



PROP Diaper drive - we will be collecting diapers for the local organization serving people in our community.

November 2

Maggie Nauth

*What's New in Decorating:
2012 Paint Color and Fabric Trends*

Over the years, Maggie with *Maggie May Interiors* has helped many clients solve their decorating dilemmas and beautify their homes. Maggie will share with you the new exciting paint color trends for 2012 and how color choices create a mood. She will also talk about fabrics and what's new in the world of textiles and design. Last, but not least, she will discuss decorating on a budget to refresh our senses and create a warm and welcoming home.



Pax Nursery Drive - we will be collecting new/used items for the nursery. We will distribute a list of needs before the gathering.



November 16

Craft Day and Vendor Boutique
*Come Express your Creativity and
See what others have to offer!*

Back by popular demand! Craft day is a fun way to reach out of your box and do something creative! You will not only leave feeling inspired, but you will take home a few projects as well. This year we are adding a Vendor Boutique. We are inviting members of Moms ROCK who sell craft items to set up tables so you can browse and buy some Christmas gifts! Come have fun chatting and let your creative juices flow!



*Pax Nursery Drive - we will be collecting new/used items for the nursery.
We will distribute a list of needs before the gathering.*

November 30

Vicki Franzen
*Enrich your Marriage and Strengthen your Faith
During the Busiest Time in your Life*

Vicki Franzen will speak about how active listening and understanding our own love language can help us enrich our marriage during the busiest time of our lives.

Vicki Franzen, a licensed Marriage & Family Therapist, works with couples, individuals and families to enhance relationships during complex times. She has a private practice in Edina and is also a part time group therapist at Mount Olivet Lutheran Church. Vicki is married with 4 grown children, 5 grandchildren, and is a member of Pax Christi Catholic Community. She is involved with the leadership and design of Pax Christi's Pre -Marriage Retreat which is offered at Pax Christi two to three times per year.



Twelve Baskets - help adopt a family for Christmas!

December 14

Massage and Mocha

Melt away the Holiday Stress!

Come and join us for a special morning including specialty coffees and massages! LaVita Espresso Catering will be here to make your favorite morning brew. This will be a morning of sweet drinks, sweet conversation, and relaxing backrubs! Massage therapists from Advanced Chiropractic Back and Neck Pain Center will be coming to treat us to a chair massage to help us melt away the holiday stress we carry in our back and shoulders. Bring your family Christmas card to share! You're sure to have a fun and relaxing morning during this hectic holiday season.

www.lavitaespresso.com

www.adv-chiro.com



Twelve Baskets - help adopt a family for Christmas!

January 4

Amy Konkoly

Holistic Wellness

Be Well in 2012! (Rookie) Wellness Coach and former Moms ROCK regular, Amy Konkoly, will share some ideas for your 2012 wellness journey. The discussion will go beyond the typical "eat healthy and exercise" and dive into holistic wellness. Amy is currently a student at the Institute of Integrative Nutrition where she is learning how food and lifestyle choices affect our health, happiness, and well-being. She is also receiving training on how to work with other people to improve their lives and reach their health goals.



Sweet Dreams - collecting new PJs to be given to children in the hospital.

January 18

Pat Samples

Loving the Body You Live In

Your body is the library of your stories. It keeps a cellular record of all your sensory and emotional experiences and what they mean to you. It contains a wealth of wisdom from what you've learned and offers you valuable clues to that wisdom all day long. In our time together, you will learn to recognize and draw from your body's emotional and spiritual brilliance through mindful attention and creative movement. As you make friends with your body, you'll find wisdom, healing, and freedom.

Pat Samples has spent the past 17 years supporting positive personal transformation for older adults, family caregivers, and others wanting to generate more vibrancy, creativity, and peace of mind in their lives. She has given more than 500 presentations to audiences across North America, including many at state and national conferences. She also frequently conducts classes, retreats, teleseminars, and one-on-one sessions. In addition to her eight books, she has published more than 600 articles and has been the editor of several wellness publications.

<http://patsamples.com>



Sweet Dreams - collecting new PJs to be given to children in the hospital.



February 1

Mary Stauffer

Priorities in my Christian Life

How does one power through being kidnapped, raped, and held hostage for 52 days with faith still intact?

In times of tragedy, we seem to have a clearer sense of what things are important in our lives, and how our faith affects how we respond to these difficulties. Join us as Mary shares her touching story about how she and her 8-year-old daughter were kidnapped in 1980 in suburban St. Paul and how her Christian priorities carried her through.

Upon her escape from being held hostage, Mary and her family served as missionaries with Converge Worldwide in the Philippines. After 33 years of ministry in the Philippines, she retired with her husband Irv in 2008, and has since shared her amazing faith story with numerous audiences around the country.



Pax Nursery Drive - we will be collecting new/used items for the nursery. We will provide a list of needs before the gathering.

February 15

Father Murtaugh

Simplicity: A Gospel Value

Matthew 6:20-21

Come and join us as Fr. Bill Murtaugh spends the morning with us to help us prepare for the Lenten season. Please take this opportunity to get to know Fr. Murtaugh on a more personal level and hear his wisdom as we enter this special time of the year.

Father Murtaugh rejoined Pax Christi as senior associate pastor in June 2011 and can be found most days in his office with his two golden retrievers at his feet.



Pax Nursery Drive - we will be collecting new/used items for the nursery. We will provide a list of needs before the gathering.

February 29

Game Day

Back by popular demand, is Game Day! Can the "Returning Champs" be beat, or will they add a third victory to their score card? Join us for a morning of laughs and interactive entertainment. We will be playing a variety of games from trivia, to classic games we played as kids, to popular TV game shows. An important part of being a parent is to set aside time to relax, laugh and just have fun!



Birthday Bags - we will be collecting items to fill birthday bags for children in need.

March 14

Mary Kennedy

Encouraging Stewardship as a Way of Living Within our Families

Mary will share how she learned the basic tenets of stewardship from her parents and how those concepts became the early building blocks in her faith journey. Learn practical concepts on recognizing the unique giftedness found in each and every person -- whether parent or child, and how all of us are called to make the best use of our gifts. Mary will provide pointers on how to encourage our children to be good stewards and share practical ways on how to incorporate a lifestyle of stewardship into every day family life.

Mary has served as the Director of Stewardship for Pax Christi since September of 2006 and is always available to help members figure out how to best use their time, talents, and treasure to advance in their journey of Stewardship as a Way of Life.



Birthday Bags - we will be collecting items and filling birthday bags for children in need during the gathering today.



March 28

Marilyn Sharpe

Loving your Child Uniquely

Jesus enjoins us to "Love one another as I have loved you." We observe Jesus knowing, relating to, and loving each person uniquely. In that way, a wide variety of people, feeling loved, are open to becoming all God created them to be, doing their very best with the gifts God has given them, and treating others with respect and compassion as beloved children of God. That is how we are called to love our children. But how do we begin?

Marilyn Sharpe, parent, grandparent, parent educator, and author, has a passion for helping families become all God created and called them to be. You will come away inspired, empowered, and equipped to be the mother you really want to be.

www.marilynsharpeinministries.com

April 11

Annie Glasgow

Banquet of Splendor, Simplicity, and Serenity

A retreat experience crafted especially for Moms ROCK, this program enriches and enhances, reminds and restores, and brings to participants both plenty and peace. Are you ready to learn to dream again? Take charge of your own life? Accept and laugh at what you can't change? Discover the source and chemistry of energy, creativity, joy, and wellness.

Annie is a psychotherapist, as well as a professional speaker. She has worked with all ages and stages of "personhood" from abused children to depressed adults, to those in the "stressed-out" workforce to the "senior segment" (the "welllderly") of our society. Enthusiastically, gently, with care and knowledge, she brings her message of "Laughter and Living." Annie charms and entertains her audiences while presenting techniques from the performing arts that can be used in our own health self-care.

www.acthappy.com

April 25


Christy Leonard

Healthy Lifestyle: More than Chasing after the Kids and Eating the Odd Salad!

Do you feel better and more energized when you get out for a walk in your neighborhood or hit the trail? Feel stuck in the gym or at home doing the same old work out? Join us for an interactive morning of exercise and friendship as we use the neighborhood and our environment as our gym. Christy Leonard will teach you a great new way to work out for spring and summer. Have fun and feel the encouragement of your friends as we head out the doors of Pax Christi for a 50 minute rejuvenating walk and talk about living a healthy lifestyle.

Christy Leonard is not a personal trainer or a dietitian. She is a 48 year old, married, stay at home mother of two girls, ages nine and six.

Christy is passionate about living healthy and having fun at the same time. She participated in high school sports and always loved athletics that involved a combination of the outdoors and exercise. Before children, she ran local 5k's, 10k's, 1/2 marathons, participated in mountain bike racing, adventure racing, and downhill skiing. Since 2004, she has worked with friends and neighbors developing outdoor and indoor workout programs promoting a healthy lifestyle for them and their families. Currently, she leads a group of Eden Prairie MOM's that ROCK and have fun along the way!

 363 Service - we will be collecting money to buy food supplies for our next gathering's service project.

May 9

Mr. Allan Law

363 Service Project: Feeding the Less Fortunate

Each year, various organizations put together programs for Thanksgiving and Christmas to help feed, clothe, and take care of those less fortunate. An honest question is: what happens the other 363 days of the year?

Mr. Allan Law (a retired teacher) is the inspiration behind the organization 363 Days. His initial goal was to help feed 150 people a day. Today, his organization helps to feed 2,000 people in need!

Join us for a morning of helping him reach his goal! We will be inspired by his story and give the gift of stewardship by participating in making sandwiches to help feed those less fortunate than we. An additional fee will be suggested to help cover the cost of the sandwiches.

www.363days.org



363 Days service project- we will be collecting money for the food supplies purchased for this gathering, and assembling sandwiches.

May 23

Farewell Brunch

At our last brunch of the year, we will enjoy tasty food as we reminisce with the friends we made. A video of photos from the year will be shown. Join us as we celebrate another wonderful year together!





GET INVOLVED

Prayer Chain

The purpose of our email prayer chain is to add another way for all of us to support each other in prayer when we can't be together to pray with one another.

Jess Hannan is the main contact on the Moms ROCK Prayer Chain, and she can be reached at jnhannan@yahoo.com. Our prayer chain consists of a weekly email that is sent out every Friday. We will send out crisis or emergency emails for immediate prayers upon request. All prayer requests will be kept confidential unless otherwise specified by the sender of the request. This means that we will not publish the name of the person requesting the prayers; however, we would like to include the first name of the person needing prayers. We welcome updates to prayers that have been answered or updates on those who need more prayers.

Some ideas for how to pray for those on the list would be to print the list off and place it in your purse, place it on your refrigerator, have your whole family pray with you at dinner time, put one in the car for those long red lights or pray for those on the list each night before you go to bed. We do ask that you do pray for the requests on a daily basis.

Please let Jess know if you are willing to be on the prayer chain and begin forwarding her your prayer requests. If it is okay with the person requesting the prayers, the request will also be forwarded to the Pax Christi prayer chain.

"Ask and you will receive, seek and you will find, knock and the door will be opened." (Matthew 7:7)

Meal Ministry

In keeping with the Moms ROCK mission statement to support each other and foster relationships among members, we have a meal ministry in place for our members. In times of need, such as a birth, a move, or an illness, we will help one another by providing 1 - 3 meals delivered to a member's home, prepared by fellow Moms ROCK parents. Special dietary needs will be accommodated. If you have such a need, or know of another Moms ROCK member in need, please contact Nicole Clough at cloughnicole5@gmail.com.

Mom's Night Out

In addition to our gatherings, Moms ROCK provides many social opportunities throughout the year for its members. The events vary from month to month, but in the past have included outings like: dinner at local favorite restaurants, an evening out hosted by one of our members, or a relaxing night at the spa. All moms deserve a night off; what better way to do this than to gather with Moms ROCK friends at a "Moms Night Out"?

Angel Hour

Come and play Wednesday mornings from 10:00-11:30 in Nazareth Hall. Get together with other moms and let the kids run, jump, and pedal the time away. Watch the newsletter for upcoming dates.

Planning Team

Moms ROCK vitality renews itself each year through its rotating planning team. Please consider using your time and talents by volunteering to be on the planning team. Volunteers are welcome to join the current team at any time and are encouraged to consider becoming a part of the 2012-2013 team, which will be forming in May 2012. Contact a current member of the planning team with questions.

2011-2012

PLANNING TEAM

Name		E-mail	Phone
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