



*Theme Idea
Booklet*

2015-2016



IDEAS

How to use this Idea Booklet:

Each MOPS group is as unique as the team leading it. You know best what your fierce moms need to flourish. When you meet as a Leadership Team, ask God to give you a vision for the year ahead and inspiration to shape the theme into practical ideas to implement. The materials compiled here are meant to give you a jump start and help spark new ideas.

Some of these ideas have examples on Pinterest. You can find the Fierce Flourishing board https://www.pinterest.com/mops_int/a-fierce-flourishing/

Share your ideas for implementing the theme with other leaders at mops.org/ideas. Visit the Leaders' Web site regularly for updated information on using the theme in your MOPS group!

All of these ideas were developed and compiled by MOPS Volunteer Staff across the county. For more information on how to become a Coach or to find your Coach visit mops.org/you-have-a-coach.

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

A FIERCE FLOURISHING

Isaiah 55:12 – The Great Invitation

For you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing, and all the trees of the field shall clap their hands.

Sometimes we need new eyes. A perspective shift that recalibrates our hearts to the rhythm of God's goodness that surrounds us. To tune our hearts to better hear the music of the divine that echoes throughout this world. That we might let that goodness seep into our bones and into our hearts so that we can remember what it feels like to flourish.

We think flourishing looks a lot like:

- **Celebrating lavishly:** Celebrating breathes life into our days. Could it be that commemorating moments might help us to become more alive, to remember what is good and become masterful at recognizing it? How would life change to regularly invite friends into our stolen moments with uninhibited dancing, the best food, while gathered around the biggest table with the deepest conversations? Lavish celebrations can be sacred markers that help remind us who we are.
- **Embracing rest:** Perhaps it is time to let go of exhaustion as a status symbol and productivity as a measure of worth. What if one of the most life-giving activities that would contribute to our flourishing is welcoming rhythms of rest and play into our lives? Creating healthy rhythms in our life is one way we nourish the weary spots in our soul.
- **Noticing goodness:** Could it be possible that we don't need new things but rather new eyes to see what we already have? What if we regained our sense of vision, an acute resolve to find hope in the cracks and mire of the mundane? Noticing what is good, gives us the gift of perspective and reminds us that the sacred is closer than we think.

We become more ourselves when we celebrate, rest and notice, and that looks a lot like flourishing. But this flourishing isn't the precious or exhausting kind. This is a fierce flourishing. It is a deep in your guts experience of gratitude and hope that compels you to raise your hands and dance freer than you ever have before. It is a fierce protection of your most important moments, an invitation to rest and an opportunity to enjoy the people who are right in front of you.

This year at MOPS, may we become a home for found wanderers, redeemed prisoners, explorers at the edge of their comfort, all of us who were one time captives now celebrating our unearned freedom, because we have regained the eyes to see. May this year unfold into radical expressions of your own unique Fierce Flourishing.

See a more in-depth explanation of the theme for leaders at in the **THEME** section of our online Group Experience Kit (mops.org/onlinekit2015)



MOPS RESOURCES

The 2015-2016 Group Experience Kit is packed with ideas, inspiration, and pre-planned meetings for you to use. Make it your first stop when planning the year!

- 20 Video Stories: These are based around our three theme concepts of Celebrating Lavishly, Embracing Rest and Noticing Goodness. We called in some friends including Shauna Niequist, Donald Miller and Glennon Melton to share wisdom and some laughs.
- 10 Complete Meeting Plans: We call them Fun, Think, Talk, Do cards. These include ideas on how to incorporate the theme into meetings, icebreakers, discussion questions and creative activity ideas. (There are 10 printed cards in the Kit, plus another 20 available in the “Meetings for Moms” section of the online kit at mops.org/onlinekit2015.)
- *A Fierce Flourishing Guidebook*: A workbook to go through together with your group. Each chapter corresponds to a video segment. Use it in your group to explore what it looks like to flourish in all areas of our lives or encourage moms to use it on their own and discuss it through social media or in discussion groups.
- 13 Leader training video segments: Learn helpful team building techniques, practical ideas and insider MOPS info to help you lead with confidence. (See discussion questions and outlines for each video in the “Training for Leaders” section of the online kit at mops.org/onlinekit2015.)
- Access to our online leader section of mops.org where you’ll find leader training, the idea center, additional teaching segments and specific info for each leadership position.
- *Fierce Wisdom: Mentoring so Others May Flourish*, a book especially for MOPS Mentors. It’s full of tips for mentoring the women in your group, devotions you can share and more info about the spiritual background of this year’s theme.
- Kids Curriculum: (We call it MOPPETS. What can we say, we like to add the word MOPS to anything we can around here.) This is a full year’s worth of MOPPETS curriculum from BOZ. Includes 18 video lessons along with downloadable lesson plans and worksheets.
- A complete Membership Welcome Kit so you can get a sneak peek at what your moms will get when they register for MOPS membership. It is pretty adorable if we do say so ourselves.
- 25% off coupon for [The MOPS Store](http://TheMOPSStore.com). We have an updated online store with new theme products. (We may have outdone ourselves this year.) So, head over there and grab a new Fierce Flourishing t-shirt, a mug to hold your morning coffee, or some fun swag for your group.
- SURPRISES. Need we say more? This might be our favorite part of the whole kit. We are packing this year’s kit full of fun surprises to say thanks you for all you do as a leader!

You will also have access to all of our online tools at mops.org/onlinekit2015.

- Access to MOPS group management system: an easy way to keep track of your group all in one place.
- A personal coach who has led a MOPS group and can answer any questions and encourage you along the way.

MEETING TOPICS

- Flourishing in your marriage/relationships
- Flourish in failure - pushing through our fears
- Flourishing as you are - how to operate in your strengths gallupstrengthscenter.com/
- Flourish in one thing - goal setting and yearly planning
- Helping your children flourish - Love languages for your children
- Meal planning
- Fierce Finances - Learning to flourish on a budget; making your way out of debt
- Fiercely Flourishing Community- how can you connect with others in your community/neighborhoods. Pair with a service project like blessing bags for homeless.
- Celebration as a spiritual discipline
- Sabbath (rest) as a spiritual discipline
- Ideas to bring joy and celebration into your family in mundane moments
- Geodes - beauty that has flourished in a hidden space
- Aromatherapy or using essential oils
- Celebration Day - ask everyone to create and keep a gratitude journal. Spend a meeting sharing big and small items from them.
- Boring But Important – share ideas to create mini moments of rest or reflection throughout the day and how to make them special
- Embrace color - colors that look good with your skin, color personality tests
- Bring in a massage therapist to do a workshop or a class on relaxation
- Healthy boundaries around time and activities
- Why Friendships are important
- Dangerous & Fully Awake (Lisa Bevere)
<https://www.youtube.com/watch?v=7nansDNCILE>

See the Fun/Think/Talk/Do cards for more ideas. They are all in the “Meetings for Moms” section of the online kit. (mops.org/onlinekit2015)



DISCUSSION GROUPS/TABLES

Table Names

Flowers

Landscapes - mountains, hills, meadows, trees, etc.

Woodland Creatures

Female Authors / Nobel Prize winners

Historic Women / Olympic Women

Centerpieces

Bouquet Balls

Cross section of a tree trunk in center with other decor top

Vase that looks like wood with flowers or ivy

Natural gemstones - turquoise/brown/silver - natural elements arranged in centerpiece

Old/unusable brass instruments with flowers coming out of the horn

Invitations - vintage looking envelopes

Have a journal on each table that focuses on noticing the good (such as Ann VosKamp's *One Thousand Gifts*)

Be intentional about making time outside of the regular MOPS meeting to gather your Discussion Group together. Community becomes stronger the more time you spend together, so make it a priority.

**Looking for more? Check out the Discussion Group Leader page on the MOPS website!
This includes great tips for Discussion Group Leader training.**

mops.org/leader/discussion-group-leader

MOPPETS

Room names:

Fierce animals: tiger, lion, eagle, leopard, shark, etc.

Animal named flowers: dandelion, tiger lily, foxglove, Venus fly trap, kangaroo paw, snapdragon

Activities:

Curriculum is provided by a BOZ DVD provided in your Group Experience Kit. See a list of topics and find lesson plans at mops.org/boz-curriculum.

Talk to your church and see if there is some VBS or other children's curriculum they aren't currently using. Pull some of those lessons for your program.

Teach Biblical battles: David and Goliath, battle of Jericho, Jesus battles Satan with words, etc.

Celebrate fierce heroes: invite a fireman, policeman, librarian, or even your mayor to talk about how they help the community.

Add "quiet time" to your MOPPETS schedule, giving the kids a chance to sit or lay with their eyes closed and thank God for something. Make this part of their routine, teaching rest.

Take a nature walk on your church's grounds, or set up a nature walk and allow the kids to explore with four of the five senses. Encourage touch, smell, sight and sound exploration.

Freeze dance party. Dance to the music and stop it every now and then, when the music stops they freeze.

Using old magazines tear out whole pages and let kids use one under each foot. Let them "ski" around the room. If they are really good you can provide obstacles.

Gift Ideas for MOPPETS Volunteers:

Ornament

Flower bulb forced to bloom

Christmas Cookie plate

Flowers in the spring

Valentines or balloons in February

Looking for more? Check out the MOPPETS page on the MOPS website!
mops.org/leader/moppets

MUSIC & GAMES

Music:

Celebration - Kool & the Gang

Stronger - Mandisa

Happy - Pharrel Williams

Roar - Katy Perry

Come Thou Fount – David Crowder

You Shall Go Out With Joy (Trees of the Field) - Stuart Dauermann & Steffi Rubin

Eye of the Tiger - Survivor

You Breathe - Nouveaux

It's a Beautiful Day - Jaimie Grace

This Is the Stuff - Francesca Battistelli

Write Your Story - Francesca Battistelli

Thrive – Casting Crowns

Games:

Just Dance dance party - what is your signature move?

Photo scavenger hunt - send out Discussion Groups for half an hour to get photos on a list

Purse Scavenger Hunt

Mommy bingo - fun game to learn mom's activities and hobbies

Encouragement Game - everyone has a blank card on their back and moms write good things on each person.

Valentine's Day fun - distribute halves of construction paper heart with typical candy heart message on it. Have people circulate and find their missing half of the heart. Then have ladies exchange their best or worst romantic story.

Star Search karaoke day - each table has to come up with a singing group and perform and lip sync it on stage. Set it up like *American Idol* with MOPS Mentors as judges

Divide into teams of five or six and give each a copy of the SAME newspaper. Describe a particular advert, article, fact or picture from the paper. The first team to find it rips it out and brings it to you gets a point. Continue calling out items. The winning team is the one with the most points.



PUBLICITY



Newsletter:

Interview or ask different moms to write an article regarding what they celebrate.

Interview or ask moms to write an article about what they do to bring rest into their lives.

Gratitude Column including quotes or pictures submitted by moms.

Feature places where amazing things occur in nature.

Create a “Boring but Important” or a “Notice the Goodness” column. List ways to rest or happy things easily overlooked.

Spreading the Word:

Send out a more ‘formal invitation’- provide paper, envelopes and stamps to moms to invite friends for a more personal touch or create “You Are Invited” postcards.

Deliver invitations to surrounding neighborhoods. Attach a piece of candy or meeting magnet.

Create door hangers for moms to take to their preschools.

Host a Celebration Party/Open House before the year begins.

Use evite.com to invite moms to your meetings, play dates or Moms Night Out.

Fonts and Logos:

Many of the Fierce Flourishing design elements were hand-lettered to create a beautiful, unique touch.

MOPS is offering many hand-lettered design downloads at mops.org/flourish-theme-graphics.

- **Official Supplementary Text Font:** Dosis (download at www.fontsquirrel.com/fonts/dosis)
- **Brush Stroke Font:** WC Mano Negra (www.fontsquirrel.com/fonts/wc-mano-negra-bta)

(A note from our designer: We encourage you to use the brushstroke font sparingly. It can become overpowering and we are providing many handdrawn designed elements. But if a brushstroke font is absolutely necessary, use this one.)

Logos, color codes, fonts and usage guide is available at mops.org/flourish-theme-graphics

Looking for more? Check out the Publicity page on MOPS.org!
mops.org/leader/publicity

Brand Usage Guidelines:

A Fierce Flourishing is the 2015-2016 annual theme for MOPS International. The theme is a prayed for, talked through, worked out and detailed-to-minutia by a team of people deeply invested in setting the tone for MOPS for the year.

MOPS, MOMSnext, Military MOPS, Teen MOPS, Global MOPS and MOPS International Members follow along with the theme through the resources provided by MOPS International.

The theme, A Fierce Flourishing, and all related design elements are a creative works of MOPS International, owned by MOPS International. Group types listed above, with active ministry agreements, can use the logo for publicity for and identification of activities sponsored by the group.

The theme, logo or other design elements may not be used for profit. Materials using these design elements may be created for group members only and purchased at cost. Request for permissions outside the specified, including fundraiser ideas, can be requested by emailing mopslogo@mops.org. More information can be found in Section 8 of the MOPS International ministry agreement.

CREATIVE ACTIVITIES

Stamping Fun - tote bags, kids aprons, note cards, gift bags

Flower pens – use florist tape; decorate a tin can to hold your pen bouquet

Learn CPR at a meeting

Front door wreaths

Journals - have moms start journaling at the beginning of year and share at the end how they have flourished

Flower arranging

How to force bulbs

Provide a large initial of each Mom's last name from the craft store and have moms bring pictures to Mod Podge onto the letter. Looks fun in black and white or sepia colored pictures.

Making Roses - Pinecones, Origami, Coffee Filter, Felt, Ribbon, Crepe Paper, egg carton, etc

Stamped note cards/paper - using celery, cabbage, potato

Cake decorating - cupcakes, butter cream roses, chocolate roses

Helping with landscaping, gardening, tree planting

Partnering with women's groups to help collect clothes for interviews

Make rock candy

Wire hanger word art

Create a growth chart for your kids

Create a growth chart for moms to inspire personal growth in the category of their choice (stop procrastinating, improve body language, become an early riser, read more, deal with anxiety, stop complaining, etc)

These are just a few to get you started.

Check out our Fun/Talk/Think/Do cards in your Group Experience Kit (mops.org/onlinekit2015)
and all the activities in our Idea Center (mops.org/ideas)
or on our Pinterest boards (pinterest.com/mops_int/a-fierce-flourishing)

NAME TAGS

Faux wood nametags

Daisy with name in center

Labels or stick on name tags. Print the logo patterns on them for a more designer look.

Make a flower from fabric circles of different sizes, stacked together. Write your names in the center.

SERVICE AND FUNDRAISERS

For Fundraising ideas head over to the Finance page at MOPS.org!
mops.org/leader/finance-coordinator

For Service project ideas stop by the Service page at MOPS.org!
mops.org/leader/service

PRIZES AND GIVE-A-WAYS

Flower bulbs in Fall and potted plants in the Spring

Make a "party basket" for spontaneous celebration and giveaways

Rest & Rejuvenation basket - homemade or store bought items you might include: bath salts, homemade lotions or oils, candle, loofah sponge, devotional, journal, fun pens or paper

For new babies, birthday, anniversary, new to the group give Paper roses, Pennant banners made with burlap, printed cotton & lace doilies

Looking for more? Check out the Hospitality page on MOPS.org!
mops.org/leader/hospitality



Mom's Night Out

Host a Mystery Dinner – everyone brings an ingredient and you work them all into a meal

Visit a planetarium or observatory

A Fierce Fashion Show (could be a fundraiser)

Karaoke or Dance Party

Un-Birthday Party

Paintball

Paint or pottery studio night

Freezer meal prep night

Book Club and Off-week Study Ideas

Many groups like to offer off-week Bible studies, book studies or book clubs for moms (outside of the regular MOPS meetings).

Lisa Bevere - *Lioness Arising*

Christine Caine – *Unstoppable*

Kerri Wyatt Kent - *Breathe, Rest, or Oxygen*

Bob Goff - *Love Does*

Bonnie Gray - *Finding Spiritual White Space*

See more book club or off-week study ideas at mops.org/leader/book-clubs

Share YOUR best ideas in our Idea Center.

How are you bringing the theme to life in your group? mops.org/ideas