

MomHood Intent Groups

Motherhood, much like our walk with Christ, is best done alongside others.

MomHood Intent Groups are small groups of around 5 moms who get together a couple times a month (more or less), and encourage each other on the journey.

'Intent' is short for -intentional-, and a play on words for 'in a tent'; depicting Old Testament shelter, where women would meet to find warmth, safety, and intimacy, under the covering of a tent.

- Think and maybe ask the Lord to lead you to a mom(s) whom you're inspired by or intrigued by. Ask if she/they be interested in getting together a few times. Ask her if she'd have anyone in mind to join in. Don't exclude, always invite in.
- Keep the group small, we've found that around 5 makes for an intimate, safe, yet interesting group where all can be heard and seen. If the group grows to 8 or more, consider splitting up into two groups.
- Make this time intentional. Meet in the evening when your spouse can be available to watch the kiddos or get a babysitter.
- Meet as often as you'd like. We suggest a couple times a month, so it isn't something that feels like too much but can still be something to look forward to. Set a time frame and commit to meeting 3-4 times to get a feel if the group meshes, this way it's not awkward to end things if it's not working out (this is ok!).

A few guidelines:

- Keep things confidential. Gossip is ugly and is entirely contradictory to the purpose of the group.

-Don't make it your responsibility to save a group member from drowning. We all feel like this sometimes. Be loving and supportive, but the individual should seek professional help if indeed needed.

- As much as these groups are intended for meaningful connection, don't feel like they are set in stone once started. If someone asks to join the group, always say yes and adapt appropriately. Love, include, invite, and leave drama out.

-Your group is in charge. You get to choose where you meet (maybe go out, or take turns hosting), how often you meet, what you chat about (we have resources and suggestions if you'd like). Enjoy your time together!

Make sure to participate, that's why you're in the group! You have your life's experiences which are unique to you. I know God chose you specifically to be the mom you are to your child/children. You have no idea what you have to offer if you don't share it.