



This month, how will you...

## Be here now



Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Can any one of you by worrying add a single hour to your life?

Matthew 6:26-27 NIV

Just 3 more meetings in 2023!



Nov 2nd

**Lauri Enderson**

*Befriending Mental Health*

*Lauri is one of our very own Mentor Moms! As a mom of adult children, she has journeyed alongside other mamas through the ups and downs of motherhood. Sometimes, those moments hold challenges with our mental health.*

*Lauri will encourage us as we continue our motherhood journey alongside friends (or kids) who are struggling with mental health and give us practical ideas for how to be present in the lives of our friends.*



SAU  
YES

Nov 16th

**Devany Bourdo**

*Move and Soothe*

*Fun fact! Devany is Anika's sister -- so yes, if her picture made you look twice, that's why!*

*Join us for a spa-inspired evening with soothing movement to rest and restore.*

***Come in comfy clothes - ready to move!  
Please bring a yoga mat if you have one.***



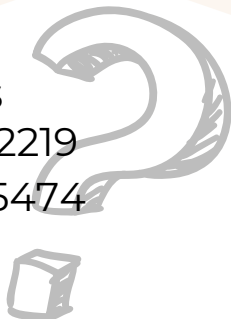
**Did you know:**

With your MOPS Int'l membership, you can receive up to 30% off tuition at Colorado Christian University? Contact Anika/Betsy for more info!

**Contact Us**

Anika: 303-437-2219

Betsy: 970-778-5474



SOUL CARE



2023-2024  
meetings



SEPT 7   21	OCT 5	NOV 2   16
DEC 7	JAN 4   18	FEB 1   15
MAR 7	APR 4   18	MNO 10/19 3/21

Mom's Night Out