



**Family
First**

“Mom to Mom”

Tuesdays from 9:30-11 AM in Hendricks Hall

Sessions Feb. 7 - May 16, Picnic May 23

Childcare Provided.

Open to all St. Brigid moms, Family First’s “Mom to Mom” is a vibrant, women’s faith sharing group which focuses on motherhood, women’s spirituality, and parenting material from a Catholic perspective. Whether you’re a “rookie” or “veteran,” please join us to share and gain wisdom with support both from other moms like you and also our experienced Catholic facilitators, Kathy Kelly and Kim VanHuffel. Please see below for details on the tracks offered for our Fall 2016 session. We hope you can join us for one or both!

**The Grace of Yes:
Eight Virtues for Generous Living**

First & Third Tuesdays of the Month

Women’s Spirituality Track begins Feb. 7

Hands Free Mama:

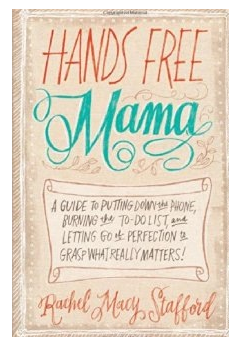
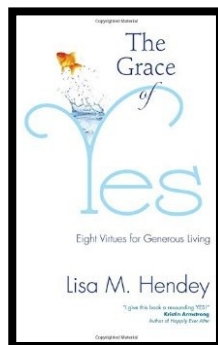
Putting Down the Phone . . . Grasp What Matters

Second & Fourth Tuesdays of the Month

Parenting Track continues Feb. 14

To author and CatholicMom.com founder Lisa Hendey, living generously is answering God’s call with mission and loving service. Using eight spiritual virtues, she gives practical advice for how you can say yes to God joyfully - sometimes by being vulnerable, saying no and starting over.

In her book, Rachel Stafford offers an alternative to our technology-filled, multi-tasking, never-ending to-do list lives. Her simple, practical tips are current and relative to our modern world and easy to do. Whether you take away 1 new idea or incorporate them all, your family will be changed for the better.



Please contact Family First chairperson Gretchen O’Reilly at gsoreilly@yahoo.com for more information. Books available for purchase at the meetings or from online merchants such as Amazon.