



In 2010, MOPS invites you to join in the learning process as together we explore Momology: The Art and Science of Mothering.

Mothering is both art and science. It combines all of who we are to shape healthy, resilient kids. Mothering is so complex it requires both sides of our brain – not to mention our hands and feet, eyes and ears, mouth and (sniff, sniff) unfortunately, sometimes even our noses!

There's the scientific side of mothering where we develop a hypothesis based on certain principles, test that hypothesis in real-time, consider the results and decide what parts worked and what parts didn't. We keep refining our hypotheses until we find what works for us.

Intertwined with the scientific, mothering requires an artistry that shades with our personality, colors with our unique gifts, and blends past and current experiences.

MOPS International has identified four essential elements for successful outcomes with our kids.

Core is about knowing and growing ourselves. Understanding and working with our unique temperament, experiences, and emotions in a way that develops resilience. Research clearly shows that a mom with a strong, resilient core is more likely to raise a child with a strong, resilient core.

Finesse is about honing practical mothering skills—intentionally carrying out our daily responsibilities in ways that encourage growth and resilience in our kids.

Circle is about building relationships with neighbors, care-givers, extended family and, most importantly, with our husbands or for single moms, with a parenting partner.

Grandscape is about engaging with God and his unique purpose for our lives. Both secular and Christian research identifies faith in God as an essential element for successful mothering. Through **Momology**, as we explore together, we'll be guided by an all-knowing, all-powerful, always-present God. Our theme verse for the year is:

Even there your hand will guide me, your right hand will hold me fast. (Psalm 139:10)

Anywhere we go, God sees, knows, and guides. So we can lead — and love — knowing God will get us through all the hard spots, all our decisions, all our roles, all our times we can't hold open our eyelids and the times we're bursting with joy. God's hand guides us as we guide our children. As we study **Momology** together to become better moms making a better world.