



Keep Calm and Mom On!

Easier said than done, right? Being a mom can be messy (especially at this time of year). We want to help you in the midst of the wonderful mess!! Most of the time, Mom is the one to choose activities, set schedules, create carpools to and from everything, and on and on. Dad is involved, for sure, but many times it is on Mom to work out the basics and logistics. The responsibility can be overwhelming. How do you choose who is doing what, how do you juggle schedules, meal planning, work, and all the rest?

We've got some amazing ways we want to help you "Mom On."

The first is a break! Yes, a break. A place for you to come get rest and rejuvenation and feel like a normal human again! We have a mom's group called Mom2Mom that is a perfect blend of hanging with other moms, gaining some nourishment (both physically and spiritually), and empowering yourself to be the best Mom you can be. While you're getting a break, the kiddos are in childcare, having their own fun. The program also offers a Mom's morning out (go do errands by yourself!!), as well as some fun evening outings throughout the year (we provide childcare and you go on a DATE!). During this season of your life, surrounding yourself with good support is key. We want to be that support for you. Scroll down the children's page on our website, umcv.org, for more information about Mom2Mom.

The second is for those little munchkins we love so much and are raising into wonderful, caring adults. Now, that's overwhelming! Not to worry, we have a mid-week children's program for 3 year olds through 6th grade. It's called Pioneer Clubs. What are we pioneering? Their path in life. While parents are the most influential people in a child's life and have the most control over the path their children are on, we all know it takes a village to raise them. We want to be part of your village. Weekly. We want to help them have a close relationship with God and understand who Jesus is and give them God's word to lean on throughout their life. Our Pioneer Clubs is a biblically based program that incorporates life skills so that kids know how to connect God with their life in real and tangible ways. Giving them this foundation, of understanding how Christ is in every aspect of their life, not just the church building they come to weekly, will guide them as they journey on their path. Let's pioneer the path together! Scroll down the children's page on our website, umcv.org, for more information on our Pioneer Clubs.

The last, is a place to come for your whole family to be recharged. It's called worship. When we set aside time to reflect on God, to bask in his love and to be with others who share that same desire, we get recharged for the week! We set the tone for how we're going to do life as a family that week. And yup, week by week is sometimes all we can handle. How different would your family be if you set aside your Sunday morning to be in worship and then maybe have a meal all together afterward? Hey, having the meal TOGETHER is more important than what time you're having it. See, we're full of great ideas here at VUMC.

Come join us on a Sunday – 9 or 10:30 a.m. and remember, Keep Calm and Mom On!