

*Ministry of Mothers Sharing...*

---

**Gathering women together  
for spiritual support**

A group experience of  
**learning, praying, and  
ministering to each other**

Introducing women  
to opportunities for  
**personal and spiritual growth**  
in a faith sharing group

Increasing  
**communication skills**  
and the **use of prayer rituals**  
in the home

Women **connecting with,  
supporting, and affirming**  
other women

*Ministry of Mothers Sharing*  
is an outreach ministry of the  
Sisters of St. Benedict  
of St. Paul's Monastery.

It is an expression of the traditional  
Benedictine values of hospitality,  
prayer, and community

---

**For more information  
Contact:**

**[momsministry@sfxphx.org](mailto:momsministry@sfxphx.org)**

---



*Empowering women  
to claim the sacredness of  
their vocation, their family,  
their faith, and  
their friendships.*

**St. Francis Xavier Parish**



Peer Ministry Co-Created by:  
Paula Hagen, OSB  
Vickie LoPiccolo Jennett and Patricia Hoyt

## 8 Week Session

### *Affirming the Sacred Vocation of Motherhood*



#### **MOMS: A Personal Journal**

Used for reflection and journaling

8 sessions enhance the  
Christian perspective on  
each of the following topics:

- Self-Esteem and Self-Acceptance
- Stress, Worries and Anxiety
- Everyday Spirituality
- Feelings
- Personal Goal Setting
- Expressing Values in Friendship
- Discernment of Gifts
- Celebration of New Beginnings



## Women's Retreat Experience

For women of all ages  
and life experiences.

- Themes proven to rejuvenate the hearts of all women, as well as mothers and grandmothers.
- Themes relate to personal and spiritual growth topics such as choice-making and letting go.
- Empower women to continue their spiritual growth through prayer, journaling, and discussion.

## Monthly Newsletter

The National Office offers a monthly e-newsletter with prayer rituals and reflections for you and your family. It is for all women, whether they have participated in the ministry or not.

Sign up at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)  
click *Ministry of Mothers Sharing* at the top  
and find the 'sign up' button on the left

## Ordinary Holiness

*Ordinary Holiness  
in the sacred day to day  
Where we live and love and labor,  
As we gather here to pray.  
Humble God of all simplicity,  
Help every heart prepare,  
And heed the call to holiness,  
And hear the call to prayer.*

*Love without condition,  
Accepting who we are,  
Letting go and letting God be God.  
Building homes with roots of peace,  
A place to belong,  
And wings that free the spirit  
To become real and strong.*

Excerpt from the song *Ordinary Holiness*  
by Julie & Tim Smith

Used with permission