



# HOW TO...

## set up and run a great moms' group

Watch the [recording](#) of the Practical Workshop hosted by Sikunye, discussing how to set up and run a great moms' group in your church. Here you can listen to some practical ideas of what you can do on public holidays and key moments in your church to celebrate moms, dads, caregivers.

Check out the interview with Jill Matthew from Christ Church Kenilworth who set up and runs Mom Connect, a thriving moms' group. Hear from Sophie Hendricks from Villiersdorp Community Church on her successful moms' groups in her local community.

### the importance of a moms' ministry in your church

- Parenting is hard! The world sends out messages about how to raise children, and it is easy for the biblical message to get lost. The local church has an opportunity to step up and prepare new parents. A moms' ministry is a powerful opportunity for the church's spiritual growth and health, as well as to see every mom and child thrive
- **Moms want time to connect.** Meeting regularly is an essential way to build relationship between moms. Having a weekly moms' group one that is during the day and one in the evening caters to all moms being able to attend, with the goal that moms can connect with and support one another
- **Moms need mentors.** Having older women who have been moms (even those that have not been) can encourage and mentor young mothers. Younger moms need older moms to mentor them

“Older women likewise are to be reverent in behaviour... They are to teach what is good, and so train the young women to love their husbands and children”

**Titus 2:3-4 (ESV)**

- **Moms want spiritual encouragement.** If the moms' group is relaxed enough that moms who do not attend church can come, but you do offer scripture, or praise and worship, or prayer – moms will be curious, and it is an opportunity to invite them to church

## impact of a moms' ministry

- A moms' ministry can be the entry point for an entire family becoming active in church
- This is a great missional opportunity for the local church by inviting moms from inside the church and the surrounding community
- It is a time to give moms information on how to raise children, such as the building blocks of nutrition, health, play, breastfeeding, or topics like single parenting, raising a baby with a disability, discipline, parenting challenges with other children or when their baby grows up – such as drugs and alcohol, coping with stress, postnatal depression
  - To do this, you can **connect with the local clinic** to have a midwife come in and speak about the birthing experience, or about how to breastfeed – this can help moms know how to give their baby the best nutrition and get tips on breastfeeding in public
  - For parent support and advice – **link with organisations** such as Parent Centre and others who offer parenting courses and they can come give a talk on tips for parenting. There are organisations that one can read their work online on how to address fatherhood and the challenges with absent fathers
  - Address how to raise a child in a Godly manner – this is an opportunity to invite moms into church and encourage them to interact with other moms with babies

*“We’ve seen our moms’ ministry provide a wide-open door into the church,”*

Most moms simply want acceptance, confidentiality, to connect with other moms and to feel seen, loved and welcomed!

*“Moms come looking for community and support at a particularly exhausting, humbling, and isolating time in their lives. They may just want a hot cup of coffee without their kids. But this special time with other moms becomes what they often describe as their ‘lifeline.’”*

## tips on how to practically start a moms' ministry

- **Pray** and ask God for guidance and if this is a ministry for your church
- **Gain your pastor's support.** Present your vision and describe how it will support the overall vision and mission of your church
- **Recruit your team.** Get older moms or grandmothers who “have walked the parenting road” to help run the group. They can also mentor moms. This is an opportunity to include the elderly in your church. Ask that they make a one-year commitment to serving.

- With your team **develop a vision statement** so you are all agree on what the purpose of the mom's group is. It can be as simple as “We will be a place moms can come to feel loved, accepted and supported” or “we will encourage moms and provide opportunities for them to grow spiritually and relationally.”
- Once you agree on your purpose, **create a detailed plan for the ministry**. Such as what times you will run it, for how long, where you will run it (do you have a room or will you hold it in your church venue or in your home or the library), do you want to offer refreshments, who will be responsible for what. Consider opportunities for mentoring, for spiritual growth through study, and collaborating with others to have topics to talk about
- **Share your vision** with moms in your church – advertise your moms' group (see below)
- **Evaluate along the way**. Ask moms what they enjoyed and how the ministry is having an impact. Ask about unmet needs and ideas for future involvement

## how to advertise

- Advertise on social media – join local Facebook groups and advertise – you can also advertise in the local paper
- Advertise at local community halls, the library, community centres, other churches, and other areas where moms may go to
- Talk to other parents at the playground or grocery store
- Ask moms to invite their friends

