

## Goals of NFC MOMs

### PERSONAL FAITH

- To foster an experience of conversion and renewal in the heart of every woman, leading to a more active living of Catholic life
- To foster an appreciation of the presence of Christ in the Eucharist and of all the sacraments, the sacred signs of our Catholic life
- To foster an even deeper sense of prayer
- To provide a broad variety of authentic educational seminars/speakers and other resources which present marriage, sexuality, family life and love, natural family planning, and parenting within the framework of Catholic teaching

### FAMILY

- To foster gospel values in our families, promoting the dignity of the human person, the importance of the family, and the common good of our society
- To foster an appreciation for Catholic beliefs and religious practices within our homes

- To talk about marriage as a God-given vocation and therefore provide various means to support couples throughout their marriage while at the same time extending compassion to those who no longer have a marriage partner

### COMMUNITY

- To provide a social environment for women to share the joys and struggles of motherhood, form new friendships, and receive support from their Church family.
- To bring about in women such an enthusiasm for their faith that, in living their faith in Jesus, they freely share it with others
- To develop within families and households the capacity to share the Gospel
- To provide opportunities for mothers to serve others through other parish ministries and community outreach

**Sponsored by  
St. Vincent de Paul Parish  
Niagara Falls, NY**

Questions call Annie at 716-297-8310 or  
email [esposito.annie@gmail.com](mailto:esposito.annie@gmail.com)



## Niagara Falls Catholic MOMs Group



The Niagara Falls Catholic Moms group is designed to support and affirm women in the many roles that we have in life as mothers, wives, daughters, sisters, friends. It is a ministry about women bonded by their vocation and their Catholic faith who come together to share the joys and struggles of motherhood. Moms of all ages are welcome to participate in our monthly meetings.



## Meeting Information

*We invite mothers of all ages and stages to spend a faith-filled morning together!*

**When:** Meetings will be the second Saturday of each month from 9:30 am to 11 am. Jan 14, Feb 11, March 10, April 14, May 12, and June 9

**Where:** St. Leo Ministry Center, Dining Room, 2748 Military Rd, Niagara Falls, NY 14304

**Topics include but are not limited to:**

Parenting, family life, marriage and sexuality, personal health and wellness, the Sacraments, Christ and His Church, Mary and the saints, and prayer.

**Annual fee for supplies, refreshments, etc:** \$10 (Assistance available if needed)

**Babysitting service provided!**

“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.”

## Your Help is Needed

We are looking for moms who will join our leadership team and help us with a variety of tasks in order to make this a great first year for NFC Moms.

‘Team’ Roles and Descriptions

- Secretary**  
Take minutes for all team meetings; correspond with all NFC Moms members; prepare duty sheets
- Treasurer**  
Collect registration fees; record and submit any outstanding receipts; record and budget monthly stipends and expenses
- Registration Team**  
Collect registration information; create roster of registrants; create name tags; organize Moms folders
- Babysitting**  
Set up room; Supply needed materials for babysitters, circulate sign-up sheet for moms the previous month; call sitters to confirm
- Advertising**  
Distribute general flyer in schools, RE programs, parish bulletins, etc.; Update monthly newsletter with upcoming local and diocesan events, reminders, group duties
- Supplies**  
Stock necessary supplies for monthly meetings; Organize book/CD table at each meeting
- Sunshine Group**  
Send thank you notes to guest speakers; send cards (get well, sympathy, new baby, etc.). Take pictures at each meeting.
- Prayer Presenter**  
Read opening prayer at monthly meeting
- Small Group Discussion Leader**  
Send meeting reminder to your group; facilitate discussion
- Parish Liaison**  
Promote NFC Moms in your parish. Invite new moms to attend with you.
- Lay Witness**  
Share a short faith testimony at one of the meetings.

**MOMS Registration Form**

Place in collection basket or return by mail to:  
**MOMS c/o St. Leo Center, 2748 Military Road, Niagara Falls, NY 14304.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Parish: \_\_\_\_\_

\$10 registration fee. Make checks payable to St. Vincent de Paul.

I need childcare.      Yes      No

I am interested in joining the leadership team.      Yes      No  
 (If yes, mark your area of interest under *Team Roles and Descriptions*). \$10 fee is waived for all team leaders. The first team leaders meeting will be held on Thursday, September 22, 7 pm.