

remarkable things happen when moms  
come together



# contents

---

Welcome to your year of transformation.

Consider this your personal invitation into the amazingness of MOMcon and Membership.

These pages give a tiny peek into the real conversations we're having all year long in MOPS groups, through MOPS Membership and at MOMcon 2018.

---

## **2 RAISING BOYS VS RAISING GIRLS**

A quick glance at what the research says.

## **3 RETHINKING "LEADERSHIP"**

Why do so many of us cringe at the word "leadership"?

## **4 LET'S TALK ABOUT SEX**

5 statistics that might surprise you.

## **5 WOULD YOU CARE TO DANCE?**

A reluctant girl's guide to dancing like no one is watching, and some real health benefits of cutting up a rug.

## **6 A WEEKEND IN LOUISVILLE**

We've highlighted a short list of "must dos" so you can get an authentic look and taste of this exciting city.

## **8 THE NEW MOPS MEMBERSHIP**

Learn about the amazing NEW benefits of MOPS Membership. It's better than ever, and we want you to know why.

# 2018 MOMCON

SEPTEMBER 20-22 | LOUISVILLE, KY



AMENA BROWN



MANDY ARIOTO



PHIL WICKHAM

LISA HARPER  
SISSY GOFF  
DAVID THOMAS  
SARAH SHIN  
LISA JO BAKER  
TASHA MORRISON

JESSICA TURNER  
DR. JULI SLATTERY  
DANIELLE STRICKLAND  
DR. DEBORAH TILLMAN  
ALISHA L. GORDON  
**AND MORE!\***

**TICKETS: \$249**

**VIP: \$419**

For more information on speakers, schedule, group discounts and hotels, go to [mops.org/momcon](https://mops.org/momcon) and register today!

---

**KEEP READING FOR A GLIMPSE OF A FEW WORKSHOP TOPICS.  
GATHER 'ROUND, WE'VE SAVED YOU A SEAT!**

\*SUBJECT TO CHANGE

## *The real difference between raising boys and raising girls*

Whether you are outnumbered by the boys in your house or your home is closer to a sorority, understanding the differences between raising boys and raising girls will help you to meet the unique needs of your child, and raise them to become brave, kind and resilient men and women.

### **BOYS:**

- They like motion.
- They're more emotional than you think.
- They're (comparatively) fearless.

### **GIRLS:**

- They're made to mimic.
- They may be better listeners.
- They talk sooner.

*Learn more at MOMcon 2018! We're bringing in the experts to host a conversation about the distinct gifts of raising boys vs. girls, and how to mother to their unique needs.*

<https://www.parenting.com/article/real-difference-between-boys-and-girls>



## *Redefining our idea of what it means to be a leader*

3 RE-DEFINITIONS OF LEADERSHIP THAT MAY SURPRISE YOU

empathetic is the new extroverted.  
You don't need to be the most outgoing person in the room! What's more important is your ability to relate to the people around you.

collaborative is the new confident.  
Despite popular belief, confidence is not a prerequisite for being a leader. The ability to work well with others is.

passionate is the new proficient.  
What if leadership was less about your expertise, and more about unashamedly doing more of what sets your soul on fire? **#findyourfire**

*MOPS Leader or not, we want to help foster your influence at MOMcon 2018. We're holding workshops and Leader gatherings to help you get unstuck, uncover what's holding you back, and cultivate your gifts in incredible ways that you can take home with you.*

Go to **mops.org/momcon** to register.

## Let's talk about sex

We can all agree that our culture is obsessed with sex. However, it seems there is a shortage of healthy and honest conversation around sex – with our partner, trusted friends and children. This year, we want to change that by normalizing healthy conversations about sex.

Did you know ...

THE BEST YEARS FOR SEX IN MARRIAGE  
TEND TO BE YEARS 16-24<sup>1</sup>

24-30% OF WIVES HAVE A HIGHER SEX DRIVE  
THAN THEIR HUSBANDS.<sup>1</sup>

LESS THAN HALF OF MARRIED WOMEN WANT  
REGULAR SEX AFTER 4 YEARS OF MARRIAGE.<sup>2</sup>

7.5% OF MARRIED PEOPLE SAY THEY  
HAVE SEX DAILY.<sup>2</sup>

12% OF ALL MARRIED PEOPLE HAVEN'T HAD SEX FOR  
AT LEAST THREE MONTHS.<sup>3</sup>

Whether you're slightly uncomfortable or singing the Salt-N-Pepa lyrics in your head, there is freedom found in dispelling the myth of *I thought I was the only one?* – so that's what we're doing this year. One conversation at a time.

It wouldn't be MOMcon if we didn't talk about sex and intimacy. This workshop fills up fast — you won't want to miss it!

Not only that, but MOPS Members get FREE access to our six-week Collective on *Sex and Marriage*. Make sure you've renewed your Membership to get your exclusive access! Go to [mops.org/membership](http://mops.org/membership) to register.

<sup>1</sup>Sheila Wray Gregoire, *The Good Girl's Guide to Great Sex: And you thought bad girls have all the fun*. Zondervan, 2012.

<sup>2</sup><http://www.goodhousekeeping.com/life/relationships/g3811/shocking-statistics-married-sex>

<sup>3</sup><http://relationshipsinafrica.com/relationships-and-sex/how-common-are-sexually-inactive-marriages>



## DANCING IS GOOD FOR YOUR PHYSICAL, MENTAL AND EMOTIONAL HEALTH

When is the last time you danced to the point of breaking a sweat?

Studies show that dancing can lead to higher immunity, glowing skin, better metabolism and an improved outlook on life. Not to mention, it can ease anxiety and tension, reduce pain and relieve stress. Who knew?!

If dancing isn't your thing or if you wish you had more confidence to let loose, you're not alone! Here are some tips for getting out of your comfort zone and into your groove ...

**Get out of your head!** The best way to do this is to focus on the music – the lyrics, instruments, rhythm and beat. It's almost impossible to dance when your mind is elsewhere.

**Focus on how you *feel* instead of how you *appear*.** Remember, dancing is meant to make you feel good, not look good! (By the way, if you feel good, we can guarantee you look good.)

**Make dancing a part of your day-to-day.** Dance in the car, at the grocery store, while you cook, with your kids. This will make it feel less foreign the next time you step onto a dance floor (which will be no later than Sept. 22).

**Be playful.** In all our years, we have never thought someone who dances unabashedly looks silly. We mostly just want to be friends with her.

One of our favorite nights of the year is the last night of MOMcon, where we celebrate just for the sake of celebrating. (It's the biggest, best dance party we've ever been to, if we do say so ourselves.) You bring your dance shoes, we'll bring the music, and we'll see you on the dance floor.

[MOPS.ORG/MOMCON](https://mops.org/momcon)



## *Welcome to Derby City!*

We know your time here might be short-lived, so we've taken the liberty to highlight some must-sees to get you out on the streets of Louisville. After all, Louisville is Jennifer Lawrence's hometown and the biggest producer of disco balls – so what more could you want?

Go to [mops.org/momcon](https://mops.org/momcon) for more information on special hotel rates.



## **LOCALS' FAVORITE FOOD SPOTS**

- Doc Crow's – a southern smokehouse
- Mussel & Burger Bar – burgers with a gourmet twist
- Dragon King's Daughter – Asian fusion
- Sweet Surrender Dessert Cafe – gluten-free goodies

## **DISHES TRUE TO LOUISVILLE**

- The Hot Brown sandwich – an open-faced melty cheese and bacon sandwich
- Burgoo – a traditional stew
- Derby Pie – chocolate and nuts (sign us up, please!)
- Kentucky Bourbon Ball – butter, sugar, bourbon and chocolate (need we say more?)

## **BEAUTIFUL SIGHTS AND HISTORY**

- Walk over the Ohio River on the historic Big Four Railroad Bridge
- Cave Hill Cemetery is a must for history buffs and it's free (Muhammad Ali's grave is in there)
- Window-shop along Bardstown Road or Frankfort Avenue

# *Welcome to the New MOPS Membership*

THIS YEAR, WE ARE DOING A DIFFERENT THING.



We're pulling out all the stops to help you feel more confident in your mothering, relationships and identity. We'll share fresh perspectives on parenting, finances, sex, work, technology, marriage, faith and health, just to name a few.

And here is the best part: not only are we exploring all the things you care about most, we're also guiding you through how to apply them in your own (very real, very busy) life.

Look, we're all about warm and fuzzy feelings, but what we're more interested in is giving you the *actual* tools you need to make this mothering season the most invigorating + redemptive + fun for you and your family.

Here are a few of our favorite things that come with Membership in 2018 ...

**MEMBERSHIP KIT** – One of the first ways we welcome you into the year is with a gift, which includes a custom Giving Keys necklace, a print for your home or office, a lullaby CD (JJ Heller is the bomb!), and other amazing goodies to usher in an incredible year ahead.

**WEEKLY VIDEOS** – A little something to get your Monday mojo on. We've brought in parenting experts, storytellers and Jesus lovers to share nuggets of truth, advice and fresh perspectives on the topics moms care about most.

**ACCESS TO COLLECTIVES** – Exclusive digital access to select Collectives. Look for our newest addition released in spring 2018!

**TEXT MESSAGE PEP TALKS** – Oftentimes, when we receive a text it's because someone needs something from us. This isn't like that at all – we just want to drop in to let you know we're rooting you on.

**QUARTERLY DIGITAL BENEFITS** – Because we like to give you things to make you feel more alive, more equipped and more empowered.

**GLOBAL SISTERHOOD** – Make a difference for moms around the globe. Support and connect with a sisterhood that spans worldwide in over 40 countries.

### **PLUS A FEW SURPRISES ...**

*Now what?* For starters, make sure you've renewed your Membership. And second, tell a friend who is in the trenches with you – because when we're not tagging each other in memes, we're sharing the things that have helped us along the way.

If you have any questions or just want to chat, give us a call at 888.910.6677.

Contact your MOPS Leader and tell her you'd like to register now, or go to [mops.org/membership](https://mops.org/membership).





NEVER  
LET THE  
FIRE IN  
YOUR  
HEART GO  
OUT

- RMNS XII:XI -XIII



MOPS.ORG