

MOMS

at Saint Luke's



Our **MOMS** theme this year is **GOOD COMPANY** - your throwback invitation to stop curating life and start living it, where showing up beats scrolling and connection doesn't need a calendar invite. Join us as we trade pressure for presence, choose interruption over convenience, combat worry with God's Word, and live with integrity, becoming women who make life richer and more beautiful just by being in the room.

For all faith-curious moms of school-aged children.

ALTERNATING THURSDAYS

12:30-1:45PM

AYCC AT SAINT LUKE'S
1864 POST ROAD, DARIEN



OCTOBER 1

LUNCH & GOOD COMPANY: A NEW SEASON

with *MOMS Leadership*
*Sally Houlihan, Lindsay Hurty,
& Amy O'Kane*

Our first gathering is a chance to preview the year, get to know the moms around the table, and start to build our Good Company. Come as you are; the best connections start with simply being in the room.

OCTOBER 8

MAH JONGG + A MIXTAPE



Gather for a brain game with fellow MOMS women. All levels of play are welcome & beginners will be taught. Tiles & cards provided. If you'd like to engage in a solitary craft or project of your own, but would like good company, settle in beside the mah jongg tables. (Nostalgic tunes will be playing.)

OCTOBER 15

LUNCH & GOOD COMPANY: BE INTERRUPTIBLE

with *Erin Noonan of the DCA*

Embracing life's interruptions - both big and small - can deepen friendships, strengthen community, and create meaningful moments in motherhood. Let's prioritize relationships over tasks and see interruptions as opportunities rather than inconveniences.

OCTOBER 29

IN GOOD FAITH

with *the Rev. Hannah, Saint Luke's*

Five (5) of our Good Company sessions will offer guidance on different spiritual practices, each that meet us right where we are. Think walking meditations, ways to add prayer throughout your day, gratitude practices, and a chance to be encouraged by God's Word and the women around the table.

NOVEMBER 5

LUNCH & GOOD COMPANY: HOW TO PRAY

with *Lisa Baird, Saint Luke's*

Prayer is not meant to be a transaction where we simply ask God for what we want, but a relationship where we seek to truly know Him. We'll discuss some practical ways prayer can become an ongoing conversation that deepens our friendship with God.

NOVEMBER 12

MAH JONGG+ A MIXTAPE



Join for a game or bring a project & listen to some throwback tunes.

NOVEMBER 19

LUNCH & GOOD COMPANY: MAKE THINGS BEAUTIFUL

with *Erika Allen of Make Modern*

Learn how even small acts of creativity can restore peace and presence in your family and personal life. We'll explore how creativity can be a lifeline for moms navigating the chaos, guilt, and weariness of motherhood, offering practical ways to bring art and joy into daily life.

DECEMBER 3

IN GOOD FAITH: SAVOR THE SEASON

with *the Rev. Hannah, Saint Luke's*

Advent invites us to slow down and wait well. Hannah offers insights to help trade the holiday rush for quiet wonder as we learn to savor the season, not just survive it.

DECEMBER - DATE TBC

SERVICE TOGETHER

at the *P2P Toy Store*
Saint Luke's AYCC

JANUARY 14, 2027

MAH JONGG + A MIXTAPE

Join for a game or bring a project & listen to some throwback tunes.



JANUARY 21

LUNCH & GOOD COMPANY: TRUE SELF CARE

with Michelle Robertson

With the never-ending to-do list that moms hold, this is a compassionate look at how moms cannot neglect their own needs. Let's redefine self-care as a necessary, life-giving practice that supports emotional health, relationships, and faith. Join us for a conversation that may just crack open your relationship with self-care. Suggested pre-listen podcast episode: "The Self-Care Trap" with Jonathan Fields on the Good Life Project Podcast.

JANUARY 28

IN GOOD FAITH

with the Rev. Hannah, Saint Luke's

Spiritual practices that meet us right where we are.

FEBRUARY 4

LUNCH & GOOD COMPANY: HE MADE THE WAY

*with The Rt. Rev. Jeffrey W. Mello,
Bishop of Connecticut*

Easter is the ultimate example of how God is pursuing intimacy with us. Bishop Mello explores how Jesus makes a way for friendship with God to be restored.

FEBRUARY 11

MAH JONGG + A MIXTAPE

Join for a game or bring a project & listen to some throwback tunes.



FEBRUARY 25

LUNCH & GOOD COMPANY: WE ARE THE FRONT PORCH

with the MOMS Leadership Team

MOMS began with a mission to be a place where we offer friendship, create safety, and reflect the love of Jesus without pressure or pretense. This MOMS gathering is designed to bring a friend who you'd like to invite into the fold of love that this community offers. It's okay if your friend is loyal to another faith home or doesn't practice faith. Bring a person whose motherhood journey matters to you.

MARCH 4

IN GOOD FAITH

with the Rev. Hannah, Saint Luke's

Spiritual practices that meet us right where we are.

MARCH 11

LUNCH & GOOD COMPANY: CRUCIAL CONVERSATIONS

with Meaghan Hetherington

Hear from a clinical social worker and therapist on her thoughts for some hard conversations that we ought to be having with our kids, families, friends, and ourselves. From "the talk" with our kids, to "the next phase" with elderly parents, we'll go there and build confidence to engage in those tricky conversations that we'd rather avoid.

MARCH 25

MAH JONGG + A MIXTAPE

Join for a game or bring a project & listen to some throwback tunes.



APRIL 1

LUNCH & GOOD COMPANY: STAY TRUE

with Misty Krasawski, Saint Luke's

Through seasons of friendship loss and deep pain, pursuing God's wisdom transforms not just our relationships, but our hearts too. This is an invitation for moms to seek wise, faith-filled friendships that encourage growth, honesty and lasting connection.

APRIL 8

IN GOOD FAITH

with the Rev. Hannah, Saint Luke's

Spiritual practices that meet us right where we are.

APRIL 22

MAH JONGG + A MIXTAPE

Join for a game or bring a project & listen to some throwback tunes.



APRIL 29

LUNCH & GOOD COMPANY: WRAPPING UP & TESTIMONIALS

with our MOMS Community

READY TO REGISTER?

1) Join via the MomCo website:

<https://www.themom.co/join>

- Enter Code: PRK5
- Pay: \$37

2) Make an online gift of \$100

via this QR code for delicious Michael Joseph's lunches on all LUNCH & GOOD COMPANY dates (Select "MOMS" in the dropdown).

