



SUPER MOMS

Spring 2020- February 23, 2020

Super Moms Co-Leaders

♥ Liz Tuell- Pink

♥ Laura Crowson- Blue

♥ Shara Stefura- Green

♥ Olga Ivin- Red

♥ Kristi Wees- Purple

♥ Amy Solman- Yellow

Promises, Bethel Music

Link:

<https://www.youtube.com/watch?v=tw5HDkJTS7I>

Worship and Prayer

Not Your Typical
Support Group

What is
SUPER
MOMS?



5 years ago God placed
this group on my heart



Isaiah 40:31

*but those who hope in the LORD will **renew**
their strength. They will soar on wings like
eagles; **they will run and not grow weary,**
they will walk and not be faint.*



SUPER MOMS-
Empowered by God

Support for
Unique
People
Embacing
Renewal

Leaving the Diagnosis at the Door

This is not your
typical support
group

We won't be
discussing
therapies or
surgeries,
medication doses,
supplement or
protocols

We will be focused on
what GOD wants to
teach us, share with us
and the spiritual
wisdom HE wants to
impart to us about
ourselves and our
'fearfully and
wonderfully made'
children!

He loves each of us
and our KIDS
UNCONDITIONALLY,
no matter what
NAME the world
calls them or their
diagnosis, **HE CALLS**
them and us: **HIS**
BELOVED!

We
EXIST
as a
SMALL GROUP

To let all Moms of
special needs
children
know that
God loves them
and their children
UNCONDITIONALLY

SWITCH ON YOUR BRAIN



The Key to PEAK HAPPINESS,
THINKING, and HEALTH

DR. CAROLINE LEAF

*~SUPER MOMS~
VERSE OF THE DAY*

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2 New
International Version
(NIV)

Main
Scripture

Spring Semester Dates

Feb 23rd

March 29th

April 26th

May 31st

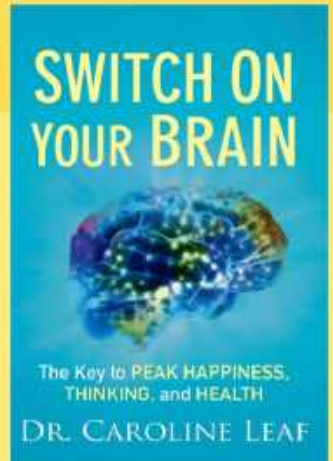
SUPER MOMS Empowered By God

Super Moms is a group for moms of special needs children. This semester we will be reading part 2 of "Switch on Your Brain" and doing a 21 Day Brain Detox. We meet at Victory Family Church once a month at 11am in Classroom A. Special Need Childcare is available with advanced reservation.

Spring 2020

New Time!!
11am

Super Moms will meet on the following Sundays:
February 23
March 29
April 26
May 31



For More Information see our Facebook Group: Empowered Super Moms

Review over Fall Semester: Part 1 of Switch on Your Brain



THOUGHTS
OCCUPY MENTAL
REAL ESTATE



CHOICE IS REAL
AND FREE WILL
EXISTS. WE CAN
CHOOSE
POSITIVE OR
TOXIC THINKING



THROUGH
THINKING WE
BECOME OUR
OWN BRAIN
SURGEONS BY
REWIRING
OUR BRAINS
BY THE
THOUGHTS WE
CHOOSE



WE CAN TAKE EVERY
THOUGHT CAPTIVE



ENTERING INTO
DIRECTED REST
(PRAYER, SCRIPTURE,
SELF REFLECTION)
IMPROVES BRAIN
FUNCTION AND
MENTAL, SPIRITUAL AND
PHYSICAL HEALTH,



STOP MILKSHAKE
MULTITASKING!



QUANTUM
PHYSICS- THE
POWER OF
THINKING IS
THE MOST
POWERFUL
THING IN THE
UNIVERSE
AFTER GOD;



EVERYTHING IS
FIRST A
THOUGHT. NON-
CONSCIOUS
MIND IS WHERE
99.9% OF OUR
MIND ACTIVITY IS.

5 Step BRAIN DETOX Process



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 1: Gather



GATHER

- Sensory information flows into brain through the 5 senses
- Existing memories in the no-conscious mind are activated.
- This activates memories to move from the non-conscious to the conscious mind and attitudes are invoked.
- The **Hypothalamus** responds to the attitude by releasing chemicals necessary for memory building and emotions.
- This activates the **Amygdala** to recall linked emotional perceptions and to start building new emotional perceptions
- All this information enters the **Hippocampus** which is involved in converting short term memory to long term memory
- All this electromagnetic, chemical, and quantum physics activity moves to the front of the brain

Thoughts release Chemicals → Emotions → Memory

Next Meeting – March 29th



Next Meeting-
11am on March 29th



Facebook Group-
SUPER MOMS



Read Chapters 9,
10 & 11 and take
some notes on
GATHER
WORKSHEET



Gather! Gather!
Gather!



Books are available
on Amazon or our
Bookstore



Endless Possibilities

ICEBREAKER CIRCLE

- Tell us your
NAME
&
• WHERE
YOU LIVE

FIND YOUR GROUP!



Liz Tuell- Pink



Shara Stefura- Green



Laura Crowson- Blue



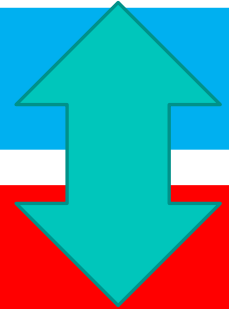
Olga Ivin- Red



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ICEBREAKER M&M's

Tell us:

RED - something about yesterday

ORANGE - something you do well

YELLOW - something about your childhood

BLUE - something you learned last week

BROWN - something you can't live without

GREEN - something you watch/listen to

CLOSING PRAYER



Write your prayer on sticky note



Pass to leader



Leader will pray for everyone's
prayer

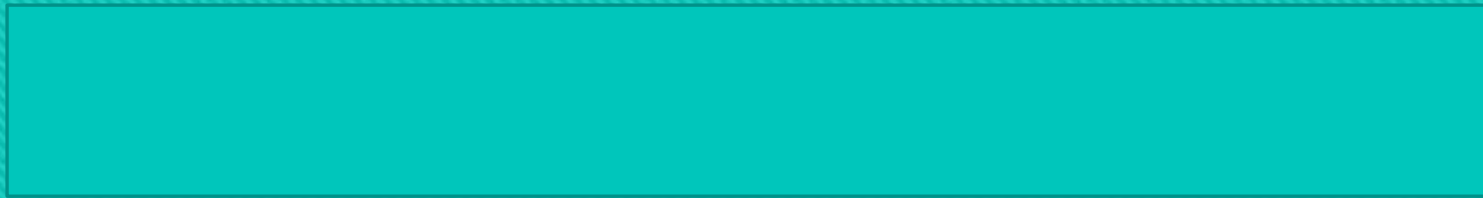


Moment of silence at end, for
anyone to pray.

<https://open.spotify.com/playlist/09rRfJtUotBvXT0OHOOTtz>

**IF YOU
ACCEPTED
JESUS INTO
YOUR HEART**

Text
REDEEMED
To
97-000
for Next Steps



Feb 23 (Intro for new, icebreaker, Ch 9/10/11 GATHER until next month)

March 29 (Ch 12/13/14/15-OPEN BRAINS identify thought, as group sketch out cycle)

April 26(21 day cycle) 1 thought cycle

May 31(21 day cycle) 1 thought cycle (or if we decide only to do one cycle then we can end with activity/craft)

June- Baptisms?

No Need to re-register for Spring SUPER MOMS, but please INVITE A FRIEND!