



What topics will be covered in "A Year of Adventure"?

Trust us! We've talked with lots and lots and lots of moms. And then we talked with a whole bunch more! We discovered what they wanted most from a moms' ministry, what topics they wanted to talk about, and what issues they found relevant. And in this new theme, the focus is on supporting moms through all the adventures of motherhood—from the exciting moments to the moments of risk and everything in between.

(The sessions with this icon use DVD content found in the kit.)

NEW THEME COMING SUMMER 2014

Session #	Topic	Focus of the Topic
1	Kickoff to Adventure	Find out how to handle the excitement and risks of motherhood.
2	When Life Is a Circus	Discover what to do when the craziness of life is running away with you.
3	Guilt-Free Mom Time	Learn some tricks to finding "me" time without the guilt—and why it's important.
4	What's Right With You: The surprising truth about self-worth	Hear the story of a makeover project that helps women on the outside—and the inside.
5	Childhood Development: How children (and their parents) grow	Consider parenting approaches for handling the growth of our children—in their bodies, souls, and spirits.
6	The Mystery of Autism	Gain a better understanding of autism and how to support those dealing with it.
7	Personal Spiritual Growth	Get encouragement to make time to grow spiritually.
8	It's a Miracle!	Discover the story of two women who lived through miraculous scenarios, and discuss what miracles really look like.
9	Children and Spiritual Growth	Understand the importance of what we say and do to teach our children about God.
10	The Art of Listening	Learn how special each of our stories really is.
11	Exercise and Health for Mom and Family	Instill healthy habits for the whole family, even when it's challenging.
12	How to Live Before You Die: Embracing life to the fullest	Meet an oncologist who has a great perspective on choosing joy and living life with zest.
13	Friendships	Affirm each other and be reminded of the need for quality friendships in our lives.
14	Fighting Fair: A practical path to healthy conflict	Get a great look at conflict from two experts who happen to be married.
15	Teen Adventures	Take a look at the past, and learn how to move forward without getting stuck.
16	Follow Your Dreams	Be encouraged to follow your dreams and handle obstacles that come up along the way.
17	Planning Nutritious Meals	Find practical tips for cooking healthy food for your family.
18	Secrets of Finding Contentment: Living a satisfying life	We all know money won't buy happiness. So what does? Dig deep into what a contented life looks like.