



HOW will MomLife be meeting this year?

→ MomLife will meet virtually this year. We are excited to create a new online community experience to help you get the most out of MomLife during this season.

You will meet with your “table” (or small group of moms) for discussion through Zoom at least twice per month. You can also choose to keep in close connection with them through various platforms/apps like Marco Polo, Voxer, group texts, etc. These ongoing conversations will be very important to helping you feel connected to one another. Your Table Mom (or small group leader) will help to coordinate and facilitate these connections and discussions.

The **first Thursday of the month** we will introduce a new topic and post new teaching videos online for you to watch and then discuss with your table. These videos and all additional resources provided will not be available to the general public as they have been in the past. These will be available only to those who are registered through a special members-only website.

The **third Thursday of the month** we will host a large group MomLife Gathering through Zoom (10:00 am for morning moms and 6:30 pm for evening moms) where we will continue conversation about that month’s topic. We’ll host Q & A, share practical stories from other moms, and go deeper on how that month’s topic applies specifically to marriages and parenting. After our large group discussion, you’ll be moved into a private discussion “room” on Zoom to discuss with just your table.

This year, we will be adding more content and opportunities to interact on our social media platforms, so that in between your table and large group virtual meetings you can stay connected to MomLife. We are working hard to increase our online presence to encourage, support, and spur you on your MomLife journey this year. We’ll post photos, videos, helpful links to resources, and more! Be sure to follow us:

- **Instagram:** @momlifeclarksville
- **Facebook:** Request to join [MomLife Morning Gatherings](#) OR [MomLife Evening Gatherings](#)
- Keep up with the latest news, announcements, reminders, and links through email - be sure to add momlife@graceclarksville.com to your contacts

WHEN will MomLife be meeting this year?

→ Because CMCSS has moved back the start date for schools this fall, MomLife will also move back our start date. But, we will add an additional Virtual Gathering in December to make up the extra date.

<p>First Gatherings of the month (new teachings posted, plan discussion time with your table):</p> <ul style="list-style-type: none"> ● September 3 ● October 1 ● November 5 ● December 3 ● January 21 ● February 4 ● March 4 ● April 1 ● May 6 	<p>Second Gatherings of the month (on Zoom as a large group with individual table discussion as well):</p> <ul style="list-style-type: none"> ● September 17 ● October 22 (4th Thursday due to Fall Break) ● November 19 ● December 17 ● (Only one Gathering in January) ● February 18 ● March 18 ● April 15 ● (Only one Gathering in May)
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How much does it COST to be a part of MomLife?

- All members and any visiting potential members are required to complete a registration form before coming to your first MomLife Virtual Gathering (you can fill it out online at: graceclarksville.com/momlife - this helps us have all the information we need for moms, especially for connecting you to tables). We welcome visitors to attend one Virtual Gathering with no registration fee required - invite them to watch with you. Members and visitors who want to continue participating in MomLife must pay required fees. Fees will be collected in the fall AND spring. Fall fees are due by August 20, or before picking up your Welcome Bag of goodies on August 23rd. *We'll send out an email with more details of when and where to pick up your Welcome Bag.*

The fees cover the costs of operating our MomLife group - welcome bag goodies, making copies, giveaways, curriculum distribution, speaker thank you gifts, printed materials, and maybe even some other surprises along the way! Your fee will also give you access to our online teaching videos and resources (they will not be accessible to the general public, but only to those who register through a Members Only website). We work diligently to keep the cost of MomLife as low as possible while still providing a quality program. You will be able to pay these dues online. If the dues are ever a burden on your finances, please contact the Membership Coordinator to discuss options. We have scholarships available—our policy is NO MOM LEFT BEHIND! *Note: there will be NO REFUNDS issued for registration after August 20.*

Mom Fee PER SEMESTER = \$25 due by August 20 + \$25 due by January 21

- Email any questions about fees, membership, inviting friends, etc. to momlifemembership@graceclarksville.com.

What if I've CHANGED MY MIND about participating in MomLife this year?

- We recognize for many of you who signed up early, this change in platform may not be what you imagined. Again, we are deeply sorry that we cannot meet the desire to meet in person this year through MomLife. We have high hopes that we will return in-person for the 2021-22 MomLife year. If you change your mind about joining us this year, we hope you will sign up again when circumstances change.

If you decide to **cancel your MomLife membership for fall 2020**, you must let us know PRIOR TO AUGUST 20th. That is the deadline for all refund requests. Refunds will then be issued the first week of September. To cancel membership and request a refund prior to August 20, please respond to the survey you will receive through email OR you can directly email momlifemembership@graceclarksville.com.

For **all moms who have registered and paid for KidLife for fall 2020**, we will issue refunds the first week of September.

- Email any questions about cancellations, refunds, etc. to momlifemembership@graceclarksville.com.

Is MomLife available to moms OUTSIDE OF CLARKSVILLE?

- We have a special opportunity to connect with moms who have PCS'd, moved, or just live somewhere else. We welcome non-Clarksville friends to be a part of our group. We know that moving in the midst of a pandemic makes it difficult to get plugged-in to your new home... or maybe you've lived in your city for a while but have found it difficult to build new connections and spiritual friendships. We hope that if you are a non-Clarksville resident who joins us in the fall, our connections will help to build your confidence to reach out to a few new neighbors or acquaintances in your area to start your own MomLife "table" in the coming months in your community. We can continue to give encouragement and support as you facilitate your own satellite group using our online platform, simply keep us updated on your activity and plans!

What if I'm put on a WAIT-LIST to be a part of MomLife?

- We understand the question, "If MomLife is virtual, why would there need to be a wait-list? Can't you have unlimited participants?" Our ultimate goal is relationship - with God and with other moms in our community, and we believe this happens through discipleship. We want to be sure that every mom participating has a Table Mom and a small group of women to whom they feel connected. For our MomLife community to be meaningful, useful, and helpful, we want each mom who participates to feel known, cared for, and loved. Therefore, we unfortunately recognize that we do not have unlimited capacity. We will begin a wait-list when we have hit our mom to Table Mom ratio, which is 7 moms to 1 Table Mom. If we have to put you or one of your friends on the wait-list, please know that we will do our very best to keep the wait-list as short as possible and will notify you ASAP if an open spot becomes available.

If you want to help facilitate MomLife discussion with a group of friends or neighbors OR want to know more about becoming a Table Mom to help us increase our capacity for moms, please email momlife@graceclarksville.com.

Is there any expectation for my ATTENDANCE?

- Even online, we ask that you make every effort to attend all Virtual Gatherings, both with your table (1st Thursday of the month) and the group as a whole (3rd Thursday of the month). We understand that there will be circumstances that may prevent you from attending our Virtual Gatherings, but it is important for you to contact your Table Mom if you have to miss. Due to great interest in MomLife, and the potential of needing to build a wait-list, we want to be sure all members are fully invested in their MomLife spot. *If you miss two Gatherings without contacting either your Table Mom or MomLife Leadership, we will contact you to discuss your current needs and status at MomLife.* If you can no longer participate in MomLife, you may always re-register when your schedule allows you to attend regularly.

What TIME are the MomLife Virtual Gatherings?

- If you registered for MomLife MORNING: Virtual Gatherings will be posted by 10:00 am on the 1st Thursday of the month on the MomLife Members website. You and your table can watch this teaching on your own and then come together virtually (to be determined by your table) to go over discussion questions before the next Virtual Gathering. On the 3rd Thursday of the month, there will be a large group Virtual Gathering via Zoom promptly at 10:00 am for all MomLife registrants to dig deeper into the topic discussed in the first week.
- If you registered for MomLife EVENING: Virtual Gatherings will be posted the 1st Thursday of the month on the MomLife Members website (it will be the same video we use for the morning moms). You and your table will watch this teaching on your own and then come together virtually (to be determined by your table) to go over discussion questions before the next Virtual Gathering. On the 3rd Thursday of the month, there will be a large group Virtual Gathering via Zoom promptly at 6:30 pm for all MomLife registrants to dig deeper into the topic discussed in the first week.

What happens at MomLife STAYS at MomLife!?

- We strive to make our MomLife Virtual Gatherings and table connections a safe and comfortable place to share openly and be yourself. We all know that sometimes that is not an easy thing to do. With that in mind, as you have discussions with your table (via Zoom, Marco Polo, text, or other), please remember:
 - ◆ Be sensitive to the beliefs, thoughts, feelings, and ideas of others.
 - ◆ Be loyal to your family, friends, and other moms.
 - ◆ Avoid negative comments.
 - ◆ Keep confidences - things discussed in your group need to stay in your group.
 - ◆ Be courteous while others are talking. Listen and be attentive to those sharing in your discussion group. We love building relationships during MomLife Gatherings, but out of respect for teachers, storytellers, and other moms, please refrain from conversation/texting during teaching and discussion times. Be present and encouraging and give each mom in your group a chance to share.

→ **Some extra thoughts specific to Virtual MomLife to keep in mind:**

- ◆ We encourage using headphones or moving to a secluded area so that what is spoken will not be broadcast throughout your house or the area where you are listening.
- ◆ We all have different feelings about group text/message threads. Remember that you can always silence notifications so you can read batches of messages at once without being interrupted with each new message. We encourage you to find a sweet spot for communicating with your table that will help meet the needs and interests of the group as a whole before completely removing yourself from any group threads.
- ◆ Remember that tone isn't always clearly communicated through written text. Show one another grace by (1) including emojis to help understand tone, (2) first assume the best of the message sender rather than the worst, and (3) if there is any question of tone or meaning, call the other mom or use a video or voice message app.

Will a large group MomLife Gathering ever be CANCELED? Like for SNOW?

- That's the beauty of Virtual MomLife this year! No, there should not be any cancellations. You may have to adapt online chat times with your specific table/Table Mom, but large group Virtual Gatherings should not have to be cancelled.

Will there be additional LARGE OR SMALL GROUP ACTIVITIES?

- Every year MomLife partners with [Hope Pregnancy Center](#) to serve moms in our community. We will continue to do projects with them this year including to (1) PRAY for their team and individuals who visit the center, (2) SERVE and participate at their fundraising events as we can, (3) AND GIVE through funds and/or donations. This is one small way we help to remind and equip moms to serve others. We will share details about planned service opportunities at our Gatherings and via social media.
- We also typically plan some MomDates and PlayDates for some fun opportunities to connect outside of MomLife Gatherings and your regular tables. Due to our virtual platform this year, these extra activities are temporarily on hold. We will let you know if/when that changes.

I have a PERSONAL BUSINESS, can I advertise and make connections through MomLife?

- We want to support and encourage our moms to reach their goals with their home-based businesses and fundraisers; however, we do not want any of our moms to feel pressured or "turned off" by solicitations from other members. We kindly ask that you do NOT use our Virtual Gatherings, contact info (like email lists), Facebook page, or website for any type of soliciting or promotion of your businesses or fundraisers (kids or otherwise). We might have an opportunity towards the end of our year for you to offer a giveaway to our moms to promote your business. If you have any questions about this policy, please contact the Coordinator at momlife@graceclarksville.com.

Will MomLife have a presence on SOCIAL MEDIA?

- We will have a **private presence on Facebook**. Only current MomLife members will be approved by our Membership Coordinator for inclusion on our private FB group pages (one for Morning Moms, one for Evening Moms). Please keep all postings positive and courteous, as this is an extension of our MomLife group as a whole. If you have personal items that you are looking to give away/sell (like used baby clothes/furniture/etc.; no business sales or personal fundraisers), you may post these on the group FB page. Please be mindful to limit the number of pictures you post. These types of posts will be deleted after one week. This page will primarily be used to: distribute general information about our MomLife group, share links to helpful resources, provide question prompts for online discussion, show pictures from Virtual Gatherings or other days in the life of our moms, and personal prayer requests or encouragements may also be posted if you would like to share them with the whole group. MomLife Leadership will monitor and maintain the page and will delete posts if they violate MomLife goals, values, or policies. If you have any questions about FB posts or information, please contact momlife@graceclarksville.com.

→ We also have an public **Instagram** account that you can follow and tag in any MomLife related pictures. This account will be used to encourage you throughout the week, to help you feel connected, and to help you get to know MomLife Leadership.

Use #momlifeclarksville and/or @momlifeclarksville.

Can I HAVE MY CHILD WITH ME DURING THE VIRTUAL GATHERING?

- MomLife Virtual Gatherings are intended to connect moms to God and each other. We believe this can happen with children around, especially during these times, but we would ask for some courtesy by following some of these etiquette suggestions:
- ◆ Mute Zoom or FaceTime calls when you are not speaking.
 - ◆ Find ways to occupy your children during Virtual Gatherings. Examples: give them their favorite book or toys, have a reserved basket/box of toys that are only used while you are on these calls so they feel more special and may keep attention longer, save daily screen time for these times when you want to be fully engaged with MomLife, etc.
 - ◆ Consider getting a babysitter for the hour you are meeting virtually as a table and as a group. Or ask a trusted neighbor if your children could play together outside.
 - ◆ If possible, ask your spouse to help you set aside time for MomLife by helping to prepare dinner and watch the kids while you go to a quiet place in the house.

As moms, we are constantly needing to be flexible and get creative in how we care for our children well but also make time for adult connections. We know it can be challenging! Especially as many more children may be home during this season and will need their own devices and online connections for school. We want to help you get creative! If there is any way we can help you set aside these two times a month for MomLife, please don't hesitate to let us or your Table Mom know!

We want your MomLife experience to be as great as it possibly can this year. If you have any questions about our Virtual Gathering or these FAQs, feel free to contact either of our Coordinators.

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