

Some of the Super Moms of Katy. These moms can handle it all!!



# THE MOST EFFECTIVE SUPERHERO OF OUR TIME IT'S SUPER MOM

WRITTEN BY SUNSHINE FARRIS  
PHOTOGRAPHY BY SUZI ISSA

Local Super Moms group meets weekly for fun, friendship and fellowship

**BEEP, BEEP, BEEP!** “It’s Monday Morning,” you think to yourself. Veiled behind those tired eyes is the number 6 cruelly awaiting you, “get up and get a move on the day,” he says. “Cursed number” you say to the clock as you drag yourself to the bathroom. “Mommy, hungwy, ice cweam,” Says your little one. So, into the kitchen you go and there in anticipation are three hungry mouths. “One second guys, Mommy needs her happy juice.” You drink a cup of coffee or an energy booster and BAM!!! You are a new person. Fed, dressed, and off to school just like that. Man, Oh Man are you a Super Mom. You and the last one in the nest walk back into the house, tidy up, and you wonder what to do with the rest of your day. You don’t want to stay at home, don’t want to go shopping. Well, you do want to shop but you know it would be best if you didn’t. Then you say to yourself, I need a place to go to where I can be fed spiritually and make friends that understand me and what I am going through as a mother. Support and the opportunity to hear an encouraging word away from needy fingers would be essential. Free childcare is definitely



Stephanie Judson with Nathan



Sunshine Farris is a Super Mom

a plus and no homework is what I need right now in my life, does such a place exist?"

If any aspect of this woman's life resembles you in any way then Super Moms is the place for you. Whatever your stage in life, someone there can relate. The group is filled with diversity. Whether married, single, widowed, divorced, young or mature you name it God has brought them.

### **SOCIAL AND SUPPORT GROUP**

Cindy Nelson, mother of three, small group leader and one of the speakers says, "The foundation was set the first Monday we spoke about 'Captivating'. There was an instant connection as we bypassed the topics of dieting and shopping and moved straight to our deeper concerns, struggles and joys. This group is the best of two worlds...lighthearted escape and relational intimacy." Experts agree that when moms are inspired and nourished they are then equipped to be a better person, friend, wife or mother. How can you love and care for others when you have not been cared for?

### **WHAT IS SUPER MOMS?**

"The best way to describe Super Moms is really to call us Super Women, mothering by God's strength!" says Jael Prothro, mother of two and work from home mom. Super Moms is a support group for women in need of time away. It's an assembly of small groups and is designed so that you can connect on a personal level. Every women is invited, non-member, member, young or mature. Super Moms is just one of the groups offered by the

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Mother of 3 - Sunshine Farris with Josiah and Jadon. Also has a son Joshua (not pictured).

## Meet the Super Hero Team

**Cindy Nelson**

Speaker, small group leader

**Carrie Farris**

Administrator, guest speaker, newsletter

**Yadi Garcia**

Crafts, small group leader, guest speaker

**Cheryl Alonso**

Small group assistant

**Christina Saenz**

Special events, service projects, small group leader

**Stephanie Judson**

Small group assistant

**Sunshine Farris**

Zone coach, speaker

### ATTENTION KATY GROUPS

If you would like your club or organization profiled in Katy Magazine, tell us! Email

[editor@katymagazine.com](mailto:editor@katymagazine.com)

Women's ministry at Grace Fellowship UMC. Super Moms does step out of the box, in that each Monday stands on its own. If you can only come every other week or once a month, you are not left out of any discussions. It was designed with busy moms in mind.

Even though every Monday is unique, there is a format that is followed. It brings a bit of stability to the group. Children are dropped off any time after 9:15 a.m. or if child care is not needed it begins at 9:30 a.m. on the 2nd floor of the Epicenter, which is the building next to the child center.

For the first fifteen to twenty minutes women gather and get to know one another. To every Monday there is a speaker assigned.

Topics vary as to whom is speaking. Sometimes there is a testimonial, parenting tips or just a fun devotional and a craft, but God's word is always the center. The second half of the session consists of small group discussion and prayer time where the women have a chance to learn and connect on a deeper level. After her first meeting Lori Grant wrote, "I left there feeling excited about Super Moms, and I can't wait until next Monday. You made everyone feel so welcome." Lori continues, "Also, both of my children left with the biggest smiles on their faces. Joshua even asked when he can do this again. Many thanks to the teachers in that class!"

*Breathe Freely*

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Yadi Garcia with LiJette and Carina



If you have any questions or would like to join please contact Carrie Farris (administrator) at [farris@entouch.net](mailto:farris@entouch.net) or call Sunshine Farris (Founder) at 281-541-2147. If not, walk-ins are always welcome. ★

*Sunshine Farris is a freelance writer for Katy Magazine. She is married to a wonderful husband and is blessed to stay at home with her three boys. Upon the birth of her third son, she realized she needed to create a group for mothers in search of sanity through support and spiritual growth, thus began Super Moms.*



Sunshine is able to leap small buildings... er most obstacles in a single bound.

## Other Mom Groups

**Mother's Share Group**  
St. Peters UMC  
281-492-9150  
[bdchampagne@sbcglobal.net](mailto:bdchampagne@sbcglobal.net)

**Emmanuel Episcopal Church Moms Group**  
15015 Memorial Drive  
Houston, TX. 77079  
281-493-3161  
[emmanuel-houston.org](http://emmanuel-houston.org)

# More Groups for Katy Area Moms

MOPS (Mothers of Preschoolers) are at several locations. Because MOPS groups fill up quickly, try and check the website [www.mops.org](http://www.mops.org) and they will help connect you, if not most MOPS groups work together so they will be able to point you in the right direction. The MOPS in this area are as follows:



### Church of the Holy Apostles

1225 W Grand Pkwy S  
Katy, TX 77494  
281-392-3310  
[jennrhil@gmail.com](mailto:jennrhil@gmail.com)

### Bear Creek Baptist Church

5901 Fry Road  
Katy, TX. 77449  
[albrightideas@sbcglobal.net](mailto:albrightideas@sbcglobal.net)  
[sbcglobal.net](http://sbcglobal.net)  
Call ahead for childcare.  
Registration is required.

### Kingsland Baptist Church

20555 Kingsland Blvd  
Katy, TX 77450  
281-395-2857  
[kingslandmops@yahoo.com](mailto:kingslandmops@yahoo.com)

### MOMS Club of Katy

MOMS Club of Katy also meet at different locations. Here are three that I know of in Katy. To find them or information about them visit the Moms Club website at [momsclub.org](http://momsclub.org).

### Second Baptist Church West Campus

19449 Katy Freeway  
Houston, TX 77094  
281-578-1896  
[cfacci1@yahoo.com](mailto:cfacci1@yahoo.com)

**MOMS Club of Katy NW**  
[margaretheichel@houston.rr.com](mailto:margaretheichel@houston.rr.com)

### First Baptist Church - Katy

600 Pin Oak  
Katy, TX 77494  
[fbc-katy.org](http://fbc-katy.org)  
click ministries and follow mops link

**MOMS Club of Katy SW**  
**First Christian Church**  
[dannacol@gmail.com](mailto:dannacol@gmail.com)

**MOMS Club of Katy SE**  
281-799-5172  
[momsclubofkaty@yahoo.com](mailto:momsclubofkaty@yahoo.com)