

Ministry Minute

Monthly Moms' Group



Westwood's Monthly Moms' Group technically doesn't meet monthly. Instead, it runs on "Mom Time." Some months are just too "crazy town" for a meeting, said Ann Sundermeyer, who has coordinated the group of eight to 15 moms that have gathered for a break – and for a connection – since 2022.

May and September are out of the question for moms with school-age children, for example. Summers also get busy, but one nice July evening on the Westwood deck can be the right summer break for a mom with active children.

Ann is the Early Childhood Coordinator at Westwood (part of the Children, Youth, and Families team). When the mom of 1-year-old twins went looking for some Westwood connections for herself, she was encouraged to start a group for moms. No program is planned. "The evening is strictly socializing," Ann said, "but there is never a lack of things to talk about."

They welcome and hope to be joined by moms of all ages, but for now, most who attend have young children. "We would welcome any woman," Ann said, noting they would appreciate the insight of a mom of middle- or high-school-age children. Last fall, some moms of older children joined them. "It was so good to have all the perspectives," she said.

While there isn't an agenda, the meeting date and time are almost sacrosanct. That lets moms set aside "7 pm to whenever" on the second Tuesday of the month and arrange childcare. The evening is casual—everyone pays their own way.

"Conversation turns toward our kids and commonalities like that," Ann said. "Where are your kids in school? What's been your experience with this?" They also talk about programming at Westwood, activities that are coming up, and resources they would like to have.

"There is no RSVP. We're happy that you're there. It's 100 percent understandable if you can't make it. No feeling that if you've missed some meetings you can't return," she said. The group understands that schedules change, new jobs, and even new babies require adjustments. Still, the group is there when it's convenient once again. "I think every single time we've met, we've had a woman come who's never come before," Ann said. "It's never too late to come."

For most of the group, Ann said it's about connection. Sometimes during church services or children's activities, moms are too busy managing children to make a connection to another mom.

"One cool thing is that many times moms will come and say 'I don't know you' but then find (their) kids are friends. Or they say, 'Oh, I do know your kiddo,'" Ann said.

"Our kids have opportunities to connect through events. This group is a good way for our moms also to connect."



Ann Sundermeyer