

Whom Do You Serve?

Does your parish have any of the following?

- Mothers new to our parish or new to our area
- Expectant Mothers needing assistance
- First time expectant Mothers
- Mothers in need of peer support during difficult pregnancy
- Expecting Mothers in need of prayer
- Young Mothers in need of support

It is our mission to reach all expecting Mothers. Pregnant women have a glow, naturally, so how do we know if a mother is in need of prayer, having a difficult pregnancy, or is in need of assistance? She could be carrying the burden of her needs silently with her. The GP Angels should interact with the expecting mothers of the parish often to build fellowship and trust.



Bottom line, if there is a bump on the belly of a woman in the parish an Angel should make contact with the mother as soon as possible. Sometimes there is help needed but out reach was never given.

Ideas

•**New Mom to Parish** Moving to a new area presents its challenges naturally. Moving and being pregnant magnifies these challenges: finding the local pharmacy and grocery store, researching a good doctor and pediatrician, losing a network of close friends and family, etc. Your parish Gabriel Project Angels can be a sign of welcome and renewal of spirit. Introducing the parish's activities and ministries, and parishioners to the expecting mother and her family will allow her and her family to connect with others and build community.

•**Prayers All Around** Pregnancy and childbirth is one of the most honorable tasks the human body under goes and, despite medical advancements, it is also the presents the most risk. Keep prayer packets in the back of the parish for the Angels to reach quickly when they meet a new mom. Remembering the Mother and asking how her pregnancy is progressing can be a beautiful way to support the Mother in the event complications arise. (Loss of job, medical health change in mother or baby, or even miscarriages.)

•**Tapping into Existing Parish Programs** Inviting an expecting Mother to attend the parish's Holy Hour, Feast Celebrations, Mother's Bible Study, or Play Group is a wonderful way to be a guide for parish's spirituality. The woman in these groups can be an open ear or simply new friends that the expectant Mother will be able to interact with once the baby arrives. If the parish does not have something like this consider hosting one on a monthly, bi-monthly, or quarterly basis.

•**Meals for Moms** When meeting new mothers ask for her contact information so that in the event of bed rest, or other situation, you're able to reach her to arrange for Holy Communion to be brought to her, hot meals prepared by the Angels, and companionship. This is also a great way to help out a mom once her baby arrives!