



SUPER MOMS

Spring 2020- May 31, 2020

Super Moms Co-Leaders

♥ Liz Tuell- Pink

♥ Laura Crowson- Blue

♥ Shara Stefura- Green

♥ Olga Ivin- Red

♥ Kristi Wees- Purple

♥ Amy Solman- Yellow

Rattle
by Elevation Worship

Link:

<https://youtu.be/LYCaQVwKyM0>

Worship and Prayer



What is SUPER MOMS?

Not Your Typical Support Group



5 years ago God placed
this group on my heart



Isaiah 40:31

*but those who hope in the LORD will **renew**
their strength. They will soar on wings like
eagles; **they will run and not grow weary,**
they will walk and not be faint.*



SUPER MOMS-
Empowered by God

Support for
Unique
People
Embracing
Renewal

Leaving the Diagnosis at the Door

This is not your
typical support
group

We won't be
discussing
therapies or
surgeries,
medication doses,
supplement or
protocols

We will be focused on
what GOD wants to
teach us, share with us
and the spiritual
wisdom HE wants to
impart to us about
ourselves and our
'fearfully and
wonderfully made'
children!

He loves each of us
and our KIDS
UNCONDITIONALLY,
no matter what
NAME the world
calls them or their
diagnosis, **HE CALLS**
them and us: **HIS**
BELOVED!

We
EXIST
as a
SMALL GROUP

To let all Moms of
special needs
children
know that
God loves them and
their children
UNCONDITIONALLY

SWITCH ON YOUR BRAIN



The Key to PEAK HAPPINESS,
THINKING, and HEALTH

DR. CAROLINE LEAF

*~SUPER MOMS~
VERSE OF THE DAY*

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2 New
International Version
(NIV)

Main Scripture

Spring Semester Dates

~~Feb 23rd~~

~~March 29th~~

~~April 26th~~

May 31st

SUPER MOMS Empowered By God

Spring 2020

New Time!!
11am

Super Moms is a group for moms of special needs children. This semester we will be reading part 2 of "Switch on Your Brain" and doing a 21 Day Brain Detox. We meet at Victory Family Church once a month at 11am in Classroom A. Special Need Childcare is available with advanced reservation.

Super Moms will meet on the following Sundays:

February 23
March 29
April 26
May 31

**SWITCH ON
YOUR BRAIN**



The Key to PEAK HAPPINESS,
THINKING, and HEALTH
DR. CAROLINE LEAF

For More Information see our Facebook Group: Empowered Super Moms

Review over Fall Semester: Part 1 of Switch on Your Brain



THOUGHTS OCCUPY
MENTAL REAL ESTATE



CHOICE IS REAL AND FREE
WILL EXISTS. WE CAN
CHOOSE POSITIVE OR
TOXIC THINKING



THROUGH THINKING WE
BECOME OUR OWN BRAIN
SURGEONS BY REWIRING
OUR BRAINS BY THE
THOUGHTS WE CHOOSE



WE CAN TAKE EVERY
THOUGHT CAPTIVE



ENTERING INTO
DIRECTED REST
(PRAYER, SCRIPTURE,
SELF REFLECTION)
IMPROVES BRAIN
FUNCTION AND
MENTAL, SPIRITUAL AND
PHYSICAL HEALTH,



STOP MILKSHAKE
MULTITASKING!



QUANTUM
PHYSICS- THE
POWER OF
THINKING IS
THE MOST
POWERFUL
THING IN THE
UNIVERSE
AFTER GOD;



EVERYTHING IS
FIRST A
THOUGHT. NON-
CONSCIOUS
MIND IS WHERE
99.9% OF OUR
MIND ACTIVITY IS.

Toxic Thoughts

Toxic Thought:
Things will never
return to normal

<https://www.empoweredadvocacy.com/supermomsmay20/>



5 Step BRAIN DETOX Process:



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 1: Gather

Laura



GATHER

The Gather Step is all about becoming aware of all the signals that are coming into your mind. We have to start the process of bringing those rogue thoughts into captivity.

These signals are going to come from two sources
Five Senses
Memories



ATTITUDE

A THOUGHT PLUS ITS ATTACHED EMOTIONS
WHICH
INFLUENCES WHAT YOU SAY AND DO

Laura

If the attitude that is activated is negative, then the emotional response will naturally be a negative or stressful feeling.



If the attitude that is activated is positive the feeling will be peaceful.

Thoughts Can't be Hidden: Attitudes aren't harmless
Your attitudes Positive or negative not only can't be hidden from others but also they have a profound impact on your own brain and body.

Did you know that you are able to accept or reject the thoughts flowing through your mind.

Laura

DAYSTAR

YOU SAY... GOD SAYS...

YOU SAY...	GOD SAYS...	SCRIPTURE
I can't figure it out.	I will direct your steps.	Proverbs 3:5-6
I'm too tired.	I will give you rest.	Matt. 11:28-30
It's impossible.	All things are possible.	Luke 18:27
Nobody loves me.	I love you.	John 3:16
I can't forgive myself.	I forgive you.	Romans 8:1
It's not worth it.	It will be worth it.	Romans 8:28
I'm not smart enough.	I will give you wisdom.	I Cor. 1:30
I'm not able.	I am able.	II Cor. 9:8
I can't go on.	My grace is sufficient.	II Cor. 12:9
I can't do it.	You can do all things.	Phil. 4:13
I can't manage.	I will supply all your needs.	Phil. 4:19
I'm afraid.	I have not given you fear.	II Tim. 1:17
I feel all alone.	I will never leave you.	Hebrews 13:5

DO NOT CONFORM
TO THE PATTERN OF
THIS WORLD, BUT BE
TRANSFORMED
BY THE RENEWING OF
YOUR MIND.

- Romans 12:2

Ask yourself?

Laura

Do I want this
information to
be a part of
me?



Step 1: Gather EXAMPLE

Laura



GATHER

Toxic Thought:
Things will never
return to normal

5 Step BRAIN DETOX Process



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 2: Focused Reflection

Kristi



FOCUSED
REFLECTION

Now that we have Gathered it is time to take a DEEP Dive into deep, intellectual, focused thinking

Philippians 4:8

Finally, Brothers and Sisters,

Whatever is **True**,

Whatever is **Noble**,

Whatever is **Right**,

Whatever is **Pure**,

Whatever is **Lovely**,

Whatever is **Admirable**,

If anything is **excellent or praiseworthy-
think (post) about such things.**

Step 2: Focused Reflection

Kristi



FOCUSED
REFLECTION

- Gathering- brings a rush of electromagnetic signals into consciousness...
- Speed through the hippocampus
- Moving toward the FRONT of the brain
 - Basal forebrain (behind the inside corners of your eyes)
 - Orbitofrontal cortex (above your eyebrows)
 - Info flows for 24-48 hours, Amplified each time it cycles to front

Step 2: Focused Reflection

Kristi



FOCUSED
REFLECTION

- Thought is now LABILE- unstable and changeable
- Free will comes in...
- The science of thought DEMANDS that CHANGE must occur either by reinforcing the thoughts as it is or by changing some or all of it
- The deeper you think the more change you can make. (quantum and genetic expression and protein synthesis)
- Who has thoughts that play OVER AND OVER in your head...
 - A healthy thought and a toxic thought can BOTH be BUILT with Mental rehearsal. But we can TEAR down Toxic thoughts using scripture like Phil 4:8

Step 2: Focused Reflection

EXAMPLE

Kristi



FOCUSED
REFLECTION

Toxic Thought:
Things will never
return to normal

Why do I have this thought repeat through my mind?
Where or when did this thought originate?
How does it affect me physically?

5 Step BRAIN DETOX Process



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 3: Write

Liz



WRITE

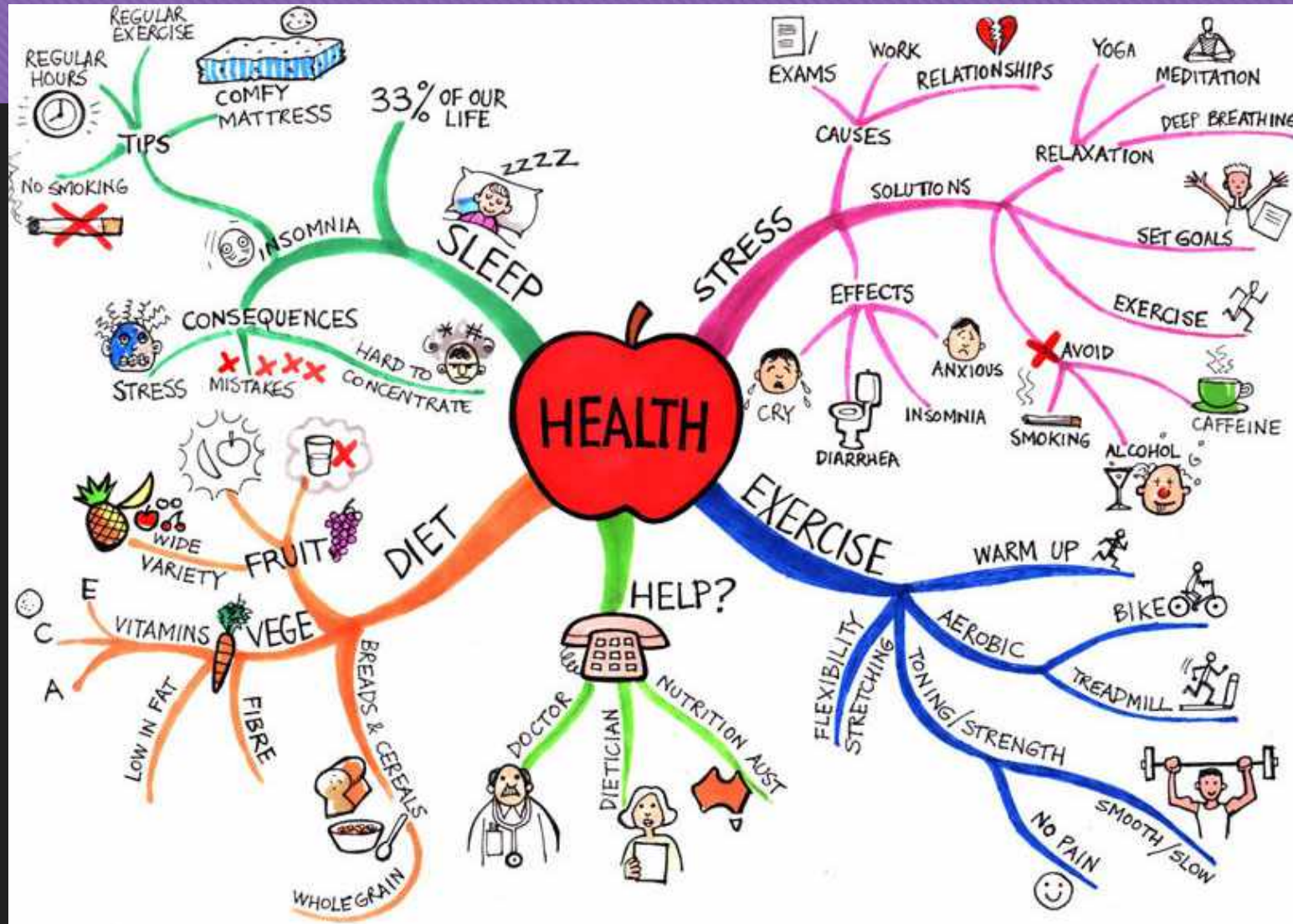
-What does this look like?

-How do I write out my thoughts?

One Example: Metacog

Metacog or Mind Map

Liz



Metacog or Mind Map



Liz

Thank you Carrie Todd for sharing!

Step 3: Write

Liz



WRITE

Journaling your thoughts, as specifically as you can will help you add clarity to what thoughts are affecting you the most. Tear down the walls that may be blocking the progress and get to the root. When you can see it before your eyes, Holy Spirit can begin to bring revelation and healing for these different areas.

Step 3: Write EXAMPLE

Liz



WRITE

Toxic Thought:
Things will never
return to normal

5 Step BRAIN DETOX Process



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 4: Revisit

Olga



REVISIT

REVISIT: Recognize a toxic thought
Let's look back at what we wrote , drew, typed and
reflect on toxic thoughts we would like to replace
with healthy thoughts
Look at it definitely

Do not do this in your own strength
Ask Holy Spirit to help you and give you wisdom and
guidance to align your thinking with what God says
about you and your circumstance
READ HIS WORD - God speak to us primary through
His WORD

Step 4: Revisit

Olga



REVISIT

REDISIGN a THOUGHT

Visualize it , what healthy thought
do I want this toxic thought to be
replaced with ?

Step 4: Revisit

Olga



REVISIT

REPLACE

Remember, this is not just Positive thinking method to replace negative thinking
This is to replace Gods healthy thoughts with our toxic thoughts

Verses comes to mind:

Phill. 4:8

2nd Timothy 1:7

2nd cor. 10:5

Rom 12:1-2

Eph. 4:22-24

Step 4: Revisit

Olga



REVISIT

REPEAT

Consistent with being intentional

Come back to this as many times as it takes until Gods Word takes hold of your heart and your mind is renewed to His WILL

Step 4: Revisit EXAMPLE

Olga



REVISIT

Toxic Thought:
Things will never
return to normal

5 Step BRAIN DETOX Process



GATHER



FOCUSED
REFLECTION



WRITE



REVISIT



ACTIVE
REACH

Step 5: Active Reach

Amy



ACTIVE
REACH

Active Reach: Definition

Ungluing of the Branches
and then Destroying Them

Step 5: Active Reach

Amy



ACTIVE
REACH

Listen to this
Powerful Truth . . .

Step 5: Active Reach

Amy



ACTIVE
REACH

The Brain...
Building Integrity...
Limbic System

Practical Example

Step 5: Active Reach EXAMPLE

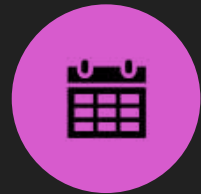
Amy



ACTIVE
REACH

Toxic Thought:
Things will never
return to normal

Last Meeting of the SPRING Semester



Next Meeting-
Fall 2020



Facebook Group-
SUPER MOMS



Summer Reading?
Switch on Your Brain



Stay tuned to FB
and email for a
summer Check-In!



Devotion – Coming
this summer! Stay
tuned on the
Facebook Group!



Endless Possibilities-
Special Needs Care
available when IN-
PERSON Church is
meeting

JULY 11TH IS SERVE DAY!

Activities for Families to SERVE together: At Victory Family Church Cranberry Campus:

Free bake sale/lemonade stand

Free Children's yard sale

Free puppet show

Free Balloon art twisting class

Create cards for service men/women who are stationed in Qatar

JULY 11TH IS SERVE DAY!



Special Needs Child Care if you and your spouse would like to serve in a serve day project.



Reservations required

JULY 11TH IS SERVE DAY! HOW CAN VICTORY SERVE YOU?



IF YOU OR YOUR
FAMILY HAS A
NEED:



YOUR LAWN NEEDS
MOWED,
HOUSEHOLD FIX-IT
JOB, MEALS,
INSTALLATION OF
EQUIPMENT FOR
YOUR CHILD'S
NEEDS, ETC.



PLEASE CONTACT
KRISTI WITH YOUR
NEED.



EMAIL:
[KRISTIWEES@](mailto:KRISTIWEES@GMAIL.COM)
[GMAIL.COM](mailto:KRISTIWEES@GMAIL.COM)



PHONE:
281-831-3481

SPECIFIC PRAYERS

Type

Type your prayer request into CHAT box

Stay on

Co-Leads will stay on-Line to pray

Pray

Leader will pray for individual prayer requests a few minutes after the main call ends, if you have a request stay on the line, if you don't you can hang up.

PRAYER OF SALVATION

Heavenly Father, I come to you in Jesus name and I believe with all my heart that Jesus is the son of God. He died on a cross to bear my sin debt, I open the door of my heart and of my life and Jesus **I INVITE YOU IN**. I receive you now to be my savior and my Lord. Amen

**IF YOU
ACCEPTED
JESUS INTO
YOUR HEART**

Text REDEEMED

To

97-000

for Next Steps

TO CONNECT WITH OUR GROUP

Empowered Super Moms
Facebook Group

Message: Kristi, Laura, Liz,
Amy, Shara or Olga

Text 281-831-3481

Email: kristiwees@gmail.com

IF YOU HAVE ANY NEEDS...

www.myvfc.info

**UNEMPLOYMENT
RESOURCES**

**HELP YOUR
NEIGHBOR**
COVID-19 Food Distribution

COVID-19 CARE

Get Help | Give Help

IF YOU HAVE ANY SPECIFIC PRAYER REQUESTS...

Type them in the chat box
and **STAY ON THE LINE.**

If you do not have a prayer request, thank you for joining us today and may you and your family have a blessed week!