

Importance of Gathering in Person, Episode 47



Power of Moms A Gathering Place for Deliberate Mothers

After the book launch gathering for *Motherhood Realized*, April and Saren had a rare chance to record a podcast together (while still in pjs). This amazing event consisted of 70+ deliberate mothers laughing, crying, and sharing their joys and sorrow of motherhood.

In many instances, moms find themselves coming to POM retreats and events like the books launch alone, but because they've listened to podcasts, explored the website, and strive to be the best mom they can be, instant friendships are formed. They are able to feel a connection to other like-minded moms. April shared a story of a mom who was listening to a podcast while jogging with her baby in a stroller and at one point said out loud, "Oh, me too," before she realized that she was talking to herself. Power of Moms provides that sense of community, friendship, and support that moms need to thrive.

As moms, a lot of our social circle is designed around our children, and many of our connections are formed online, but it's still nice to have that in-person interaction and hear stories in real time, face-to-face knowing that these women care about what we care about.

During the *Motherhood Realized* event, one woman mentioned how her husband goes off to conferences and comes back with wonderful ideas and networking opportunities; *Power of Moms* is the same: training for mothers. But this training doesn't have to be limited to retreats or special events, start a learning circle and have the same training and in-person connection once a month with moms in your community.

Saren talks about how learning circles came about: When she moved to a new area, she noticed a mom dropping off her child at the same preschool as her kids. They chatted for a while before Saren gained the courage to ask if this other mom wanted to start walking with her during the week. Of course, the mom wanted to. So they would get together and ask one another questions about issues or offer suggestions to specific parenting dilemmas, eventually more moms joined and it became a once a month meeting of like-minded moms meeting face-to-face.

April mentions how sometimes it seems like a lot of what gets put out there on social media and blogs is the "Sunday best" picture with perfect hair, immaculate house, and nutritious food. In public, we tend to put our best face forward, but this can be deceptive to struggling moms. Meeting face-to-face allows us to communicate and share our heartaches and our joys without feeling judged. Many times

throughout the evening a mom would comment on something that they were struggling with and immediately other moms would respond with an “I’ve been there” or “I totally feel like that.” The core concept of motherhood is that we are so much more alike than we are different, and that everyone has hard stuff and great stuff and by sharing we can strengthen one another.

Another participant mentioned that she worked in a juvenile prison and that if those kids had had deliberate parents many of them wouldn’t be where they were. Strengthening families is what the world needs right now. Mothers are hope, but that doesn’t mean it’s all the same. Motherhood is different for each mom, but when we put ourselves out there, it works. It’s worth it to try and meet up face-to-face to share ideas and feel that connection.

At the end of the evening, each mom shared what the best and worst thing she realized about motherhood, many answers were the same, many were different. We have the opportunity to learn from each other; no one is perfect, but *all* of us are trying to be the best, most deliberate mother we can be.

Transcribed by Rosie Liljenquist