



Supplies and Information

WELCOME TABLE in the back

Tablecloth (optional)

Flower vase (we use plastic flowers)

Small statue of our blessed mother or St Monica

Folders (given to new people) \$40/100 found in any supply store OR you could ask people to bring a folder. They use it to store their weekly prayer sheets.

A stack of the Weekly Prayer Sheets – found on our resources page

Signs and Sowings cards

Rosaries – we ask people to bring their own but have some on-hand for people who forgot.

A stack of extra Trust Me Prayer Cards

Email sign up sheet

TABLE in the front

Basket for the Signs and Sowing cards

Portable speaker (if not using Church sound system)

Crucifixes – We obtained crucifixes from our homes and other parishioners who wanted to donate them and had them blessed by our Pastor the first night at our service. We use them when we get into groups of four. Each group gets a crucifix.

In our case, we have about 20 of them which we store each week and bring out for our prayer time.

What's in the folders?

- Welcome Sheet (Prayer to St Monica on reverse) – found on our resources page
- Weekly Prayer Sheet (MOM prayer on reverse) – found on our resources page
- Signs and Sowings (we print postcards but optionally you can use pre-printed slips of paper) – found on our resources page
- Some MOM sites choose to include lyrics to regularly-used opening & closing hymns.
- Trust Me Prayer Card - This prayer card has a copyright so you cannot just print it. A good resource to help you with any related costs are a local Knights of Columbus group. We found that our local K of C's were happy to cover our yearly costs. Last time we purchased them they were \$70 for 1000 cards. We order from <https://shopmercy.org/trust-me.html> 1-800-462-7426

When MOMs members arrive:

New participants pick up a folder and everything they need is included.

Past participants pick up the weekly prayer sheet and the signs and sowings card since they already have a folder.

Invite new members to complete the email sign up sheet.

How do you play background music or the weekly meditation?

We connect our cell phone into the parish sound system. If you don't know how to do that please inquire from your music director or whomever is in charge of the sound system. If needed, you can put your sound system on and put your phone in front of the microphone. Alternatively, you can get a portable Bluetooth speaker and attach that to your phone. Some teams without access to the sound system have successfully used a speaker like this:

https://www.amazon.com/gp/product/B016XTADG2/ref=ppx_yo_dt_b_search_asin_image?ie=UTF8&th=1

What do you use for the weekly meditation?

We use the Laudate APP (free phone app). Open the app and select Daily readings and Saint of the Day, then pick pray-as-you-go.org podcast. It will begin immediately with a bell ringing. It lasts approx. 10-12 minutes. It is the readings of the day and a meditation. (ALTERNATIVELY you can use the Pray As You GO APP directly)

***IMPORTANT NOTE: Set your phone to do not disturb or it will ring or play notifications during the service. And yes, we found this out the hard way.**

Our thoughts about music:

Music has a very unique interpretation for each community. Please utilize your own playlist as needed to represent your community best. The following is what the national team (and others) currently use, but your community might be different.

Background music?

We play background music through the sound system (or portable Bluetooth speaker) for the 15-20 minutes as women are arriving. We also play it during the quiet moments of our prayer time such as during the Signs & Sowings or during the small group crucifix time.

***IMPORTANT NOTE: Set your phone to do not disturb or it will ring or play notifications during the service. Again, we found this out the hard way.**

Here are the Meditative Music and Opening and Closing Songs info. They can be shared with your team.

Apple playlist links

Meditative: <https://music.apple.com/us/playlist/m-o-m-meditative-music/pl.u-pMyI15vibq59g>

Opening and Closing Song ideas: <https://music.apple.com/us/playlist/m-o-m-opening-and-closing-song-ideas/pl.u-XkD04Mkc79gpA>

Spotify Playlist links

Meditative: <https://open.spotify.com/playlist/0jSdctFiZZXGZx4rjkSf8i?si=6c88b582ede94410>

Opening and Closing Song Ideas:
<https://open.spotify.com/playlist/5yvEddDIJIsOOV6KAgwkNx?si=de7ba19679e646d9>

(Christian Instrumental Chill) Our favorite meditative:
<https://open.spotify.com/playlist/3eLi7e0LmvGskFjt9NJFqG?si=fe2e1a3788524e43>

Note: If you don't have the paid plan, you may need to pay for the songs you use or may experience undesirable commercial interruptions.

Yet ANOTHER option for music:

Some MOMs sites have found the music on the Hallow APP or Amen APP easy alternatives to use for both background music as well as for opening/closing song selections.

When you meet mothers and invite them, where can interested mothers go for information?

Website they can go to for more information is already in place at www.millionsofmonicas.com . They can find your community's address and times listed, as well as see a calendar.

Can I add our community's MOM times to the national website calendar?

Sure! We can add your dates and times to our online calendar page if you want to send them to us. We need the parish name, address and time and dates of your gatherings. Email the information to janewhite@millionsofmonicas.com