

## **SAMs - St. Andrew Moms**

### 2025-2026 Information and Calendar

**Our Ministry Mission:** To enhance the growth of the Domestic Church and support the vocation of Catholic motherhood by nourishing the women of our Catholic community through prayer, joyful instruction, service and fellowship.

**This Year's Theme:** *"Discovering Our Charisms in Christ"*

**This Year's Mission:** *To provide studies, events, support and resources to educate and encourage Catholic women to discover their own spiritual gifts and charisms so that they might serve their marriages, families and their mission in the Church at large.*

Below is a description of our activities, you will find a detailed calendar of events on the back. For more information on SAMs in general, please contact **Kris Levy** at [kalevy63@gmail.com](mailto:kalevy63@gmail.com). To be added to our "SAMs - St. Andrew Moms" Facebook page or for more information about our Playgroup please contact **Maria MacBain** at [samsplaygroupnoke@googlegroups.com](mailto:samsplaygroupnoke@googlegroups.com).

### **Mom's Morning Mini Retreats**

Once a month, we gather at 9am for fellowship and refreshments, followed by a presentation from 9:30 - 10:30am on topics ranging from the deeply spiritual to the practical workings of Catholic family life. Discussion and more fellowship continue until 11am. This is open to Mothers of all ages and women who are Mothers at heart. Childcare usually available 9am - 11am, but please check ahead. We meet in the Youth Room downstairs unless otherwise noted. See calendar for details. Contact **Kris Levy** at [kalevy63@gmail.com](mailto:kalevy63@gmail.com) for more information.

### **NEW! SAMs Evening Scripture Study**

We have added scripture study to our SAMs line up this year, and all women of the parish are invited to join in! We will be meeting twice a month (calendar at back) at our homes to dive deeper into the word of God together. We will be following Ascension Press' new Bible Study program which include videos, work book questions, discussions and most importantly, reading scripture. Please spread the word and bring a friend, aunt, sister... you get the idea. For more information, please contact Maria MacBain at [samsplaygroupnoke@googlegroups.com](mailto:samsplaygroupnoke@googlegroups.com)

### **Endow Study**

This is a special study group for women of all ages. This year the group will read **Endow - St Edith Stein: Seeker of Truth**. We meet in the Youth room downstairs on Mondays once a month. Coffee and fellowship at 9am and 9:30am - 11am for study and discussion. *"Through Endow groups, women encounter their identity as daughters of God, enabling them to grow in their faith and ultimately discover their mission in life."* Our study is lead by Mary O'Connor, who you can reach for more information at [smk5oconnor@cox.net](mailto:smk5oconnor@cox.net). Childcare usually available 9am - 11am, please check ahead. See calendar on back for details.

### **Playgroup & Nursery Meet-Ups**

Our fun group of Moms and kids of all ages meets on Thursdays at 3:30pm at area parks or other "field-trips". For Moms with wee littles, there is also a meet up every Tuesday at 10am in the downstairs nursery. For more information, please email **Maria MacBain** at [samsplaygroupnoke@googlegroups.com](mailto:samsplaygroupnoke@googlegroups.com).

### **Evening Book Discussion**

Please join us for discussion, review and fellowship as we discuss Sherry Weddell's book **"Fruitful Discipleship: Living the Mission of Jesus in the Church and the World."** This book is a great companion and primer for our theme of Charisms this year. If you are not familiar with Sherry's work, you are in for a treat! Books are not provided, but please reach out for "scholarship" opportunities if needed. We are just doing one book this year but with two discussion dates. Calendar at back. Please contact Maria MacBain at [samsplaygroupnoke@googlegroups.com](mailto:samsplaygroupnoke@googlegroups.com) for more information.

### **L.O.V.E. Marriage Ministry**

L.O.V.E. (Living Out Our Vows Everyday) This ministry supports and strengthens sacramental marriages of all stages in the Church by nourishing and fostering married life through a variety of intentional spiritual, educational and social events. In uniting our marriages with Christ we encourage a supernatural, tender and joyful love.

### **SAMs Evening and Family Events**

We are always seeking to provide more times for prayer, reflection, fellowship and liturgical living for the women of our parish. Details will be posted on the website, our Facebook page and in the Parish bulletin. All women of the parish are welcome and we invite you to bring your sisters, mothers, grandmothers, and friends! For more information please contact

**Kris Levy** at [kalevy63@gmail.com](mailto:kalevy63@gmail.com)



### **Mom's Morning Mini Retreats**

Meets in Youth Room unless otherwise noted.

Fellowship and Presentation 9am - 11am. More speaker topic titles will be announced ASAP, but here is a teaser for the year!

• **August 25th, 2025**

Kick-off Event in Social Hall!

*"Charisms: Are They Catholic?"* - Speaker: Fr. Anthony Ferguson

• **September 15th, 2025**

*Charisms: Intercession & Spiritual Warfare*

Speaker: Constance Hull

• **October 20th, 2025**

*Getting to Know Fr. Andrew Clark; his calling and the role of charisms for the laity.*

• **November 10th, 2025**

College Student Care Package Assembly

• **December 15th, 2025**

Special Advent event TBA.

• **January 26th, 2026**

*Eucharistic Miracles*

Speaker Mike Pietrzyk

• **February 23rd, 2026**

Speaker TBA

• **March 16th, 2026**

Speaker TBA

• **April 20th, 2026**

Speaker TBA

• **May 18th, 2026**

Speaker TBA

### **NEW! SAMs Evening Scripture Study**

We will meet on Thursdays from 6:30-8pm at our area homes and parishes, anyone is welcome to host.\* We will complete two 8 week studies this year, the first on "Unlocking the Mysteries of the Bible" and the second we will choose as a group. For more information please email Maria MacBain at [samsplaygroupoanoke@googlegroups.com](mailto:samsplaygroupoanoke@googlegroups.com) You can also see updates on our SAMs - St Andrew Moms Facebook page.

**Fall session:**

\*Aug. 21st, 2025

Sept. 4th, 2025

Sept. 18th, 2025

Oct. 2nd, 2025

Oct. 16th, 2025

Oct. 30th, 2025

Nov. 13th, 2025

Nov. 20th, 2025

**Winter/Spring session:**

Jan. 15th, 2026

Jan. 29th, 2026

Feb. 12th, 2026

Feb. 26th, 2026

March 12th, 2026

March 26th, 2026

April 9th, 2026

April 23rd, 2026

\*Our first meeting will be in the downstairs youthroom at the Basilica of St. Andrew

### **L.O.V.E. (Living Our Vows Everyday Marriage Ministry)**

• **November 7th, 2025** - "Welcome! Charisms of Hospitality and the Evangelization of Home" with Brett and Natasha Rhodes

• **February 27th, 2026** - "Vino & Vows" more details TBA

• **April 17th, 2026** - BBQ & Comedy Night - more TBA

### **SAMs Evening Book Discussion**

We will have one book with two discussion dates this year on

***"Fruitful Discipleship: Living the Mission of Jesus in the Church and the World."*** By Sherry Weddell. Dates/locations TBA, but snag your book today and for more information email Maria MacBain at [samsplaygroupoanoke@googlegroups.com](mailto:samsplaygroupoanoke@googlegroups.com) You can also see updates on our SAMs - St Andrew Moms Facebook page.

### **SAMs "Endow" Study**

Coffee and fellowship 9am, study 9:30am - 11am. Meets in Youth Room downstairs. Lead by Mary O'Connor and Kris Levy.

**Sept. 8th, 2025**

**Oct. 6th, 2025**

**Nov. 3rd, 2025**

**Dec. 1st, 2025**

**Jan. 5th, 2026**

**Feb. 2nd, 2026**

**March 2nd, 2026**

**April 13th, 2026**

**May 4th, 2026**

### **SAMs Evening & Family Events**

• **Dec. 5th, 2025 - Balm for the Body & Soul**

**6:30-8:30pm • Social Hall**

Join Frances Grinde and Maria MacBain for an evening of making natural soap and tallow balm while discussing the beautiful intersection of different charisms surrounding the season of giving and nourishing the spiritual and corporal needs of those around us. Please RSVP to Kris Levy by Nov. 30th.

• **Jan. 23rd - Nourishing from the Heart & Kitchen**

**6:30-8:30pm • Social Hall**

What does a winter night need? Soup and the crackle of freshly baked bread! Join Aimee Valenzuela and Laura Kotchish for a tasty introduction to making (and tasting!) nourishing soups and sourdough bread while we discuss the gifts of providing healthy, nourishing food with the graces that heal both body and soul. Please RSVP to Kris Levy by Jan. 18th.

• **Feb. 21st - Women's Lent Retreat with Glenda Canfield**

**8am - 11am • Social Hall**

We have brought back this wonderful SAMs retreat format with the inspiring Glenda Canfield and an exploration of charisms and our lives as daughters of God. We hope to provide an hour of Eucharistic Adoration and confession as well as Glenda's presentation. More information to come soon!

• **April 26th, 2026 - Mother's Day Tea and Easter BINGO - details TBA**

• **June 5th, 2026 - Making a Mary Garden Part II**

**6:30pm - 8:30pm • Social Hall**

• **June 28th, 2026 - Father's Day Putt Putt and Sunday Sundaes - details TBA**