

PMS Made Fun

Looking for a fun and connecting idea for the women in your church to not only attend and grow their friendships, but a place they can invite their friends to as well? Invite them to PMS. Okay, we're not talking about the not-so-fun monthly time of emotions and pain, but a fun evening that gives women a chance to talk, get-to-know each other, invite their friends to a fun church event, and more. Kathy Pepper of the Pittsburgh Seventh-day Adventist Church, Pittsburgh, Pa., is inviting women to PMS quarterly.

Here are a few ideas of possible themes:

Pizza, Movie and Sundaes – Show a great family-friendly, faith-based movie with a message while enjoying pizza and ice cream sundaes.

Pamper Me with Sparkle – a time to pamper the women in your church and community...offer massages, have the group make their own bath scrubs (recipes are easily found online—just have a variety of supplies and jars to put them in) ...collect supplies (lotions, chocolate, Christian music CDs, fragrant candles, oils, etc.) to create pampering gift baskets for a local shelter for moms with children. Pray over the baskets for the women who will receive them and include a note telling the person that they've been prayed for along with one of the sharing books designed especially for women.

Purses, Munchies and Salsa – Enjoy chatting over snacks. Have everyone bring an old purse filled with girly things (lotions, chocolate, and other things women typically have in their purses) ...Pray for those who will receive them and tuck in cards/notes, along with a sharing book and donate them to a local shelter.

PJ's, Muffins and Scones – A tea-style idea...though most people don't go to tea in their PJ's. LOL. That might make it more fun...do something silly fun like make hats out of random things to wear to tea...read a "kids' book" that has a message adults can relate to as well. (Like "You are Special" by Max Lucado.)

Pancakes, Mugs and Slippers – A breakfast idea. Serve pancakes with a variety of toppings. Get plain white mugs from the dollar store and have the women decorate them with oil-based paint markers. Give them instructions for baking the to make their designs permanent.

Pinecones, Mittens and Snowflakes – for a winter theme. Serve hot chocolate and cookies. "Build" snowmen, make snowflakes, etc....collect mittens, gloves, hats, scarves, and socks for a local homeless shelter (items in demand during winter.)