



Dear Heartfelt Leader,

Thank you for ordering the Heartfelt DVD Training Kit. You are now well on your way to beginning this Titus 2 mentoring program and we can't tell you how thankful we are for you. Your enthusiastic leadership in helping your church get this ministry started blesses us so. Please let us know if we can help you in any way. Your questions AND your comments are welcome. We look forward to working with you and your Heart Moms and Heart Sisters. Here are a few questions answered which may help you as you build your Heartfelt Friends program.

**Who are Heart Moms?** They are the older/mature women known as Heart Moms and the younger women are Heart Sisters. They are selected more by stage of life, than age. If their last child is out of high school, they could be considered a Heart Mom. Heart Sisters are women who are at the stage when they could be still raising their children, or single, married with no children, or divorced their closest friends are also this stage of life. As Heart Moms, we speak from our mature experiences in life and in the Lord!

**NOTE: A Heart Mom** is not a perfect Christian. She is a seasoned Christian who has seen the faithfulness of God for many years. This doesn't mean she has walked with Christ without any hiccups or challenges. She does know though that God has always been faithful to her. Her heart's desire is to love and nurture the younger in age or spiritual walk.

**NOTE: A Heart Sisters**—They are the younger in age/faith women who are learning from and growing with and building relationships with the Heart Moms during fellowship and dinner meetings. The Heartfelt Handbook has a more exhaustive description which will be helpful to you.

**How do the Heart Moms and Heart Sisters get together?** Once a month you will gather around the dinner table at a Heart Mom home. After dinner and loads of conversation, the Heart Mom will lead a study of the Word, prayer and Christ-centered experiences. It is a shared experience as you invest in each other's lives in the Lord. EVERY meeting has this spiritual-focus, Bible study and prayer.

**How many in the groups?** Our goal is to have at least 3-4 Heart Moms with 6-10 Heart Sisters in each group. Some groups can be smaller and some larger as the needs of your program are met.

**Where do we eat dinner?** One Host Heart Mom could host the dinner every month, or each Heart Mom could take a turn hosting dinner in their home. Sharing in the meal prep means no one is burdened to do this alone. The Heart Moms of each group can meet together to decide what works best for everyone. Meeting in a home is an essential part of this ministry.

**Could we meet in a restaurant or at the church building?** We want to model Christian hospitality through Heartfelt. This is a mandate in the Bible that is often neglected in the modern day church. (Romans 12:13, 1 Peter 4:9, Titus 1:8) We know meeting in someone's home immediately builds closeness, connection and richer and deeper intimacy between those who we are hosting and those attending. You are strongly encouraged to meet in a home for your dinner meetings. This recommendation is sometimes shifted in the case of a special occasion such as a holiday meal, or a special venue or restaurant. Just do not do this routinely.

**Who decides who is in each group?** Heart Moms who have friends in the program may choose to work together as a Heart Mom Team. Each Host Heart Mom can build a team of 3-4 to help host and mentor her Heart Group. Heart Sisters register and then are assigned a group, somewhat randomly. Sometime, geography must be considered so driving to the home can be minimized, however that can't always be avoided. Remember: there are no cliques in Heartfelt nor should there be in the Lord's church. "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment." Romans 12:3

**What day of the week?** You will have a Heart Group meeting/dinner once a month. The night (or day) is chosen by the Heart Moms to fit their groups' scheduling needs. The Heartfelt Handbook has a suggested schedule for the Heart Group meetings which will help in the planning.

**Is there childcare?** No, as we ask each person to be responsible for arranging their own childcare. Children are not allowed in the group meetings— because the Heart Moms want to focus on the Heart Sisters!

**Once my group is formed, what then?** Then the Heart Moms for each group will meet to make plans for their Heart Group meetings and decide all the whens, whats, wheres and hows—everything that goes into planning this first Heart Group meeting. The Heartfelt Handbook has a list of elements of the meetings that will help in the planning.

**What are the Heartfelt materials?** The resources available to you are a step-by-step Training Handbook, Joneal's book, *Heartfelt*, and a DVD Video Training. We also offer a 4-hour Training Workshop and is the first option to consider because all of the materials are available through the workshop. The Workshop gives you a step-by-step guide and all you need to begin this ministry. A speaker will come to your church to do this. Everyone in your church interested in this ministry should be at this training. However, if this is not possible, with the materials in hand, your leaders can do your own in-house training using the DVD and the Training Handbook. If the cost seems a challenge, please know we have kept the prices as low as possible. This is a ministry and we are not in this for profit. All monies go right back into supporting Heartfelt Ministries.

**What is the costs of the Workshop?** The Heartfelt Friends Training Workshop with one of our speakers on-site presenting, is \$2000, which includes travel and lodging. Please try to book training 3 months in advance, by emailing [stephanie@heartfeltministries.org](mailto:stephanie@heartfeltministries.org). This Heartfelt Friends Training Workshop comes with 12 Heart Mom Training Manuals. (Additional Training Manuals are \$10 each).

**What are the Heartfelt materials for the Heart Sisters?** Heart Sisters do not need any materials. Only the Heart Moms need the Training Handbooks. The Heart Sisters only responsibility in the ministry is to be at the meetings. **Essential:** All Heart Moms will need their own copy of the Heart Mom Training Handbook. All resources should be ordered from the website store: [www.heartfeltministries.org](http://www.heartfeltministries.org)

**Special Needs:** What about older women who are not able to be involved because of health, age, etc. Is there a place for them in Heartfelt? Absolutely! We believe Heartfelt has been blessed with a strong ministry for over a dozen years because it is a women's ministry for every woman in a congregation. Every woman from 18-108 has a place here. These more "mature" women are known as Honorary Heart Moms. Although they may be unable to host, prepare food, or even teach, these ladies usually have deep connections to the church and need to be valued, cherished and involved. Someone can be assigned the task of extending special invitations, arrange for them to be driven to the meetings and making a place for them in Heartfelt. One woman at Heartfelt's founding church served in the ministry well into her 90's and was cherished until she passed at the age of 104 years. She was valuable to teaching and mentoring the younger women in the church through our association with Heartfelt. We love our Seniors in Heartfelt!

**Are there ever special groups, like especially for college-aged, or singles, or for those in recovery programs for alcohol treatment or for domestic violence victims, etc.?** We think these groups do deserve extra attention, so yes! Make sure you have Heart Moms who are very caring about specific needs and are able to work with those and lead these groups.

If you or anyone on the planning team at your church would like to know more, please do not hesitate to email Joneal. The website has a lot of good information also. And of course, reading her book, *Heartfelt*, is the best resource for learning everything about this ministry, including why and how Joneal started it for her local congregation in 2003. The book also has stories from many women who have served as Heart Moms and those who were mentored as Heart Sisters.

We are looking forward to helping you start Heartfelt and building deeper, richer and more spiritually-meaningful friendships among the women in your church family.

God bless you,  
The Heartfelt Ministries Staff  
Joneal & Stephanie

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