

circumstances vary. What is liberating for one may be constricting for another. In this group, we'll explore different spiritual practices. Over 12 weeks, each group member will discern and develop a "rule of life", that is sustainable habits to support them in the ups and downs of their spiritual journey.
Meeting: Sabbaths 10:30am Librarian's office in BU library.
Start Date: Saturday February 4, 2023, at 10:30am.

Group 16: Discipleship in Families! Ted Deer 306 570 1844 teddeer@gmail.com Sandra Deer 403 596 6739

Type of Group: Parents interested in discipling their children!

Description: An excellent opportunity to gather our families together and learn practical ways to be a disciple of Jesus daily as we prepare for His return! Each action-packed hour will include a lesson, and an opportunity to share in a small group. Is your family worship needing new ideas, are you needing new ideas on how to connect spiritually with your kids? Then this is for you!

Meeting: anticipating weekly at CHCS gym, day and time TBA following the Discipling seminar January 13, 14.

Start Date: as soon as possible. Call Ted/Sandra for the date.

Group 17: Wanda Johnson & Jan Hempel -- (403) 307-5948 | adrielhealingcentre@gmail.com

Type of Group: Bereavement Support Group – open to 9 adults. The book used is *"The Grief Recovery Handbook: 20th Anniversary Expanded Edition,"* by John W. James and Russell Friedman. It can be purchased at Chapters or Amazon. Just be careful with Amazon that you get the most current edition. This is "The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith."

Description: In this action program for moving beyond death, divorce, and other losses including health, career, and faith, this group will focus on how we learned to grieve through the hurts and losses we experienced while growing up, and how we apply those same grieving patterns in life today. Then we will learn tools for working through grief and forgiveness in a healthy way.

Meeting: online using Google Meet. Tuesdays, 7:00-9:00pm

Start Date: Tuesday, February 7, 2023

Group 18: Café Brazil (226) 750-6766

Type of Group: practice conversational English (and/or Portuguese) **Free Community Initiative:** Come and meet new people, connect through devotional and prayer, pick up and drop off rides available, games and socials, coffee, and treats!

Meeting: in person at 5232 College Avenue, Lacombe
Start Date: call the number above for more information about the day and time to meet.

Group 19: Myla Trenchuk (403) 877 5233 & Pastor Jordane (587) 377-7527

Type of Group: Girls ages 11-14

Description: BECOMING - an after-school initiative for girls ages 11-14 will be continuing this Winter! It will be the first Thursday of the month. Fun learning activities that will empower and equip young girls to become self-sufficient and confident young women. This is sponsored by the College Heights SDA Church and each event is free. Space is limited. Please register your young girl at the following link: <https://forms.gle/nAWzYAoXnDwWUmVM8> or call Myla Trenchuk.

Meeting: The Spiritual Life Centre located at the Marketing and Enrolment building at Burman University.

Next meeting: Thursday February 2, 2023, 3:30-5:00pm.

Group 20: Keith Clouten cell (403)782 7796 keith.clouten@gmail.com

Type of Group: General Group – open to anyone.

Description: "Stories of Jesus" told in a new way with imagination and humour, from the gospels. The series began with the Christmas story. Popular demand has the group continuing and expanding focus to the whole life of Jesus.

Meeting: in person in the Recreation Lounge at Royal Oak Village. Wednesdays, 6:30 - 7:30pm

Start Date: January 11! Already started! Join them.

Group 21: Viktor Kononenko, 403 352 5610 vkononenko@albertaadventist.ca

Type of Group: Practice conversational English (for Ukrainian speaking people)

Description: Don't get upset because your English needs upgrade! Come and practice it with us in a cozy and hospitable atmosphere with a lot of English learning discussions and devotionals. You will have a chance to meet a lot of other Ukrainians which will make your English learning even more beneficial.

Meeting: in person, the College Heights Church, 6910 University Drive, College Heights, Sundays, 5:00 - 6:30pm

Start Date: Sunday, January 15, 2023

22: Scripture memorization group – Pastor Honey 403 862 1857

LIFE GROUPS – WINTER 2023



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

UPDATED

Listed below are the Life Group options for our Winter Semester.

We're encouraging all our College Heights Church family to participate and invite friends and neighbours. These groups will take your relationship with Jesus to the next level. You'll make new friends and enjoy authentic community.

To sign up for a group, please contact the group leader directly.

Group 1: Nancy & Jeff Potts (306) 850-8038 pastorjeff@chsda.ca

Type of Group: General Group – open to anyone

Description: In this group we'll continue our journey together through the Gospel of John. We'll read and discuss it together. We'll encourage each other and pray for one another.

Meeting: in person, Thursdays, 7:00 - 8:30pm at 16 Talbot Close, Lacombe

Start Date: Thursday January 19, 2023

Group 2: Jeff Potts (306) 850-8038 pastorjeff@chsda.ca

Type of Group: Prayer Meeting at the Church – open to anyone

Description: Studying 2 Samuel chapter by chapter.

Meeting: in person, Wednesdays, 7:30 - 8:30pm, in the Teen Room at church

Start Date: Wednesday, January 18, 2023

Group 3: Honey Todd (403) 862 1857 htodd@albertaadventist.ca

Type of Group: Bible study – open to everyone. Newcomer's welcome!

Description: We are continuing our journey through the greatest story ever told! God's Story. We will pick it up at chapter 14 doing one chapter each week. This is a safe space to invite friends seeking to know God. Contact Pastor Honey to order a copy of *The Story* (an edited version of the bible so that it reads chronologically).

Meeting: in person, Wednesdays 7:00 – 8:30pm, at 27 Liberty Close.

Start Date: Wednesday January 11, 2023. **OR**

Meeting: in person, Saturdays 10:30 – 11:45am, Burman Library - Fitch Forum a.k.a. Fireside room

Start Date: Saturday January 14, 2023

Group 4: Honey Todd (403) 862 1857
htodd@albertaadventist.ca

Type of Group: Bible/Book study – open to everyone

Description: Back by popular demand. In the *Get Out of Your Head* DVD/book study, Jennie Allen inspires you to stop negative thinking patterns and take back control of your thoughts and emotions. This 12-session study will guide you through the book of Philippians, challenging you to fight the enemies of the mind with the truth of God's promises and His goodness. Contact Pastor Honey to order a copy of the book.

Meeting: in person, Thursdays 7:00 – 8:30pm at 27 Liberty Close.

Start Date: Thursday February 2, 2023

Group 5: Pastor Jordane (587) 377-7527 & Julie Thompson |
jordane@chsda.ca

Type of Group: Women's Book club

Description: Coming soon! Call Pastor Jordane for more information.

Meeting: in person, one Thursday per month, 8:30pm, Pastor Jordane's home.

Start Date: TBD

Group 6: Tabitha Phiri (403) 789-1680 tphiri@shaw.ca

Type of Group: online/Teleconference group – open to anyone

Description: Begin the week with refreshing from being in the presence of God in prayer, in community. Contact Tabitha for connection information or check the bulletin.

Meeting: online/phone Mondays, 7:00-7:30am

Start Date: Already Started – feel free to join in.

Group 7: Mark Glover (403) 352 1702 |
marketsetpaddle@gmail.com

Type of Group: Chillaxing in the basement. When it warms up, we'll meet in the backyard around a fire.

Description: Open to those interested in hanging out with (new) friends. We enjoy hot drinks and snacks as we chat about holidays, canoe trips, road trips, vehicle problems (and fixes), hobbies, spiritual matters, family, etc. We encourage one another in our Christian walk and uplift our families and friends in prayer.

There are 7 stairs to the basement. If you would like to join us but can't do the stairs, let me know. We may be able to meet at your place—and enjoy your snacks. 😊

Meeting: in person, Monday 7:00-9:00ish pm 40 Maple Bay

Start Date: Ongoing. Join us!

Group 8: Clinton Todd (403) 472 2004 chrstodd@hotmail.com

Type of Group: Youth Bible Study grades 9-12

Description: Hang together, laugh, be challenged in your thinking, ask the tough questions, explore what God says on various topics. Think outside the box!

Meeting: Friday's, 6:30 – 8:30pm, arrive a bit early for snacks.

Where? The Spiritual Life Centre located at the Marketing and Enrolment building at Burman University.

Start Date: ongoing every Friday evening

Group 9: Karen Leung (403) 789-6386 |
karenmayleung@hotmail.com

Type of Group: General Group – open to anyone

Description: Our world is starved of Grace. Grace is the distinctive Jesus followers give to the world. Discover the depth and richness of Grace as we work through Philip Yancey's book, "What's So Amazing About Grace."

Meeting: Thursdays, 10:30am - 12:00 noon online/phone.

Contact Karen for the meeting information/invitation.

Start Date: February 2, 2023

Group 10: Pastor Jordane (587) 377-7527 jordane@chsda.ca & Willing Volunteers

Type of Group: Children's Prayer Group open to all Primary age Children

Description: we will spend an hour singing, learning about Jesus and how to talk to him.

Meeting: TBD

Start Date: TBD

Group 11: Pastor Jordane (587) 377-7527 jordane@chsda.ca & Willing Volunteers

Type of Group: open to ages Early Teens

Description: Early Teen youth group. This group is for you if you want to learn about Jesus with your friends.

Meeting: Tuesday's 5:00-6:30pm in the Early Teen Sabbath School room

Start Date: Tuesday January 10, 2023

Group 12: Dieulita Datus Hall 403 396 4076
dieulitadatus@gmail.com

Type of Group: General, open to everyone

Description: Do you enjoy not only reading books but also acting them out? Do you enjoy stories from the Bible that will change your life if you let them? Are you looking to be a part of an amazing community of like-minded, open-hearted people, who are fun? Do you want to dig deeper into the Bible? Have you ever wanted to play a Bible character, be a narrator, or just have some fun putting together some funny costumes while building a relationship with new people and God? You have come to the right place! Join "Dramatic People"

Meeting and Start Date: contact Dieulita

Group 13: Adam Kis 403-391-1094 (text only)
adamkis@gmail.com

Type of Group: Men's Running Group

Description: Are you a man? Do you like running? Are you willing to run outside in winter? Then join the **Run, Rudolph, Run! Men's Winter Running Club** (Chuck Berry earworm not required in order to join). We meet on the steps of the church at 6:30 a.m. on

Wednesdays. We do a short devotional and pray for each other, followed by a 20-30 minute run. Worship, fellowship, and outdoor exercise -- what better way to start your morning! See you there!

Meeting: In person on the steps of the church every Wednesday morning at 6:30 a.m. If you're worried about waiting in the cold, drive on over and assemble only when you see me get there.

Start Date: Already going! Join in on any Wednesday.

Group 14: Kostyantyn Khrushchelor (604) 802 82 96
kostyakh@hotmail.com

Type of Group: Ukrainian speaking, Bible study, open to anyone

Description: In this group we are keeping studying the Gospel of John. We'll read and discuss it together. We'll encourage each other and pray for one another.

Meeting: in person, Fridays, 7:00 - 8:30pm

Start Date: Friday, January 6th 2023

Group 15: Sheila Clark 403 596 4062 sclark@burmanu.ca

Type of Group: open to everyone; Habits of Devotion

Description: Have you ever thought about how your desire for God can shape your daily routines? What practices best nurture your life with God in the unique contours of your life as it is here and now? Our patterns of growing in God can change as our life