

LIFE GROUPS – FALL 2023



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

Listed below are the Life Group options for our Fall 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 and others 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: Pastor Orlando Pule (call the church office if you have any questions). Church office: 403-782-6131
Type of Group: Prayer Meeting at the Church – open to anyone
Description: Continuing the journey in the gospel of John, chapter by chapter.
Meeting: in person, Wednesdays, 7:30 - 8:30pm, in the Teen Room at church
Start Date: Wednesday, September 15, 2023

Group 2: Honey Todd (403) 862 1857
htodd@albertaadventist.ca
Type of Group: Bible/Book study – open to everyone.
Description: *Experiencing God: Knowing and Doing the Will of God* (by Henry & Richard Blackaby and Claude King; 2008 edition. Can be ordered online from multiple places. Please purchase your own copy.) Discern when God is speaking to you. Recognize God's activity around you. Adjust your life to truly walk with God as never before. We will read through the book together in the meeting and discuss and share God Sightings from the previous week.
Meeting: in person, Wednesdays 7:00 – 8:30pm, at 27 Liberty Close. This group will function for the Fall and Winter quarters to complete the book. October 4 – December 13 & January 10 – April 18.
Start Date: Wednesday, October 4, 2023.

Group 14: Wanda Johnson & Jan Hempel -- (403) 307-5948 | adrielhealingcentre@gmail.com

Type of Group: Open to anyone living with loss and grief. 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, October 17, 2023

Group 15: Myla Trenchuk (403) 877 5233
mylatrenchuk@gmail.com

Type of Group: Girls ages 10-14

Description: BECOMING - an after-school initiative for girls ages 10-14. It is a monthly event with fun learning activities that will empower and equip young girls to become self-sufficient and confident young women. This group will begin in October. The meeting will be from 3:45pm-5:00pm.

Meeting: The Spiritual Life Centre located at the Marketing and Enrolment building at Burman University.
Start Date: To be determined.

Group 16: Keith Clouten cell (403) 782 7796
keith.clouten@gmail.com

Type of Group: General Group – open to anyone.

Description: "On Land and Sea with Paul" Using Acts, we will follow Paul on his journeys from Antioch to Rome, learning lessons from the stories, and connecting with the letters Paul wrote to the churches he founded. On screen pictures taken by Keith at the places visited by Paul.

Meeting: in person, location to be determined. Thursdays, 6:30 - 7:45pm.
Start Date: September 21 to November 30 (11 Sessions).

Group 17: Pastor Honey (403) 862 1857
htodd@albertaadventist.ca

Type of Group: Scripture memorization group – open to everyone. Memorize a portion of scripture each month: one verse, 10 verses, a chapter and share the Word of the Lord. Or just come to hear the word of the Lord spoken from the heart.

Meeting: Second Sabbath of the month at 4pm for recitation followed by soup and buns. Meet at 27 Liberty Close.

Start Date: October 21, 2023 (3rd Sabbath for October only, as Honey is away on the 2nd Sabbath)

Watch this space as there might be more groups in the next printing.

Group 3: Honey Todd (403) 862 1857

htodd@albertaadventist.ca

Type of Group: Book study – open to everyone who wants to have a better love relationship.

Description: “*The Love Prescription: Seven Days to More Intimacy, Connection, and Joy.*” (By John Gottman & Julie Schwartz Gottman. 2022). Discover seven ways of being you can put into action for lasting success for your love relationship. We will take a week to do each ‘day’ in the book. We will cover one chapter each week taking eight or nine weeks to complete the book. Please purchase your own copy. Available from Indigo Chapters and Amazon.

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

Start Date: Thursday, October 5, 2023

Group 4: 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 church bulletin.

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

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

Group 5: Mark Glover (403) 352 1702

marketsetpaddle@gmail.com

Type of Group: Friendship, open to everyone.

Description: Join Mark & friends in his backyard for a couple hours of uplifting conversation & prayer. Bring your own lawn chair. We'll meet in the basement in case of inclement weather.

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

Start Date: Monday, September 11, 2023. Join us!

Group 6: 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: Fridays, 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 7: Karen Leung (403) 789-6386

karenmayleung@hotmail.com

Type of Group: General – open to anyone

Description: Do you hunger to know God more and to experience His leading in your life? Discover practical life-changing insights from Pavel Goia's book "In the Spirit and Power."

Meeting: Wednesdays 10:30am – 12:00 noon (in person 42 Elizabeth Park Boulevard); or, Thursdays, 10:30am - 12:00 noon (online/phone.) Contact Karen for the meeting information/invitation.

Start Date: September 20/21, 2023

Group 8: Kelvin Hill (403) 302-3530 kawhill57@gmail.com

Type of Group: General – Mountain Biking Group open to anyone.

Description: One morning a week, begin your day with God, fresh air, beauty, fellowship and fun. Get blood pumping as we ride the unpaved trails around Lacombe, pause for prayer, and enjoy the outdoors. Perhaps a trip to ride further afield. Ride until the snow flies this Fall.

Meeting: CHCS Parking Lot. Monday, Wednesday, or Friday. Maybe 7am? Chat with Kelvin.

Start Date: to be determined.

Group 9: Holly Kay (403) 597-6338 holly@thekays.net

Type of Group: Women’s group – Sewing Classes

Description: Join us as we learn to sew a tunic top for winter. Starting with a short devotional, we will delve into the skills required for sewing your own clothing. All experience levels invited! Participants will be provided with a supplies list to obtain and will also need their own sewing machine. Email Holly Kay for more information. holly@thekays.net Seats are limited but there is no cost for participation beyond your supply list. Pattern: Ellie and Mac Patterns Adult Cuddle Tunic

Meeting: Thursdays, twice a month, 7:00pm-9:00pm, location to be determined

Start Date: Thursday, October 5, 2023

Group 10: 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 even as it gets colder? Then join this group! 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.

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

Group 11: Kostyantyn Khrushchelor (604) 802 8296

kostyakh@hotmai.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, September 15, 2023

Group 12: Café Brazil (226) 750-6766

Type of Group: practice conversational English (and/or Portuguese)

Description: 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 13: Patricia Latoski, Crystal Johnson (403) 358-9309

cjohnson@burmanu.ca

Type of Group: Women’s group – Tea Time & Tales

Description: The group was started with our more mature ladies in mind (retirees), a place to connect, laugh and share blessings.

Meeting: in person. Contact Crystal for location.

Start Date: Ongoing, feel free to join. Mondays at 7:00pm