

Group 13: 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, February 13, 2024 ending April 2, 2024

Group 14: Myla Trenchuk (403) 877 5233
mylatrenchuk@gmail.com

Type of Group: Girls ages 9-14

Description: BECOMING - an initiative for girls ages 9-14. 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 February. The meeting will be from 6:45pm-8:00pm. Connect with Myla to register.

Meeting: First Friday of the month. Location to be Determined.

Start Date: February 2, 2024.

Group 15: Pastor Honey (403) 862 1857
htodd@albertainadventist.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.

Meeting: Second Saturday of the month at 4pm for recitation followed by a light supper. Meet at 27 Liberty Close.

Start Date: Ongoing. Please feel free to join us.

Group 16: Bruce Boyd (587) 877-3264 bboyd@burmanu.ca

Type of Group: Bible-based study. Open to anyone who would like to learn how their negative conflicts can be transformed by the Holy Spirit into positive opportunities.

Description: How to Be a Biblical Peacemaker. The Bible is full of conflict stories and conflict guidance for Bible students who are open and teachable. Bring your Bible. Quarterly participant guides are available for the first twelve participants. Group members who want to go deeper may order The Peacemaker by Ken Sandy and study the 12 corresponding chapters as the group study progresses.

Meeting: In person, Sabbaths 10:30-11:30am in the Fireside Room of the Burman University Library.

Start Date: Sabbath, January 20, 2024.

Group 17: Sheila Clark (403) 596 4062 sclark@burmanu.ca

Type of Group: General group – open to anyone

Description: Would you like to learn and practice a range of ways of connecting with God? In this group we'll examine 12 ways to pray from praying with Scripture, praying the hours, praying with silence using ordinary routines as a call to prayer, and more. Take time to discern God's presence in the ordinary and the everyday. Hear stories of other Christians who have led the way for us. We'll engage in each way of prayer individually and share our experiences, according to your comfort level, with the group. “When every other voice is hushed, when every earthly interest is turned aside, the silence of the soul makes more distinct the voice of God. Here rest is found in Him. The peace, the joy, the life of the soul, is God” (White, *Fundamentals of Christian Education*, 440).

Meeting: Burman Library during Sabbath School time

Start Date: Sabbath January 27, 2024

Group 18: 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.

LIFE GROUPS – Winter 2024



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

Listed below are the Life Group options for our Winter Quarter. 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 613 882 0006
opule@albertainadventist.ca

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

Description: Journey through the parables of Jesus!

Meeting: in person, Wednesdays, 7:00 - 8:00pm, in the Teen Room at church

Start Date: Ongoing, already started, feel free to join!

Group 2: Honey Todd (403) 862 1857
htodd@albertainadventist.ca

Type of Group: Book study – open to anyone who wants to experience God's clear leading in their life and who hungers to know Him better through powerful prayer.

Description: Pavel Goia is a man of prayer. His stories are thrilling and inspiring. We will read through the book *In the Spirit and Power* by Pavel Goia with Kelly Mowrer, available from the ABC. We will discuss as we read.

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

Start Date: Thursday February 1, 2024

Group 3: Honey Todd (403) 862 1857

htodd@albertaadventist.ca

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

Description: Go deeper with God! *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 began in the Fall and is ongoing. January 24 we will be doing chapter 13 together. The group will conclude early May.

Start Date: Wednesday January 24, 2024.

Group 4: Mark Glover (403) 352 1702

markgetsetpaddle@gmail.com

Type of Group: Friendship, open to everyone.

Description: Join Mark & friends in his backyard for a couple hours of uplifting conversation & prayer. BYOLC (Bring your own lawn chair.) We'll meet in the basement in case of inclement weather. Occasionally, we do some service projects as well.

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

Start Date: Monday ongoing. Join us!

Group 5: Clinton Todd (403) 472 2004 chrstodd@hotmail.com

Mark Glover 403 352 1702

Type of Group: Teen Bible Study grades 7-9

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 – 8:00pm, (6:30pm for snacks; 7:00pm for the meeting). Where? The Spiritual Life Centre, located at the Marketing and Enrolment building at Burman University.

Start Date: ongoing every Friday evening.

Group 6: Karen Leung (403) 789 6386

karenmayleung@hotmail.com

Type of Group: General – open to anyone

Description: Do you want to know God better and love Him more? Are you longing to "live loved"? Join in a study of the book "He Loves Me! Learning to Live in the Father's Affection" by Wayne Jacobsen.

Meeting: In person, contact Karen for the meeting location. Wednesday's 10:30am – 12:00 noon.

Start Date: February 7, 2024

Group 7: Karen Leung (403) 789 6386

karenmayleung@hotmail.com

Type of Group: General – open to anyone

Description: Bible study. We are exploring the tender heart of God in the Old Testament. Join us in reading the books of Esther and Daniel this winter.

Meeting: Online/phone, contact Karen for the meeting invitation. Thursdays, 10:30am – 12:00 noon

Start Date: February 1, 2024

Group 8: Pastor Orlando Pule 613 882 0006

opule@albertaadventist.ca

Type of Group: Men's bible study group.

Description: Embark on a transformative journey of self-discovery and spiritual growth with our Small Group Bible Study featuring the powerful 33 Series: Authentic Manhood. Designed to ignite the hearts of men, this dynamic series delves deep into the core principles of biblical manhood, offering a roadmap for authenticity, purpose, and lasting impact.

Meeting: Online via zoom. Sunday mornings, 8:00am-9:00am

Start Date: March 2024. Exact date to be determined.

Group 9: 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 in the cold? 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! Please note - Contact Adam prior to the day as

they sometimes choose to meet at the Burman gym and run on treadmills if there is severe cold.

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 10: Kostyantyn Khrushchelov (604) 802 8296

kostyakhr@hotmail.com

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

Description: In this group continues studying the Gospel of John. Just a few chapters to go. We'll read and discuss it together. Then we'll pick another book of the bible. We'll encourage each other and pray for one another.

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

Start Date: Ongoing. Call Kostya for location.

Group 11: 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. Location to be determined.

Start Date: call the number above for more information about the day and time to meet.

Group 12: Elizabeth Pule 613 867 3350

epule@albertaadventist.ca

Type of Group: Women's Celebrate Recovery Step Study Group

Description: This is a safe group for women seeking true peace and serenity, working towards restoring and developing stronger relationships with others and with God. It is a place to grow with one another, and find freedom from life's hurts, hang-ups, and habits.

Meeting: in person, College Heights SDA Church, upstairs in Pastor Liz's office, south side of the church, OR online via zoom if the weather is challenging. Tuesday's 6:30pm – 7:30pm.

Start Date: January 23, 2024