

Group 13: 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: September 10, 2024

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: October 15, 2024 for 8 weeks.

Group 15: 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. Connect with Myla to register.

Meeting: First Friday of the month in Pastor Liz's office, upstairs on the south side of the church, 6:30-7:30pm.

Start Date: October 4, 2024.

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

Type of Group: Bible-based study, open to anyone.

Description: The Peace and Justice Sabbath School Class. Participants will study the book of Genesis using the lenses of justice, mercy, and humility (Micah 6:8). Facilitators will include Jonathan Campbell, Samuel Pagán, and Bruce Boyd.

Meeting: In person, Sabbaths 9:30-10:30am in the Fireside Room of the Burman University Library.

Start Date: September 7, 2024.

Group 17: Tabitha Phiri (403) 789 1680 tphiri@shaw.ca

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

Description: Be part of a community of prayer for the needs of individuals, families, and the church at large.

Meeting: online google meet: <https://meet.google.com/ooh-hdZX-jkp> or phone 613-778-3283 Pin 213884860. Every Monday, 7:00-7:30am

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

Group 18: Sandy Grovet (403) 318 0974

ranchergrover@gmail.com

Type of Group: friendship and book study

Description: We will read through the book "The Best Yes: Making wise decisions in the midst of endless demands." by Lysa TerKeurst. Available from Amazon.

Meeting: In person, Monday's 7:00-8:30 pm in the Spiritual Life Centre, located at the Marketing and Enrolment building at Burman University.

Start Date: September 30, 2024

Group 19: Pastor Honey (403) 862 1857

htodd@albertaadventist.ca

Type of Group: Scripture memorization group – open to everyone. Memorize a portion of scripture each month 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: November 9, 2024.

LIFE GROUPS – Fall 2024



COLLEGE HEIGHTS
SEVENTH-DAY ADVENTIST CHURCH

Listed below are the Life Group options for our Fall 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@albertaadventist.ca

Type of Group: Prayer Meeting – open to anyone

Description: Delve into the Miracles 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@albertaadventist.ca

Type of Group: Book study – "Emotionally Healthy Spirituality" (Updated Edition), by Peter Scazzero, 2017. Available through Amazon.

Description: It is impossible to be spiritually mature while remaining emotionally immature. Embark on this journey to maturity, emotionally and spiritually. Experience the joy of growth in your relationships with God, others, and self. Read a chapter of the book during the week and meet to go deeper in application.

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

Start Date: October 1, 2024. Ending Nov. 26.

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

Type of Group: open to anyone who is committed to being a disciple of Jesus in a life changing way.

Description: *Deep Calling: On Being and Growing Disciples* by Tara Vin Cross. This is about making space for God in the every day, bearing witness to transformation in the ordinary. **We begin and end the series with a day retreat 9am – 5pm.** In between we meet weekly to journey together with Jesus. A kindle version of the book is available via Amazon. Purchase a journal (from a Dollar store!) for your journey with the Lord so that you can write what you hear from Him in His word.

Meeting: in person, Wednesdays 7:00 – 9:00 pm, at 27 Liberty Close. Contact Honey to find location for the day retreat.

Start Date: Sept. 28 9am-5pm then Wednesday's starting October 2, 2024. Ending Dec. 7 9am-5pm.

Group 4: Julie & John Hollsworth (778) 878 7032

jnhollsworth@gmail.com (text/call is the best method)

Typers of Group: Open to everyone. Book study *The Table I Long For* by Shawn Brace. Available from the ABC/Amazon.

Description: Being disciples in our community – Learning to participate in the mission and family of God in ways that are relevant and meaningful to a post-Christian society.

Meeting: in person, 21 Sheep Close, Lacombe, Thursday's 6:45 – 8:30pm.

Start Date: October 3, 2024

Group 5: Kathleen Campbell (825) 522 2178
campbellk88@gmail.com

Typers of Group: Open to everyone 'Pray & Play (board games)'

Description: Let's get together, share our praises and prayer requests, then play some board games! Each week we will play a different modern board game that's fun and approachable for all ages- whether you're already a game lover, only play Rook or Monopoly, or haven't played in years!

Meeting: text or email for address, Wednesdays, 7:00-9:00pm

Start Date: September 18, 2024

Group 6: Café Brazil (226) 750 6766 **rutevip@yahoo.ca**

Type of Group: Portuguese speaking newcomers –

Description: New to Lacombe? Want to meet other Portuguese speaking friends in the community? Need help to learn English, find information, resources, jobs, tips about the city? Join our group!!! We are here to help! Our group meets occasionally for social events, celebrations, worship moments and for fellowship – our group's info is also in Whatsapp!

Meeting: in person. Location to be determined.

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

Group 7: Karen Leung (403) 789 6386

karenmayleung@hotmail.com

Type of Group: General – open to anyone

Description: Join a study in brokenness from the life of David based on Elizabeth Talbot's book "After God's Heart".

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

Start Date: September 18, 2024

Group 8: Karen Leung (403) 789 6386

karenmayleung@hotmail.com

Type of Group: General – open to anyone

Description: Bible study – exploring the book of Daniel

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

Start Date: September 19, 2024

Group 9: Mark Glover (403) 352 1702

markgetsetpaddle@gmail.com

Type of Group: Friendship, open to everyone.

Description: Mark says, "This group is open to new members. We gather in my backyard around a crackling fire, as long as there isn't a fire ban. We spend time visiting and praying together. Bring your lawn chair (if you remember), and sometimes we have snacks and service projects too."

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

Start Date: Monday ongoing. Join us!

Group 10: Pastor Orlando Pule 613 882 0006 **opule@chsda.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. To sign up, email Pr. Orlando at opule@chsda.ca

Meeting: In person, Sunday's 8:00am-9:00am, Earliteen Room.

Start Date: October 6, 2024.

Group 11: 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 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 – Call/text Adam prior to the run to find out where to meet for that time.

Meeting: In person Wednesday morning at 6:30 a.m.

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

Group 12: Christiana Lister 647 300 1054

christina.lee.lister@gmail.com

Type of Group: Bible study group open to everyone

Description: We are the church. But what does this mean? We will explore scripture for tools to live out the Gospel. Diving into the nature, purpose, mission, and function as a body of believers united in Christ.

Meeting: Sunday's 10:00 – 11:00 am, in person. Location to be determined.

Start Date: September 29, 2024