

**Group 12: Elizabeth Pule 613 867 3350**  
**epule@albertaadventist.ca**

**Type of Group:** Celebrate Recovery Open Share Group (Men & Women separately, starts 8 PM)

**Description:** Celebrate Recovery open share groups (following large group meeting that starts at 7 PM) provide an opportunity to share **confidentially** in gender specific groups. All groups are led by leaders who have been on their own recovery journey. It is a safe space to share your hurts, hang-ups and habits. There is no pressure to share on your first night. What's shared in the group, stays in the group.

**Meeting:** in-person on Tuesday evenings from (7-8 PM for large group meeting, then 8-9 PM open share small groups) in the Earliteen room.

**Start Date:** ongoing, walk-ins welcome

**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: 20<sup>th</sup> 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:** February 11, 2025, for 8 weeks.

**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. Connect with Myla to register.

**Meeting:** First Friday of the month at Social Eyez from 12:45-1:45pm

**Start Date:** February 7, 2025

**Group 15: 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 and anyone who needs intercession.

**Meeting:** online google meet:

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

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

**Group 16: Pastor Honey (403) 862 1857**

**htodd@albertaadventist.ca**

**Type of Group:** Scripture memorization group – open to everyone.

**Description:** Get into the word of the Lord. Take it into your heart and mind. 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 to share the word followed by a light potluck supper. Meet at 27 Liberty Close.

**Start Date:** February 8, 2025.

## LIFE GROUPS – Winter 2025



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@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 the 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 for purchase from Pastor Honey.

**Description:** Are you wanting to experience healing, and growth, emotionally and spiritually? The two go hand in hand. Embark on this journey to health, 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:** Tuesday February 11. Ending April 8, 2025.

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

**Type of Group:** open to anyone who is hearing God's call to go deeper in their relationship with Him.

**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 – 4pm.** In between we meet weekly to journey together with Jesus. Purchase a journal (course workbook for \$26 from Honey, or a notebook from a Dollar store! And have weekly handouts to follow). Bring your journal to all meetings.

**Meeting:** in person, Wednesdays 7:00 – 9:00 pm, at 27 Liberty Close. Day Retreats at Casey's Cabin.

**Start Date:** Feb. 1, 9am-4pm then Wednesday's starting Feb. 5, 2025 at 7:00 pm. Closing retreat April 12, 2025.

**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. The group will pick up at chapter 6. Read ahead for each session.

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

**Start Date:** January 23, 2025, feel free to join

**Group 5: Karen Leung (403) 789 6386**  
**karenmayleung@hotmail.com**

**Type of Group:** Bible study for women

**Description:** This group study will explore the theme of the cosmic conflict between Christ and Satan in the writings of EG White: "The Story of Redemption".

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

**Start Date:** January 29, 2025

**Group 6: Karen Leung (403) 789 6386**

**karenmayleung@hotmail.com**

**Type of Group:** Online Bible study – open to anyone

**Description:** Experience God's amazing love in a study of the book of Hosea and accompanying story "Redeeming Love" by Francine Rivers.

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

**Start Date:** February 6, 2025

**Group 7: Mark Glover (403) 352 1702**

**markgetsetpaddle@gmail.com**

**Type of Group:** Fellowship and Prayer.

**Description:** Looking for a peaceful, uplifting way to start your week? We are a small group of friends who gather to **pray, visit, and encourage one another** as we walk with the Lord. Each meeting is a time of **genuine connection** and **spiritual growth**.

**What to Expect:**

- Uplifting prayer
- Warm fellowship
- Encouragement in the Word
- Cozy fireside atmosphere (outdoors when weather permits, or by the gas fire inside if it's cool)

**Meeting:** in person, Monday 7:00-9:00pm 40 Maple Bay, Lacombe. We meet 3-4 times each month. You are always welcome! Let's grow together in faith and friendship.

**Start Date:** Monday ongoing. Join us! Call for more information.

**Group 8: 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 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 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 10: Rute (226) 750 6766** **rutevip@yahoo.ca**

**Type of Group:** Open to anyone, walk-ins welcome!

**Description:** Crafty Hands! Join others to have a good time and make new friends! A model of a new craft will be displayed in the church foyer the first Sabbath of the month along with a sign-up sheet. Sign up and take a photo of the details on the sheet (location, date, time, list of materials and other important details for each project.) The goal is to have one project per month. Learn a new skill! Have fun! Bring a friend! Go home with a special and unique gift for someone.

**Meeting:** in person. Location to be determined. Contact Rute to discuss day and time to meet.

**Start Date:** February 1. Look for the craft project and the sign-up sheet.

**Group 11: Mark Glover 403 352 1702 & Clinton Todd 403 472 2004**

**Type of Group:** Teen Bible Study grades 7-9

**Description:** hang out together, laugh, think outside the box, have snacks, get to know God better.

**Meeting:** in person, Spiritual Life Center (Marketing and Enrolment Building). 6:30pm for snacks and a 7:00pm start on Fridays. Ends by 8pm.

**Start Date:** ongoing. Walk-ins, welcome.