PMC | Fall 2016 GROW Groups

TRANSFORMING
THIS **GENERATION**

CONNECT·GROW·SERVE·GO

Ready for a hope-filled adventure this fall?

Welcome to a new opportunity to follow in Jesus' footsteps. After all, a GROW Group is GOD REACHING OUT WIDELY, through you and me, as agents of hope who make friends in His Name. Where do we start? Prayerfully thumb through this listing and find a group that inspires you or you feel called to join.

What next? Show up. Meet people. This semester is particularly special because of yet another option to build community with each other and our neighbors; Hope Trending Watch Parties. Visit **www.hopetrending.org** to be part of a Watch Party between October 15 to 22. When Hope Trending ends, restart together weekly. When the semester is over, consider joining something new, or facilitate your own GROW Group.

What are we waiting for? Let's CONNECT. Let's GROW. Let's SERVE. Let's GO. Say "yes" to a God-sized adventure with Him and one another.

Sabine Vatel
Pioneer Associate Pastor
Discipleship/GROW Groups

Sharing His "Life Together"

Dietrich Bonhoeffer, in his potent little book *Life Together*, observes: "The physical presence of other Christians is a source of incomparable joy and strength to the believer" (19). What you now hold in your hands is an opportunity for you to experience that "incomparable joy and strength," even if you don't consider yourself a "believer" quite yet. Truth is, we're wired to need each other. And GROW Groups are a rewarding way to fill that need, no matter your age.

So thumb through this catalogue. Connect with an interest, a theme, an activity that you'd enjoy. Sign up. And show up. It's that simple.

And in the process you'll discover why Jesus was so big on "life together"—He lived, ate, slept, conversed, and traveled with a band of men and a group of women. Because God loves community. So I hope you'll join us in following Jesus and sharing His "life together" this new season.

Dwight K. Nelson
Pioneer Pastor

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How Do I Sign Up?

Here are some easy steps to follow when signing up for your GROW Group:

1. Look through this catalog.

2. Find days and times that will work with your schedule.

3. See what is available and of interest to you.

4. If you have questions about a group, contact the GROW Group leader for any information you'll need.

5. Make your selection.

6. When you have made your selection, please go to **www.pmchurch.org/grow** for the one-step registration.

FEMALE SURVIVORS OF ABUSE
Day and time to be determined
Community Location to be determined

This is a support group for female survivors of physical, emotional, and sexual abuse. Day, time, and location will be given after you register. This group stresses confidentiality and safety.

Meeting: Weekly, Oct. 2—Dec. 11, 2016
Leader: Sharon Dudgeon
Email: dudgeon@andrews.edu
Phone: 269.695.8318

maximum size: 8

SEXUAL IQ
Sundays @ 5:00-6:00 p.m.
8665 George Avenue, Berrien Springs

A Christ centered approach to discovering what God had in mind with human sexuality. After all, God invented sex believe it or not!!?? Open, honest discussions. Do you know your sexual IQ? Mature Young Ladies ages 15 to college age and up!! Light refreshments.

Meeting: Weekly, Oct. 23—Dec. 11, 2016
Leaders: Timetta Wilson; Tebuho Kabambe
Email: (TW) timettayp@yahoo.com;
(TK) tkabambe@hotmail.com
Phone: (TW) 601.937.3866; (TK) 651.999.9609

maximum size: 8

DO OUR CREATION BELIEFS MATTER
Sundays @ 6:00-7:30 p.m.
PMC Grade 5 Sabbath School Room

What does belief in a literal, seven-day Creation week have to do with the gospel of Jesus Christ? What is the role of the Divine revealed word, and what is the role of the human search for understanding? **Materials Needed:** *Choose You This Day* by Brand and Davidson

Meeting: Weekly, Oct. 2—Dec. 11, 2016
Leader: Bob Wilkins
Email: franww@andrews.edu
Phone: 269.362.1272

maximum size: 15

IT'S ALL ABOUT HIM
Mondays @ 6:00-7:30 p.m
PMC Grade 6 Sabbath School Room

We will study the book by Lee Venden entitled, *It's All About Him: After Jesus, Everything Else is Hardly Worth Talking About*. **Materials Needed:** Bible. Book by Lee Venden. Personal copies available at Amazon & ABC (optional)

Meeting: Weekly, Oct. 3—Dec. 5, 2016
Leaders: James & Diane Ford
Email: fordjim@andrews.edu
Phone: 269.471.4902

maximum size: 12

HYDROTHERAPY/NATURAL REMEDIES
Mondays @ 6:30-8:30 p.m.
2861 Lemon Creek, Berrien Springs

Come join the fun and learn how to serve your family and neighbors by meeting health needs such as hot foot baths, Russian steam baths, cold sheet packs, massage, use of charcoal, exercise, etc. **Materials Needed:** *Ministry of Healing* Hand-outs will be given

Meeting: Weekly, Sept. 26—Nov. 7, 2016
Leaders: Virginia Crounse; Jamie Crounse
Email: (V) crounsev@hotmail.com
Phone: (V) 269.471.4502

maximum size: 16

VEGAN COOKING
Mondays @ 7:00-8:00 p.m.
PMC Commons

Join us in learning new vegan recipes from a variety of cultures. We encourage each member to lead a class and share their own favorite meals.

Meeting: Weekly, Oct. 3—Nov. 28, 2016
Leaders: Jane Mejia-Borja; Belle Tan
Email: (J) jemb.esq@gmail.com; (B) belle3563@gmail.com
Phone: (J) 269.262.2726; (B) 269.470.3563

maximum size: 30

WOMEN'S WALK AND PRAYER GROUP

Tuesdays @ 7:00-8:15 p.m.
2392 Crest Haven Blvd., Berrien Springs

The structure of the group is simple. We will first walk for about 45 minutes and then spend some time in prayer by dividing in groups. This is a great opportunity to build new friendships and community through physical exercise and caring for each others needs.

Meeting: Weekly, Sept. 20—Dec. 13, 2016
Leaders: Debbie Jeroncic; Emely Poloche
Email: (D) djeroncic@live.com
Phone: (D) 630.639.6212; (E) 269.591.1805

maximum size: 15

AMERICAN SIGN LANGUAGE WITH SONGS

Tuesdays @ 4:00-5:00 p.m.
PMC Grad 5 Sabbath School Room

We will learn how to sign Christian songs and briefly look at what God says about each song in the Bible.

Meeting: Weekly, Oct. 4—Dec. 6, 2016
Leader: Joanna Jones
Email: photogirl6835@gmail.com
Phone: 937.902.7196

maximum size: 10

WALKING

Tuesdays @ 6:00-7:00 p.m.
5740 Birch Drive, Berrien Springs

This group will begin with Scripture and Prayer and then walk. You may walk alone, with a friend or in a group. You may bring your children and their bicycles, but you must supervise them. **Materials Needed:** Walking Shoes

Meeting: Weekly, Sept. 20—Nov. 1, 2016
Leaders: Sheila & David Kipp
Emails: thekipps1990@sbcglobal.net
Phone: 269.473.1606

maximum size: 15

EXPLORING HYMN-MUSIC COMPOSERS

Tuesdays @ 7:00-8:00 p.m.
Pioneer Memorial Church Sanctuary Platform

As we explore composers who wrote inspiring hymn music, we will encounter inspiring messages of hymn words. Composer's life journeys will give context for our life growth through singing and savoring their melodies and harmonies. Ability to play a musical instrument is not required—most participation will be in singing, and listeners are welcome. **Materials Needed:** [leader will supply supporting documentation]

Meeting: Weekly, Oct. 4—Nov. 29, 2016
Leader: Kenneth Logan
Email: klogan@andrews.edu
Phone: 269.332.0420

maximum size: 20

FASCINATED BY THE WORD
Tuesdays @ 7:00-9:00 p.m.
8726 Meadow Lane, Apt 1, Berrien Springs

The Bible is a fascinating book. Reading it for its own sake and paying attention to how it was crafted is a very rewarding experience that may touch us on a deep spiritual, intellectual, emotional, and esthetic level. Join us in exploring the Bible from a textual, literary perspective. **Materials Needed:** Bible, notebook, pen

Meeting: Weekly, Oct. 4—Nov. 29, 2016
Leaders: Denis & Angelika Kaiser
Email: denis@andrews.edu
Phone: 269. 240.7852

maximum size: 10

HEAVEN: WORTH THE WAIT!
Tuesdays @ 7:00-8:30 p.m.
11391 Red Bud Trail, Berrien Springs

A verse by verse study of Revelation 19-22. We will focus on the exciting closing scene of the book of Revelation. Sin will be destroyed, the earth will be made new, and all will enjoy an eternity with Jesus. Your heart will thrill with the glorious hope that Jesus offers in these closing chapters. **Materials Needed:** Bible

Meeting: Weekly, Sept. 27—Nov. 29, 2016
Leaders: Russell & Cynthia Burrill
Email: (R) russellburrill@yahoo.com;
(C) cynthiaburrill77@gmail.com
Phone: 269.473.3738

maximum size: 20

INTERMEDIATE MACHINE PIECING
Tuesdays @ 7:00-9:00 p.m.
Smith Hall (Room 114A)

Join this fall's quilting group and learn how to make great looking quilts using simple cutting and piecing techniques. **Partial Materials List:** Sewing machine, fabric, thread, rotary cutter & cutting mat. *Lessons in Machine Piecing* by Marsha McCloskey.

Meeting: Weekly, Oct. 4—Dec. 6, 2016
Leaders: Cami Cress; Judy Mackie
Email: (C) momcress@gmail.com; (J) jdmackie@andrews.edu
Phone: (C) 269.325.7140; (J) 269.921.0848

maximum size: 6

REVITLIZING RETIREMENT
Tuesdays @ 7:00-8:00 p.m.
10545 Dana Drive, Berrien Springs

Is retirement in your future? Of course it is! Prepare for meaning and joy in those years! Learn creative ways to reshape your identity, relationships, and purpose. Discover coping skills that can help you feel you are still a vital contributing member of your community. **Materials Needed:** The book *Revitalizing Retirement* by Nancy Schlossberg

Meeting: Weekly, Oct. 4—Dec. 6, 2016
Leader: Skip & Joni Bell
Email: jbell105@yahoo.com
Phone: 269.815.4739

maximum size: 12

BACK MASSAGE 101
Tuesdays @ 7:30-8:30 p.m.
PMC Teen Loft

Learn how to give a seated massage to a roommate, spouse, loved one, or friend to relieve stress and anxiety. Loving human touch is a powerful tool for physical and emotional health. **Materials Needed:** Must have an adult partner. Bring 2 pillows and a bath towel

Meeting: Weekly, Oct. 4—Dec. 6, 2016
Leader: Sandra Winters
Email: sedubu@gmail.com
Phone: 480.529.9069

maximum size: 12

DEVOTIONAL JOURNEYS FOR WOMEN
Wednesdays @ 11:00 a.m.-12:00 p.m.
9176 Woodland Drive, Berrien Springs

Each week we'll explore a group of questions on a specific theme (e.g. glory of God). Participants will be encouraged to ponder/interact with the questions throughout the week, using Scripture and other relevant materials (books, music/art, etc.) to immerse themselves in the week's theme. We will discuss our discoveries at the weekly gatherings. **Materials Needed:** Bible, journal/computer

Meeting: Weekly, Oct. 5—Dec. 7, 2016
Leaders: Diane Helbley; Rosemary Bailey
Email: (D) diane.helbley@gmail.com; (R) rjbailey3@gmail.com
Phone: (D) 269.240.3959; (R) 269.921.3608

maximum size: 8

HEAVEN: WORTH THE WAIT!
Wednesdays @ 7:00-8:30 p.m.
11391 Red Bud Trail, Berrien Springs

A verse by verse study of Revelation 19-22. We will focus on the exciting closing scene of the book of Revelation. Sin will be destroyed, the earth will be made new, and all will enjoy an eternity with Jesus. Your heart will thrill with the glorious hope that Jesus offers in these closing chapters. **Materials Needed:** Bible

Meeting: Weekly, Sept. 28—Nov. 30, 2016
Leaders: Russell Burrill
Email: russellburrill@yahoo.com
Phone: 269.473.3738

maximum size: 20

MINISTRY 2 MIGRANTS/REFUGEES
Wednesdays @ 7:00-8:30 p.m.
10809 Concord Drive, Berrien Springs

The migrant crisis will be with us for some time. Jesus suggests that our response has something to do with the judgment. Let's explore some possible responses. **Materials Needed:** *Serving God in a Migrant Crisis* by Patrick Johnstone. Available from Amazon.com

Meeting: Weekly, Oct. 5—Nov. 30, 2016
Leader: Bruce Campbell Moyer
Email: bcmoyer@andrews.edu
Phone: 269.473.5124

maximum size: 12

PMC SANCTUARY CHOIR
Wednesdays @ 7:00-8:00 p.m.
PMC Teen Loft

Meets for rehearsal every Wednesday evening and performs monthly for PMC worship services. Our community outreach will be Handel's Messiah on December 11. Must be able to read music—contact Jeannie to arrange audition.

Meeting: Weekly, Sept. 21—Dec. 7, 2016
Leaders: Jeannie Pedersen-Smith & Harold Smith
Email: jean.pedersen.smith@gmail.com
Phone: 269.277.0488

maximum size: unlimited

RACE AND THE FIRST ANGEL
Thursdays @ 5:00-6:30 p.m.
PMC Grade 6 Sabbath School Room

We will explore the ideology of race in America from its historical origin to its modern day social milieu. Highly educational and informative, this group will challenge participants to explore their ideas about race by contrasting it to God's view on human diversity and the implications for last day Christians. **Materials Needed:** Bible and journal; other materials will be provided through printed or electronic means

Meeting: Weekly, Oct. 13—Dec. 8, 2016
Leader: Rommel Johnson
Email: johnsonrommel3@gmail.com
Phone: 269.277.3070

maximum size: 12

PRAYER ENCOUNTERS: THE WAR ROOM
Thursdays @ 6:30-7:30 p.m.
418 Fisher Street, Berrien Springs

This GROW Group includes weekly interactive studies focusing on prayer and unlocking the door to stronger, deeper, more vivid Christ encounters which become available to us as we enter our War Room. This group seeks to target adults approximately 20-45 years of age. **Materials Needed:** Bible and pencil or pen

Meeting: Weekly, Oct. 6—Dec. 1, 2016
Leader: L. Morris
Email: Life.Love.Beautiful@gmail.com
Phone: 574.850.1470

maximum size: 10

THE SABBATH WELLNESS
Thursdays @ 7:00-8:00 p.m.
James White Library

The Sabbath is God's gift to His people. To help us better understand this gift, we will use the CREATION Health model published by Florida Adventist Hospital. It takes "eight timeless principles for wellness" from Scripture. We will study these same principles to enrich our understanding of God's gift, the Sabbath. **Materials Needed:** Bible

Meeting: Weekly, Sept. 29—Dec. 1, 2016
Leaders: Terry & Yolande Robertson
Email: yolande@andrews.edu
Phone: 269.473.5437

maximum size: 20

HOUSE CHURCH EXPERIENCE
Fridays @ 6:00-8:30 p.m.
To Be Determined

Ever wonder what it was like in the early church? How did early Christians keep their faith in a secular society? Come and be part of a house church experience! We will explore this concept, putting our learning into practice for modern times, beginning with light potluck supper. Every other Friday evening with the exception of Oct. 21. **Materials Needed:** House Church books, optional

Meeting: Weekly, Sept. 23—Dec. 16, 2016
Leaders: Sherry Manison
Email: 7sherrym@gmail.com
Phone: 269.473.2469

maximum size: 15

MERRY HEARTS CLUB
Saturdays @ 2:00-4:00 p.m.
PMC Youth Chapel

Educators, speakers, and other leaders: explore fun, interactive ways to expand on Proverbs 17:22 and incorporate comedy into your messages for added impact. (We need audience members. Calling all introverts, people new to the area, and anyone who likes to laugh. Join us as we make a joyful noise before the Lord.) **Materials Needed:** Sense of humor, Bible

Meeting: Weekly, Oct. 8—Dec. 3, 2016
Leader: Ami Hendrickson
Email: ami@amihendrickson.com
Phone: 269.468.3217

maximum size: 25

KNOTTY KNITTING FOR THE LORD
Saturdays @ 4:30-5:30 p.m.
PMC Teen Loft (Left Prayer Room)

Do you like doing things with your hands? Are you creative or do you just like having fun. This GROW group hopes to provide the environment so that you can not only learn a new hobby, its history, but relax and have fun camaraderie. Hope you will join us for some Knotty Knitting! **Materials Needed:** A willing and learning spirit, TBD in class at first meeting

Meeting: Weekly, Oct. 8—Dec. 3, 2016
Leader: Jessa Bame
Email: jessa@andrews.edu
Phone: 865.789.0352

maximum size: 15

LIFE AFTER DIVORCE
Saturdays @ 5:00-6:00 p.m.
PMC Grade 5 Sabbath School Room

This group will create a safe, secure, and confidential environment in which to express yourself. It will also present coping methods to deal with daily challenges as well as strengthen your relationship with Christ. **Materials Needed:** Bible, journal, pen or pencil

Meeting: Weekly, Oct. 8—Dec. 3, 2016
Leader: Antoinette Napier-Cooper
Email: aenc5@yahoo.com
Phone: 516.325.0185

maximum size: 8

grow
groups