

Bismarck Seventh-day Adventist Church

Small Group Catalog
Fall 2019

Our **Summer** semester of small groups begins the week of **September 21** and ends on **December 14**. We have several group options for you to try. We're confident that whatever group you join will be a blessing!

How to Join a Group: Take a look at the selections for this semester. Find a group that seems interesting to you. Fill out a communication card (located in the pews and in the foyer). Make sure to include your name, phone number, and email along with the number of the group (**In Blue**) from the list below. Turn the card in with the offering, give it to a greeter, or put it in the Prayer Request box by the Pastor's office. You can also sign up at the table in the foyer. That's all there is to it. The group leader or coordinator will contact you to welcome you to the group and answer any questions you might have.

Name: Scrapbooking

Group #: 01

Location: Bismarck SDA Church
Time: 6:30pm Monday

First Meeting: Sep. 23

Description: Scrapbook calendars! What's not to like? Get your craft on while preserving your memories by putting them on display all year long. Blank calendars will be available for purchase (\$8). Bring your own supplies. Equipment can be shared.



Name: A History of North Dakota

Group #: 02

Location: Warner's Home
919 N. 35th St.
Time: 7:00pm Wednesday

First Meeting: Sep. 25

Description: North Dakota from the beginning until today! All you want to know but were afraid to ask. Or (if you prefer), "the paleological, archeological, ethnological and historical record of ND". Yes!



Name: Bible Heroes: Famous and Infamous

Group #: 03

Location: TBD
Time: 7:00pm Wednesday

First Meeting: Sep. 25

Description: Join this small group as we dive through history and take a look at epic biblical characters and the battles they faced, both physically and emotionally. God employs every type of person into the Army of God, from leaders of armies to the common foot-soldier. We'll follow major biblical heroes, like Moses and Joshua, through their individual battles and war campaigns. This group will have a short presentation on various biblical heroes and their battles, followed by a discussion on how the lessons our epic heroes learned are still applicable to our lives today.



Name: Low Carb Way of Eating

Group #: 04

Location: Gary and Rosie Christenson's Home
9200 Oak Dr.
Time: 6:30pm Thursday

First Meeting: Sep. 26

Description: Confused by all the diet advice out there? Curious about low-carb or ketogenic diets? Tried all the varieties of low-fat diets and nothing worked? This group will explore the science and practice of low-carb eating. If other eating plans haven't worked out and you're ready to try something new, this group may be for you.



Name: Exploring Romans

Group #: 05

Location: Various
Time: 6:00pm Sabbath

First Meeting: Sep. 28

Description: We will continue our discussion of the book that helped launch the Protestant Reformation. Even if you missed out last semester you can still jump in. This is a great group if you like food, fellowship, or the study of God's word! Plus there's a good chance sourdough bread will be served!*



*Not available to those attending the Low Carb Way of Eating group. ☺