

Bismarck Seventh-day Adventist Church

Small Group Catalog

“Spring” 2020

Our “**Spring**” semester of small groups begins the week of **February 1** and ends on **April 11**. 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) and turn it in. 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: Germans from Russia Cooking Class Group #: 01

Group Leader: Tami Flemmer
Location: Bismarck SDA Church
Time: 2-4pm Sunday

First Meeting: Feb. 2

Description: Have you ever wished you knew how knephla soup or plachinda? Well you’re in luck! demonstration, cooking and consuming these all-Sundays 2 pm – 4 pm at the church. Maximum class person to help cover the cost of ingredients.



to make kase knephla, strudel, kuchen, Each week will be a hands-on time favorites. Meetings will be held size is 15, with a one-time fee of \$5.00 per

Name: Wonderfully Whimsical Wednesday

Board Game Night

Group #: 02

Group Leader: Benjamin and Natosha York
Location: York’s Home
2401 40th Ave SE Apt. 314
Mandan, ND 58554

Time: 6:00pm 1st and 3rd Wednesdays

First Meeting: Feb 5

Description: Looking for fun night of games and night of board and social games. All ages are welcome, are a little hard for toddlers! We’ll be meeting the 1st York’s apartment. There is a community room that we all games, but feel free to bring any and all games you might



laughter? Join other light-hearted folk for a though we will likely be playing games that and 3rd Wednesday of every month at the can meet in. We will have a selection of have.

Name: Dropping the Pounds

Group #: 03

Group Leader: Tyler Bower
Location: Gary and Rosie Christenson's Home
9200 Oak Dr.

Time: 6:30pm Thursday

First Meeting: Feb. 6

Description: Looking to lose the holiday weight membership or radically change the way you eat? group will focus on the science of weight loss/gain you to take control of your waistline. We will well as tips on how to stick with it. Whether you carnivore the principles of this group will apply to each week!



gain without having to get a gym
This is the group for you. Our weight loss and provide practical (and simple) ways for share recipes geared to ramp up fat loss as are low carb, plant based, vegan, or you. Special bonus: food will be provided

Materials: The Obesity Code by Jason Fung. Available via Amazon. Book is helpful but not required to join the group.

Name: Exploring Galatians and Ephesians Group #: 04

Group Leader: Tyler Bower
Location: Bob and Deb Hieb's Home
1525 Buccaneer Pl.

Time: 6:00pm Sabbath

First Meeting: Feb. 8

Description: Our group will focus on discussing have snacks each week as well as a time for study our Exploring Romans group and all are welcome



the epistles of Galatians and Ephesians. We and prayer. This group is a continuation from to join.

Name: Proverb's Promises

Group #:05

Group Leader: Kurt Styron
Location: Bismarck SDA Church
Time: TBD

First Meeting: TBD

Description: In this group we will the book of Proverbs. We will choose consensus after sign-ups have begun.



pray, praise, and discover buried treasures in a meeting date, time, and location by group