

Bismarck Seventh-day Adventist Church
Small Group Catalog
Spring 2019

Our **Spring** semester of small groups begins the week of **February 3** and ends on **April 20**. We try to have a variety of groups so that there is something for everyone. We hope you'll give one of our groups a try. We're confident that you'll be blessed!

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 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. 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: Introduction to Weight Training **Group #: 01**

Location: Bismarck SDA Church

Time: 6:30pm Monday **First Meeting:** Feb. 4

Description: Lifting weights isn't just for bodybuilders! As we age we start to lose muscle mass. Load bearing exercises not only strengthen muscles, but also joints and bones. This group will help those interested in weight training develop a basic weight lifting routine. You'll do your work-outs on your own schedule then meet with the group once a week to learn about nutrition, technique, and the science behind weight lifting. It will also be a chance to report on your progress and encourage others in their own fitness journey. This group is open to both men and women.

Name: The Dark Ages – or Were They? **Group #: 03**

Location: 919 N. 35th St

Time: 700pm Wednesday **First Meeting:** Feb. 6

Description: This group will be a brief history of the middle ages from 476AD to 1500AD. We will trace the progress of western culture from the fall of Rome to the years leading up to the Protestant Reformation. Fans of history won't want to miss this fascinating study!

Name: Art and Faith **Group #: 04**

Location: Century HS Art Room

Time: 6:30pm Thursday **First Meeting:** Feb. 7

Description: Our group will be focusing on two things, 1) creating a journal for bible verses and prayers and, 2) having some fun experimenting with all sorts of mediums used to create projects (think "Pinterest Party"!).

Materials: All supplies will be provided. Cost will be determined at each project.

Name: Intermediate Guitar

Group #: 05

Location: Bismarck SDA Church

Time: 7:00pm Thursday* **First Meeting:** Feb. 5*

Description: Our group will focus on intermediate guitar skills. We will also teach the fundamentals of bass guitar. If you don't own a bass but still want to learn you can use a standard guitar.

Name: The Unseen Realm

Group #: 06

Location: 1525 Buccaneer Pl.

Time: 6:30pm Friday **First Meeting:** Feb. 8

Description: If you've always suspected there's more to the Bible than you've been told, you're right. Most of us study the Bible through modern filters which prevent us from seeing things that would have been obvious to its original audience. We tend to skip over passages that seem too supernatural or incompatible with rationalistic thinking. In this group we will explore some of the passages that just seem odd to western readers. This study will help us understand the spiritual worldview of the ancients and give us a stronger grasp of the scope of the Great Controversy.