
CONTACTS GROUPS 2018-2019

Wednesdays, 9:00-11:00am

Central Heights Moms

Kathryn and Amber; The Den. No book fee.

Being a mom is a great responsibility and labour of love. Being with other mom/women who understand this season in life is a great encouragement. Come join us and let's learn concepts on parenting and life, sharing our journeys, and support one another in creative, practical ways.



Jesus the One and Only – A Beth Moore Study

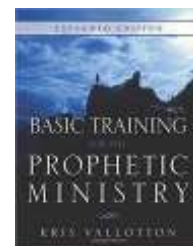
Linda and Clara, Room 3002. Book fee \$22.

Can you imagine placing your feet in the sand beside His, hearing Him actually speak? Come along on a life-changing journey which will lead you through the hills of Galilee with the Teacher, across the lake with the Master, and, finally, on the road with the Saviour – His face set toward the cross.

Eagles Arising: Basic Training for the Prophetic Ministry

Corinne and Rosie, Room 3013. Book fee \$27.

Father God is always speaking and His plans toward us are always good. His heart's desire is for us to understand what He's saying and to experience His loving-kindness. In this class, we will explore together what it looks like to intentionally listen to God's voice in some of many ways that He speaks. We will make space for hearing what He is sharing with us and discerning how to respond. This will be a safe place to risk, to practice and make mistakes, to encourage each other and to grow.



Precepts, Titus

Eleanore and Jennifer, The Fireside Room. Book fee \$9.

Precepts courses aim to establish people in God's Word. You will be challenged and blessed as you dig into the Word of God each week. Yes, there is homework, but your study is well worth it! Every other week we have a DVD that expands the study for us. Our first book is Titus. The theme is developing character and integrity in the midst of a society which has lost respect for God.

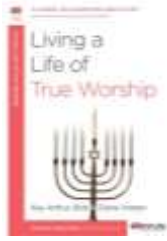
From Sunflowers to Seed Sowers

Doretha, Room 3003. No book fee.

Sunflowers grow with their faces to the sun, and then eventually drop their seeds to the ground where they have opportunity to grow into new sunflowers. As we grow to become more like Jesus, we too are called to 'sow seeds,' reproducing ourselves in the lives of others by helping them grow in their relationship with the Lord.

In this class we will study what God has to say in His Word about making disciples and we will 'learn by doing' in small groups. Whether you are new in your relationship with Jesus, mature in your faith, or anywhere in between, come experience the joy that comes with investing for eternity in the lives of others.





Living a Life of True Worship

Etta and Lolita, Room 3012. Book fee \$14

We all spend our days worshipping someone or something. What does your life – your words, your behavior, your priorities – point to as the object of your worship? In this helpful study we'll examine what the Bible says about how, when and where we are to worship God in spirit and in truth.

Griefshare for Women

Helena and Evie, Room 3011. Book fee \$15

This class offers help and encouragement after the death of a loved one, family member or friend. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.



A Different Look at Relationships

Rushia and Brenda, Room 3005. No book fee.

We were designed to walk through life in relationship with God and others, but how do we prepare, walk in, and navigate relationships. Join us as we look at longing for relationships, needs, identity, wholeness vs holes, and expressions of love. Let's grow together!

Evening Group – 2nd Sunday of the month

Intentional Conversations: Life with Jesus, Life Together

Sarah and Carolyn, offsite. No book fee.

Join us once a month for an evening conversation-style group. This will be a place to meet other women from Central Heights, build relationships and community together, and to engage in intentional conversations about life and Jesus. All women welcome. We will meet at Sarah's home from 7-9pm on the second Sunday of the month beginning Oct 14. Call or text Sarah for more info: 778.808.8911.

Answers to some FAQs

- Contacts runs from September to May.
- Childcare is provided for your little ones.
- There is an annual \$20 registration fee (or \$10 for the fall or spring semester). It helps cover our coffee, goodies and childcare costs.
- Some groups have an *additional* book fee as listed in the descriptions.
- If finances are really tight for you, don't let that stop you from coming! We want you to come and grow with us. We can usually cover a portion of the fees through sponsorships.

Need more info? Contact us! We're here to help.

women@centralheights.ca | 604.852.1001 | Facebook: Women at Central Heights Church
www.centralheights.ca | 1661 McCallum Rd Abbotsford, BC V2S 3M4