

LIFE groups

Fall Brochure 2016



First Steps

Getting Started Orientation

Day: Sunday

Dates of Class: Second Sunday of the Month (October will be 3rd Sunday of the month, and no session December 2016)

Time: 9:00am - 10:30am

Location: St. John Commons

Description: Getting Started is a 90-minute orientation, focusing on St. John's beliefs, mission and culture. Getting Started offers a better understanding of what it really means to be on a LIFEjourney at St. John. At the end of this class you will be given the opportunity to commit to joining St. John on your LIFEjourney.

Facilitator: Julie Lorenz

Phone: 636.779.2343

Email: jlorenz@stjstl.net

Childcare available through Children's Ministry.

Getting Started is not held in December. Register at stjstl.net/getting-started

Getting Connected

Day: Sunday

Dates of Class: September 18, 2016

Time: 6:00pm-8:00pm

Location: St. John Ministry Center, 2nd Floor, Room 250

Description: Come learn about all the amazing ways people at St. John are growing and serving together. At this happy-hour style event, you will enjoy appetizers, drinks, and games all while learning about LIFEgroups at St. John. You will get the chance to meet others interested in participating in LIFEgroups, and create lasting connections.

Facilitator: Dorothy Vollmayer

Phone: 636.779.2357

Email: dvollmayer@stjstl.net

Registration at stjstl.net/gettingconnected

Upcoming Events

Women's Ministry Events: D.I.Y Night

Day: Thursday

Date: September 8, 2016

Time: 7:00pm

Location: St. John Commons

Description: Stay off the Pinterest fail page by attending our D.I.Y. event! Join other women of St. John for wine, appetizers and fun. We'll have hands-on demonstrations to learn to decorate cookies, arrange flowers and set your table with fancy folded napkins, just in time for the holidays! It doesn't matter if you're a pro or just starting out, all are welcome to come and get to know other women at St. John! Register early to ensure availability. Seating is limited.

Contact: Jancie Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Deadline to register is 9/1/2016 at stjstl.net/diy or until event is full.

Women's Ministry Events: Advent by Candlelight

Day: Sunday

Date: December 4, 2016

Time: 6:30pm

Location: St. John Sanctuary

Description: Come be inspired during this enjoyable evening for women with refreshing music, a thought-provoking speaker and a delicious dessert.

There's two ways you can attend. Serve as a table Hostess, invite friends, neighbors and family to join you or simply sign up and we'll place you at a table.

Contact: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Registration will open at the end of October.

IronMen Events: OktoBROfest**Day:** Friday**Date:** October 7, 2016**Time:** 6:00pm-9:00pm**Location:** St. John West Parking Lot

Description: Are you a man? Do you like brats, beer, and hanging out? OktoBROfest is the kickoff of new quarterly events designed by men, for men. Sponsored by Lucky's Market, it features their signature "Man Brats" and more. Sample local craft beer throughout the night, and we take home manly giveaways. Invite your buddies, don't miss out.

Contact: Dorothy Vollmayer**Phone:** 636.779.2357**Email:** *dvollmayer@stjstl.net*

Register at stjstl.net/ironmen. Please bring photo I.D. this is a 21 and over event. Cost is \$20/person at the door.

Women's LIFEgroups

Mom's:

Mothers of Preschoolers (MOPS)

Day: Every other Thursday

Dates of Class: September 1, 2016 - May '17

Time: 9:15am-11:00am

Location: Next Generation Center, Lower Level, The Alley

Description: MOPS International encourages and equips moms of young children to realize their potential as mothers, women and leaders, in relationship with Jesus and in partnership with the local church. St. John MOPS offers mentoring, honest conversation, relevant teaching, special speakers, creative activities, and child care to all of our members.

Facilitators: Liz Beardslee and Beth Latrina, Katie Pille and Julie Zes

Phone: 317.440.4704 or 309.230.9051

Email: stjmops@gmail.com

Childcare available.

MOMSnexT

Day: One Wednesday morning/month, One Wednesday evening/month.

Moms can attend any/all meetings their schedule allows

Dates of Class: Morning: September 14, 2016 – April 12, 2017

Evening: September 21, 2016 – May 10, 2017

Time: Mornings: 9:30am-11:00am / Evenings: 6:45pm-8:15pm

Location: Ministry Center, 2nd Floor, Room 251

Description: A group for mothers of school-age children. As mothers enter the school years, new challenges and issues arise, but the need for community and hope remains. MOMSnexT, is a ministry to mothers of school-age children. MOMSnexT is an open, accepting place for all mothers of school-age children to experience authentic community, personal growth, practical help and spiritual hope.

Facilitators: Tara Johansen, Alison Gerst, Marianne DeWitt

Phone: 636.674.9474, 314.514.9027, 314.393.1322

Email: stjmomsnext@gmail.com

Bible Studies:

To register, contact facilitator or go to stjstl.net/lifegroups

Revelation

Day: Tuesday

Dates of Class: September 13 - November 29, 2016

Time: 9:15am - 11:15am

Location: Ministry Center, 2nd Floor, Room 250

Description: The challenging book of Revelation presents merely the stormy future of suffering that will afflict the earth but also a message of hope—a haven for the beleaguered soul. In Revelation, we see that Christ is enthroned on high, mediating on our behalf and planning for our salvation. He will return in glory to deliver the Church from evil. On the island of Patmos, He gave these stormy visions to John for our comfort.

Facilitators: Dorothy Kaestner and Susan Heep

Phone: 314.313.9113

Email: sheep2117@att.net

Free childcare available with pre-registration.

Please contact Susan regarding purchasing of a study guide cost is \$10. You may also wish to purchase, on your own, a 1"-3 ring binder at Target, Walmart. This is optional and will be explained at the first session.

Spiritual Parenting

Day: Tuesday

Dates of Class: September 13 - November 29, 2016

Time: 9:15am - 11:00am

Location: Ministry Center, 2nd Floor, Room 251

Description: It's hard enough to train kids to behave, but good behavior isn't what Jesus calls for in the Bible. He wants hearts and souls that are shaped in vibrant faith and love toward God and others. How can parents cultivate this in their children? In this book Dr. Michelle Anthony shares practical examples and biblical insight on the spiritual role of parenting. Spiritual Parenting introduces the simple but revolutionary concept that parents are, by the power of God's Spirit, to obey and depend on God in order to create an environment God can use to beckon their children to Him.

Facilitators: Joan Bechtold and Vicki Longrie

Phone: 314.378.2256

Email: vicki.longrie@att.net

Free childcare available with pre-registration.

There is no study guide needed for this study. Voluntary supplementary reading is available to purchase on ChristainBook.com for \$10.99.

Fight Back with Joy

Day: Tuesday

Dates of Class: September 13 – October, 18 2016

Time: 7:00pm - 9:00pm

Location: Ministry Center, 3rd Floor, Imagineering Room

Description: Learn to practice joy, defiant joy. Sooner or later, we find ourselves on the battlefield of life and struggle to know how to respond. But God says, "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's" (2 Chronicles 20:15). On that fateful day, King Jehoshaphat and his army marched forward rejoicing. Though we can choose from many weapons, God wants to empower us to fight back with joy.

Facilitator: Sharon Schaller

Phone: 314.520.1520

Email: sharon.schaller@nwfa.org

Materials may be purchased online at LifeWay.com for \$12.99.

Entrusted

Day: Tuesday

Dates of Class: October 25, 2016 – November 29, 2016

Time: 7:00pm - 9:00pm

Location: Ministry Center, 3rd Floor, Imagineering Room

Description: Be encouraged to guard what God has entrusted to you, further His kingdom by sharing Christ with others, and pour into future generations just as Paul once mentored Timothy. Because in this journey of joy and hardship, we need each other to stay the course and live lives of faithfulness.

Facilitator: Sharon Schaller
Phone: 314.520.1520
Email: *sharon.schaller@nwfa.org*

Materials may be purchased online at LifeWay.com for \$12.99.

Changes based on group decision

Day: Thursday
Dates of Class: Ongoing
Time: 7:15am - 8:05am
Location: Wildwood Bread Co.

Description: This ongoing group decides together which Bible study it will discuss. The homework is moderate. The discussions are marvelous.

Facilitator: Trish Alexandre
Phone: 636.227.8223
Email: *joalexandre@sbcglobal.net*

Living Way Bible Study: Philippians, Ephesians and Ezra

Day: Thursday
Dates of Class: September 15 - December 01, 2016
Time: 9:30am – 11:00am
Location: Cornerstone Youth Center, 1st Floor

Description: Paul's letter expresses his appreciation and love for the Philippians. By this study we can be encouraged to live out our faith with joy and faith in all situations, even persecution.

Facilitator: Ella Mae Sprick
Phone: 636.226.4698
Email: *desprick@gmail.com*

Materials are furnished in class.

Men's LIFEgroups

IronMen:

Contact the facilitator to join a group that fits your schedule

Day: Wednesday

Dates of Class: Ongoing

Time: 6:00am

Location: IHOP in Ellisville

Facilitator: Allan Dukeshire

Phone: 314.600.0413

Email: adukeshire@gmail.com

Day: Thursday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. in Chesterfield

Facilitator: Karl Kamrud

Phone: 636.667.6454

Email: kkamrud@hotmail.com

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. in Wildwood

Facilitator: Tim Fitzgerald

Phone: 314.591.9606

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. at Winchester Plaza

Facilitator: Ron Schultz

Phone: 314.707.0001

Email: ron.schultz@lcms.org

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: The Wolf at Clayton and Kehrs Mill Roads

Facilitator: Mark Daniels

Phone: 417.839.9920

Email: *mark45atc@hotmail.com*

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. at Winchester Plaza

Facilitator: David Weber

Phone: 314.406.4080

Email: *weber.dave@sbcglobal.net*

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. in Eureka

Facilitator: Brian Olivio

Email: *brian@ranch-o.com*

Day: Friday

Dates of Class: Ongoing

Time: 6:15am

Location: The Wolf at Clayton and Kehrs Mill Roads

Facilitator: Brooke Graham

Phone: 314.443.4159

Email: *bcggraham@gmail.com*

Co-Ed LIFEgroups

Life Stage:

Trailblazers

Day: Monday

Dates of Class: 2nd Monday of the Month - September - May

Time: 11:30am - 1:00pm

Location: Ministry Center, 2nd Floor, Room 250

Description: Trailblazers is a luncheon program for those 55 and over, but all are welcome. Each luncheon begins with a brief devotion and includes a guest speaker that varies monthly. Watch for more information in the Weekly Communication Piece handed out during worship services.

Facilitator: Dorothy Vollmayer

Phone: 636.779.2357

Email: dvollmayer@stjstl.net

Cost is \$10 for lunch. For lunch reservations, call Laveda Jaeger at 636.527.0368

quarterLIFE

Description: God has a plan for you right here, right now in the quarterLIFE. He knows you are figuring the how, when, why and what of life. Some of you may be figuring out college, careers, finances, spouses, maybe even kids. No matter what you are doing, you are not alone. There are others like you. quarterLIFE is for people just like you. Most groups are divided up by phase of life: recent high school grads, college-aged, post-college age, or late 20s. Some in the quarterLIFE are married, some are not, some have kids, and some do not. What quarterLIFE groups do have in common is the desire to connect with other people in a similar place on their LIFEjourney.

Facilitator: Dorothy Vollmayer

Phone: 636.779.2357

Email: dvollmayer@stjstl.net

Care:

Monthly LIFEgroup for Families of Gays and Lesbians

Day: Sunday

Dates of Class: September – May

Description: Do you have a family member that is gay or lesbian? Have you ever wished you had a group of others like yourself to encourage and support you? If so, we'd like to invite you to join a monthly LIFEgroup for families of Gays and Lesbians. Gather with others for discussion and support as we learn ways to relate to our loved ones.

Facilitator: David Jameson

Phone: 636.779.2387

Email: djameson@stjstl.net

Financial Peace University

Day: Sunday

Dates of Class: September 18, 2016 - November 20, 2016

Time: 10:45am - 12noon

Location: Ministry Center, 2nd Floor, Room 251

Description: We all need a plan for our money. Financial Peace University (FPU), by Dave Ramsey, is that plan! It teaches God's ways of handling money. Through video teaching, class discussions and interactive small group activities, FPU presents biblical and practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, spend and save wisely and much more! Led by Krista Thompson.

Facilitator: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Childcare available through Children's Ministry.

If you already own a kit, register for free at stjstl.net/fpu

If you need a kit, please register at daveramsey.com/fpu/classfinder and purchase the kit at the discounted price as you register.

Only one FPU membership kit per household is required.

Daniel Plan

Day: Thursday

Dates of Class: September 22, 2016 - December 01, 2016

Time: 7:00pm - 8:30pm

Location: Ministry Center, 2nd Floor, Room 251

Description: Are you striving for a balanced life of faith with friends, quality food, energizing fitness, and clear focus? The group will be using [The Daniel Plan: 40 Days to a Healthier Life](#), a #1 New York Times best seller, and its companion six-session video-based small group study will guide you on your road to wellness. Ten sessions in the fall and sixteen sessions in the winter and spring will help you incorporate healthy choices into your lifestyle. The five essentials are Faith, Fitness, Focus, Food, and Friends, and by improving these 5 areas of your life, you will begin to feel renewed in body, mind, and spirit.

Facilitator: Barb Steibel

Phone: 636.532.9769

Email: bsteibel@hotmail.com

Register at stjstl.net/thedanielplan

Leader will contact registrants regarding materials needed.

Employment Workshop

Day: Thursday/Friday

Dates of Class: Dates for Winter session TBD

Time: 9:00am - 12:00pm (Th) 9:00am - 4:00pm (F)

Location: Ministry Center, 2nd Floor, Room 250

Description: Learn how to rewrite your resume for effective results, practice interviewing without anxiety, and hone your networking skills. Develop important positioning and exit statements. Led by John Meyer, a former human resources executive, this seminar received all outstanding ratings from the last group of participants. Registration and attendance on both days is required. Lunch on Friday is provided.

Facilitator: Janice Schultz, led by John Meyer and Ken Guldalian.

Phone: 636.779.2348

Email: jschultz@stjstl.net

Registration will be available at stjstl.net/land-a-job

GriefShare

Day: Monday

Dates of Class: September 12, 2016 - December 05, 2016

Time: 6:30pm - 8:30pm

Location: Ministry Center, 3rd Floor, Imagineering Room

Description: It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member or friend, you've probably found there are not many people who understand the deep hurt you feel. GriefShare is a video-educational, support group that can help you move through grief and face the challenge of rebuilding your life.

Facilitator: Janice Schultz, group lead by Donna Hollingsworth

Phone: 636.779.2348

Email: jschultz@stjstl.net

If you already have a book, you may register for free. Assistance with childcare is available upon request. Cost is \$25. Register online at stjstl.net/griefshare

DivorceCare

Day: Wednesday

Dates of Class: October 12, 2016 - January 04, 2017

Time: 6:30pm - 8:30pm

Location: Ministry Center, 3rd Floor, Conference Room B

Description: Find help and healing for the hurt of separation and divorce. DivorceCare is a friendly and caring group of people who will walk alongside you through one of life's most difficult experiences. Don't go through separation or divorce alone. This video-educational study made by people who understand what you are going through, will help you deal with the pain of the past and look forward to rebuilding your life.

Facilitator: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

If you already have a book, you may register for free. Assistance with childcare is available upon request. Cost is \$25. Register online at stjstl.net/divorcecare

Meet the LIFEgroups Team



Chris Toomey
LIFEjourney Director
ctoomey@stjstlnet



Doug Mauss
Groups Director
dmauss@stjstlnet



Dorothy Vollmayer
Groups Coordinator
dvollmayer@stjstlnet



David Jameson
Community Engagement
Director
djameson@stjstlnet



Julie Lorenz
Women's Ministry Events
jlorenz@stjstlnet

All LIFEgroups are open to the community. More information about St. John, including registration for many of these offerings is available at stjstl.net.

