



LIFE groups

Fall Brochure 2017



ST. JOHN
AT THE INTERSECTION OF FAITH AND LIFE

Two are better than one, because...if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Ecclesiastes 4:9-10

LIFEgroups are a way for people at St. John to move forward in their journey with God and to grow in their relationships with others. We weren't meant to go through life alone or isolated. And so we offer lots of different ways to get plugged in! In this book you'll see our various groups that are always open to new visitors. Hopefully, you'll find one that resonates with you. Additionally, if you're interested in a smaller group that meets in a home or neighborhood, please reach out to Janice Schultz at jschultz@stjstl.net or 636.779.2348.

We hope that St. John is a place where you will feel encouraged to take the next step on your LIFEjourney. Look at the list below: which step is God prompting you take today?

1.1.15.6

A Roadmap for your LIFEjourney

1: Give ONE DAY a week to God in worship and rest

1: Be someONE to another person for whom Christ died.

15: Spend FIFTEEN MINUTES each day in a faith-building discipline.

6: Live the SIX other DAYS serving God by serving others.

Doug Mauss
Groups & Care Pastor

ST. JOHN

At the intersection of faith and life.

First Steps

Getting Started Orientation

Day: Sunday

Dates of Class: Second Sunday of the Month (No class in December)

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.

Register at stjstl.net/getting-started

Getting Connected

Day: Sunday

Dates of Class: September 17, 2017

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: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Registration at stjstl.net/gettingconnected

Upcoming Events

Women's Ministry Events: Advent by Candlelight

Day: Sunday

Date: December 10, 2017

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 are 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 at stjstl.net/stjwomen.

IronMen Events: OktoBROfest

Day: Friday

Date: October 6, 2017

Time: 6:00pm-9:00pm

Location: St. John East Parking Lot

Description: Are you a man? Do you like brats, beer, and hanging out? OktoBROfest is the first of this year's events designed by men, for men. It's gonna have beer, brats, and more! Sample local craft beer throughout the night, and take home manly giveaways. Invite your buddies, don't miss out.

Contact: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Registration is preferred (to help with ordering food) at stjstl.net/ironmen. Please bring photo I.D. this is a 21 and over event. Cost is \$15/person at the door.

Future Events

SAVE THE DATES:

WOMEN: Women's Spring Retreat - April 6-7, 2018

MEN: Casino BROyale - February 9, 2018

BRO-BQ - June 2, 2018

Women's LIFEgroups

Moms:

Mothers of Preschoolers (MOPS)

Day: Every other Thursday

Dates of Class: August 31, 2017 - April 2018

Time: 9:15am-11:00am

Location: Next Generation Center, Lower Level, The Alley

Description: MOPS is a welcoming and open environment for every mom with a child age birth to Kindergarten who wants connection and a relationship with Jesus. We offer mentoring and leadership development opportunities as well as time for creative activities. There are always valuable teachings and life lessons gained within our meetings. Best of all.... we offer childcare!

Facilitators: Gold: Amy Calzada/Silver: Kelly Rosemann and Katie Haney

Phone: 314.809.2862/314.922.6382 or 630.234.3479

Email: stjmops@gmail.com

Childcare available.

Mothers of Preschoolers (MOPS)

Day: Third Thursday of each month year round

Time: 7:00pm

Location: Various St. Louis area locations shared thru a Facebook group

Description: MOPS is a welcoming and open environment for every mom with a child age birth to Kindergarten who wants connection and a relationship with Jesus. We offer mentoring and leadership development opportunities as well as time for creative activities. There are always valuable teachings and life lessons gained within our meetings.

Facilitators: Kelly Wittenauer

Phone: 314.743.4744

Email: stjmomsnext@gmail.com

MOMSnex

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

Moms can attend any/all meetings their schedule allows

Dates of Class: September 2017 – May 2018

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

Location: Ministry Center, 2nd Floor, Room 251

Description: MOMSnex is a ministry to mothers of school-age children.

MOMSnex is an open, accepting place for all mothers of school-age children to experience authentic community, personal growth, practical help and spiritual hope. We look forward to meeting you and doing life together!

Facilitators: Tara Johansen, Alison Gerst, Marianne DeWitt

Phone: 636.236.5763, 314.514.9027, 314.393.1322

Email: stjmomsnext@gmail.com

Bible Studies:

To register, visit stjstl.net

Fight Back with Joy

Day: Tuesday

Dates of Class: September 12, 2017 – October 17, 2017

Time: 9:15am - 11:15am

Location: Ministry Center, 2nd Floor, Room 250

Description: Celebrate more, regret less, stare down your greatest fears. Joy is far more than I ever thought or had been taught. It's a far more dynamic, forceful weapon than most of us realize. When we fight back with joy, we lean into the very presence of God - the One who fills us with joy, even on our most deflated days. I believe God through the power of the Holy Spirit will do a robust work in your life. Study by Margare Feinberg.

Facilitator: Susan Heep

Phone: 314.313.9113

Email: sheep2117@att.net

Book available to purchase for \$13. Please contact Susan Heep to reserve a copy of the book. Free childcare available with pre-registration.

God's Guide to Joy

Day: Tuesday

Dates of Class: October 24, 2017 – December 12, 2017

Time: 9:15am – 11:15am

Location: Ministry Center, 2nd Floor, Room 250

Description: As the apostle Paul sat in a Roman jail, he penned a letter of encouragement to the church at Philippi, expressing his gratitude for their support and obedience. Philippians is often called the "joy book." In it, Paul shares what he learned about the joy, peace, and contentment that can be found only in Christ.

Facilitator: Susan Heep

Phone: 314.313.9113

Email: sheep2117@att.net

Free childcare available with pre-registration.

Finding I AM

Day: Tuesday

Dates of Class: September 26, 2017 – November 14, 2017

Time: 9:15am - 11:00am

Location: Ministry Center, 2nd Floor, Room 251

Description: That ache in your soul that keeps you up at night? The prayer you keep repeating? Jesus not only cares about this deep, spiritual wrestling, but He also wants to step in and see you through it. Through this interactive in-depth study in the Gospel of John by Lisa Terkeurst (which does not require homework), you'll learn to: *Trade feelings of emptiness and depletion for a more personal fulfillment from knowing who Jesus is. *Stop living like a slave to your circumstances by training your heart to embrace the life-giving freedom God wants for you *Gain a better understanding of how Jesus' words 2,000 years ago are so very applicable to the answers we are searching for today.

Facilitators: Renita Wold, Joan Bechtold and Vicki Longrie

Phone: 314.619.9140

Email: *nitawold@gmail.com*

Free childcare available with pre-registration. Participant's guides may be purchased online at Amazon.com.

Think Differently – Nothing is Different until You Think Differently

Day: Tuesday

Dates of Class: September 12, 2017 – November 14, 2017

Time: 7:00pm - 9:00pm

Location: Ministry Center, 3rd Floor, Imagineering Room

Description: Why do we lose our temper? Why do we tend to hurt those we care for most? How do families find themselves broken? The reason is often the way we think. Beyond behaviors and deeper than attitudes, thinking determines outcome more than anything else. The Book of Romans challenges us to be no longer conformed to the patterns of the world but rather to be transformed by the renewing of our minds. So much of what we are missing in life is associated with the way we process events in the world around us, draw conclusions about our circumstances, and act out of conclusions uninformed by the truth of

Jesus and the gospel. In a world constantly bombarded by the fictions of a self-absorbed culture, managing our thinking becomes an even trickier proposition. Study by James MacDonald.

Facilitator: Sharon Schaller

Phone: 314.520.1520

Email: sharon.schaller@nwfa.org

Participant's guide may be purchased online at LifeWay.com or amazon.com for \$12.99.

Women of St. John LIFEgroup

Topic 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: joealexandre@sbcglobal.net

Living Way Bible Study: Great People of the Old Testament

Day: Thursday

Dates of Class: September 7, 2017 – November 30, 2017
January 11, 2018 – April 26, 2018

Time: 9:30am – 11:00am

Location: Ministry Center, 2nd Floor, Room 250

Description: Beginning with Joshua, moving into Judges and Kings, and several of the prophets, we get an insight into the leaders God provided for His people and an overview of their history. Each lesson is independent and suited for all levels of study.

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: Tuesday

Dates of Class: Ongoing

Time: 6:00am

Location: Bread Co. in Wildwood

Facilitator: Joe Luberda

Phone: 636.458.6155

Email: joeluberda@gmail.com

Day: Wednesday

Dates of Class: Ongoing

Time: 6:30am

Location: The Wolf at Clayton and Kehrs Mill Roads

Facilitator: Dave Lochmann, Sr.

Phone: 636.394.2980

Email: dblochmann@att.net

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: Thursday

Dates of Class: Ongoing

Time: 6:15am

Location: Six North Café in Ballwin

Facilitator: Beau Mitchell (co-led by David Jameson)

Phone: 314.581.4426

Email: btmgg3@mail.umsl.edu

Day: Thursday

Dates of Class: Ongoing

Time: 6:15am

Location: The Wolf at Clayton and Kehrs Mill Roads

Facilitator: Chris Arft

Phone: 314.210.7733

Email: *chris.arft@gmail.com*

Day: Friday

Dates of Class: Ongoing

Time: 6:00am

Location: IHOP in Ellisville

Facilitator: Allan Dukeshire

Phone: 314.600.0413

Email: *adukeshire@gmail.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: *RPSHome1@gmail.com*

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: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Cost is \$10 for lunch. For lunch reservations, call Patti Hubbell at 636.227.6516

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: Janice Schultz

Phone: 636.779.2348

Email: jschultz@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: Doug Mauss

Phone: 636.779.2353

Email: dmauss@stjstl.net

Financial Peace University

Day: Sunday

Dates of Class: September 17, 2017 - November 19, 2017

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 Danielle Vieth.

Facilitator: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Childcare available through Children's Ministry.

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

GriefShare

Day: Monday

Dates of Class: September 26, 2017 - December 11, 2017

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

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

Cancer Companions

Day: Tuesday

Dates of Class: Begins September 26, 2017

Time: 6:30pm - 8:00pm

Location: Ministry Center, 2nd Floor, Room 250

Description: Using a scripture-filled Bible study and video series called Seeing God in Your Journey, Cancer Companions lead participants to explore what God is doing through their cancer journey. This group is for those who are currently in treatment for cancer, are post-treatment, or are family members or caregivers of those with cancer. Led by Jane and Bob Ingle.

Facilitator: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Cost is \$25. Register online at stjstl.net/cancercompanions. Assistance with childcare is available upon request.

DivorceCare

Day: Wednesday

Dates of Class: October 11, 2017 - January 3, 2018

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

Employment Workshop

Day: Thursday/Friday

Dates of Class: September 7-8, 2017

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

Location: Ministry Center, 3rd floor, Imagineering Room

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. Led by John Meyer and Ken Guldalian.

Facilitator: Janice Schultz

Phone: 636.779.2348

Email: jschultz@stjstl.net

Register at stjstl.net/land-a-job

Daniel Plan

Day: Friday

Dates of Class: September 15, 2017 – November 17, 2017

Time: 9:15am – 11:00am

Location: Ministry Center, 2nd Floor, Room 250

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. The *Daniel Plan* book may be purchased with registration up to one week prior to the first class for \$16. The five Essentials books can each be purchased as needed.

Meet the LIFEgroups Team



Doug Mauss
Groups and Care Pastor
dmauss@stjstl.net



Janice Schultz
Groups & Care
Admin. Assistant
jschultz@stjstl.net

FOLLOW US

@stjstl



All LIFEgroups are open to the community.

More information about St.John, including registration
for many of these offerings is available at stjstl.net/lifegroups.

Additional information about

LIFEgroups is available by contacting

Janice at jschultz@stjstl.net.



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