



JOSHUA
SEVENTH-DAY
ADVENTIST CHURCH



Life Groups

Spring 2024

Make New Friends. Build Community. Grow In Faith.

Exciting news! *Life Groups* have returned, and we couldn't be more thrilled to embark on this journey again at Joshua Seventh-day Adventist Church! Inside this catalog, you'll discover a diverse range of 13 life groups tailored to suit people of all backgrounds and interests. Whether you are a student, young adult, parent, or retiree, life groups are for you!

We'd like to invite you to flip through this catalog and see if any group captures your interest.

Should you have any questions or comments, please don't hesitate to contact us through email (joshua.sda.church@gmail.com) or visit our website (<https://joshuasda.org/life-groups>).

Spring 2024 Life Groups will begin on February 3 and conclude on April 27.

May God's blessings be upon us as we come together and do life together!

Best regards,

A handwritten signature in cursive script that reads "Matthew Diaz".

Matthew Diaz
Associate Pastor

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Women's Group



Child Friendly



Discipleship Group



Hangout Group



Support Group



Internet Group



Study Group



Active Group



Service Group



Baking and Blessings (Sun.)

Sunday / 10 AM - 2 PM / Angee's home (Keene) / Max: 9

You do not need to be a baker to join this life group! Amature bakers are welcome and encouraged. We will share baking tips, learn new methods, try new things, and eat our creations! This group will meet twice a month on Sundays or as schedules allow. You may need to bring specific ingredients to share based on the recipe chosen for the day. Disclaimer: The leader is not a professional baker; she just likes to make goodies! While our creations are rising and baking, we will share devotionals, and uplifting conversations to help each other along life's journey.

Leader: Angee Armstrong

Email: angeeruns1@gmail.com

Meeting: Monthly

Phone: 817.487.1794



Recovery and Rewind (Sun. & Wed.)

Sunday / 11:00 AM - 12:00 PM / Gym Foyer / Maximum: N/A

Join our vibrant Life Group dedicated to physical wellness and spiritual growth! Our sessions revolve around mild full-body stretching, deep breathing exercises, and guided biblical meditation. In each session, we'll immerse ourselves in the wisdom of a Scripture, allowing it to inspire and enrich our lives. We may delve into the Sabbath School lesson or explore the weekly scripture readings from our Church. Bring your workout mat, blanket, or towel, and water.

Leader: Clarissa Fortune

Email: clarissa.merrills@gmail.com

Meeting: Bi-Weekly

Phone: 817.487.2637



Epoxy and Wood Creations (Sun.)

Sunday / 7:00 PM - 8:30 PM / Don Simmons' Home / Maximum: 6

In this group, we will learn various carpentry and woodworking skills and knowledge of wood types and uses. All are welcome over 15 years of age, and those under 18 will require supervision.

Leaders: Don Simmons &
Justin Inman

Email: don.simmons61@gmail.com

Phone: 817.822.7814

Meeting: Bi-Weekly



Young at Heart (Sun.)

1st Sunday / 1 PM - 3 PM / Joshua SDA / Max: N/A

Join our Life Group exclusively for individuals aged 70 and above! In this group, you will spend quality time with peers. Activities will vary depending on the interests of those who join the group. Plan to have one meeting a month with the whole group and one meeting in small groups. The first meeting will be on Sunday, February 4, at 1:00 pm in the gym foyer. Bring finger food or salads to share.

Leader: Mavis Armstrong

Email: mmaybe39@yahoo.com

Meeting: Monthly

Phone: 817.223.4935



THE 40-DAY SUGAR FAST (Mon.)

Monday / 7:00 PM-7:30 PM / Joshua SDA + Email/ Maximum: N/A

Many of us think that if our bodies become healthier, then we'll be healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. This experience begins with us giving Jesus our sugar and ends with Jesus giving us more of Himself--the only thing that can ever truly satisfy our soul's deep hunger. This fast will help you discover not only freedom from your cravings but an entirely new appetite for the good things God has for you.

THE 40-DAY SUGAR FAST, by Wendy Speake. The book is available online or at Walmart, Target, Hobby Lobby, etc.

Leader: Irene Herr

Email: hisnher70@sbcglobal.net

Meeting: Weekly

Phone: 817.648.0036



Men's Ministry (Tue.)

1st Tuesday / 7:00 PM-9:30 PM / Young Adult Room / Maximum: N/A

Welcome to Men's Ministry—a monthly gathering designed for men seeking connection, encouragement, and brotherhood. Join us in a supportive space where camaraderie thrives, and you'll find the support and belonging you're looking for.

Leader: Rodney Stowell

Email: rstowell@gmail.com

Meeting: Monthly

Phone: 817.773.3528



Modern Fictions and the Bible (Tue.)

Tuesday / 7:30 PM-8:30 PM / Joshua SDA / Maximum: 20

In this young adult-focused group, we will learn about movies, TV, modern shows, and comics. We will examine them through a biblical lens and see how the theology and philosophies compare with biblical principles. Our meetings will be on the first and third Tuesday of the month.

Leader: Allan Qear

Email: Allan.jmail1@gmail.com

Meeting: Bi-Weekly

Phone: 817.645.4987



Mid-Week Connect (Wed.)

Wednesday / 7:00 PM-8:30 PM / Joshua SDA / Maximum: N/A

Do you desire community and spiritual conversation during the week? If so, then Mid-Week Connect is for you! Join our group every Wednesday as we cover different topics and connect with each other.

Leaders: Church Elders

Email: don.simmons61@gmail.com

Meeting: Weekly

Phone: 817.822.7814



State Park Hiking Club (Sat.)

2nd Saturday / After Church / Local State Parks / Maximum: N/A

We plan to meet once a month to explore different State Parks in our area (weather permitting). Our goal is to have enough passes/vehicles to get free entry for all participants. State Park pass holders are needed, but you are not required to have a pass to join. Water and a light snack will be provided. Come enjoy God's creation with us!

Leader: Cynthia Harbour
& Michelle Heath

Email: cynthia.harbour@att.net

Phone: 817.455.8875

Meeting: Monthly



Huguley Nursing Home Ministry (Sat.)

Saturday / 2:00pm-3:00pm / Huguley Nursing Home (Burleson) / Maximum: 10-15

Join us once a month to sing songs and brighten the days of AdventHealth Care nursing home residents! We'd love to have you join us.

Leader: Terry Flaxbeard

Email: rf100flax@gmail.com

Meeting: Third Saturday
of the Month

Phone: 682.213.1185



Greeter Life Group (Sat.)

Saturday / 3:00pm - 4:00pm / Joshua SDA / Maximum: N/A

Would you like to join an active ministry at church? If so, join the Greeter Team! Experience the joy of service as God teaches you how to love and care for the people He brings to our church. (One-hour time slot per month or more if you'd like!)

Leader: Marti Schneider,
Philip Jackson

Email: marthaschneider43@gmail.com

Phone: 720-891-0523

Meeting: Monthly



Ladies' Night (Sat.)

Saturday / 6:30pm-8:30pm / Amiee's house / Maximum: N/A

Being a young adult woman can be challenging, whether we're single, married, or raising children. Some of us are still searching for our path, while others are embracing whatever life brings. We all deserve a much-needed break, and spending time with our girlfriends is the perfect way to unwind. If you're thinking, "I don't have any girlfriends to hang out with," don't worry. This group is specifically designed for you. Let's become friends and enjoy each other's company.

Leader: Amiee Diaz

Email: amiee.diazmassage@gmail.com

Meeting: Monthly

Phone: 979-587-4503



Good Times (Sat.)

Saturday / 6 PM - 8 PM / Different Locations / Max: 10

Join our Young Adult Life Group—a welcoming space to connect, make friends, and build healthy community. From lively discussions to fun events, we're here to create lasting connections and unforgettable moments. Join us and be a part of our group.

Leader: Ethan Armstrong,
Evan Armstrong, & Aiden
Ruiz

Email: N/A

Phone: 817.933.7467

Meeting: Monthly

Every day, they [*the church*] continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:46-47 NIV



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