



What do you most associate Summer with? Sun, Vacations and Trips? How about GROW Groups?

Family-friendly groups listed here aim to bring the younger and older generations together. Let's join in the mission of helping each other GROW spiritually. Let's build friendships with one another while inviting others to join our church family in a new, faith journey. Let's prayerfully look over this listing and pick two in case one is full, then sign up via www.pmchurch.org/grow today!

If this list sparks an interest in you to lead a GROW Group next Semester please write to growgroups@pmchurch. org to receive a reminder in the Fall.

For now, Happy GROWing!

Sabine Vatel

Pioneer Associate Pastor Discipleship/GROW Groups

PS—when you've made your selection in this menu, please go to **www. pmchurch.org/grow** for the one-step registration.

How Do I Sign Up?

Here are some easy steps to follow when signing up for your GROW Group:

- 1. Look through this catalog.
- 2. Find days and times that will work with your schedule.
- 3. See what is available and of interest to you.
- 4. If you have questions about a group, contact the GROW Group leader for any information you'll need.
- 5. Make your selection.
- 6. When you have made your selection, please go to **www. pmchurch.org/grow** for the one-step registration.

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child friendly

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Objective: Giving personnel that are directly or indirectly involved with urgent, critical, or emergency services situations and/or opportunities to share sorrowful or successful experiences. In addition, appreciation, affirmation, care, and concern for such personnel would be expressed freely. This group will meet online. You will receive further info upon signing up. **Materials Needed:** Computer/Phone and internet connection

Meeting: Weekly, Jun. 26-Jul. 31, 2016

Leader: David Battle

Email: urgency2emergency@gmail.com

Phone: 574.440.5729

maximum size: 20



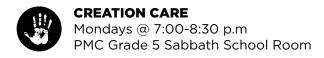
SABBATH SCHOOL LESSON PART 2

Sundays @ 2:00-3:30 p.m. PMC Grade 5 Sabbath School Room

Would you like to deepen your spiritual walk by delving into this 3rd quarter lesson? The lesson will discuss the role of the church in our communities. Can the church keep silent? Let's explore this topic and share views from other commentators. Light refreshment provided. **Materials Needed:** Sabbath School Quarterly, Bible and Notebook

Meeting: Weekly, Jun. 26-Jul. 31, 2016

Leader: Gina Desrosiers **Email:** gigidros@aol.com **Phone:** 269.332.3830



We will study what Scripture teaches us about our relationship to the environment. Several activities will help us appreciate nature and how to keep it beautiful. **Materials Needed:** Bible

Meeting: Weekly, Jun. 27-Jul. 25, 2016

Leader: Bob Wilkins

Email: franww@andrews.edu

Phone: 269.362.1272

maximum size: 15



GOD IN NATURE



Mondays @ 7:00-8:30 p.m 10516 Rangeline Rd—walk down hill on asphalted road, then 19 steps to dock

A Pontoon boat ride on Lake Chapin as we contemplate God in nature and share our favorite Bible promises. Open to individuals, couples, and families. Boat only holds 7 people. **Materials Needed:** Bible and your favorite Bible promises. Light jacket. Sometimes it is cool on the lake.

Meeting: Weekly, Jul. 11—Aug. 1, 2016 **Leaders:** Herald & Donna Habenicht

Email: donnah@andrews.edu

Phone: 269.471.3940



Discover how to discern God's call, transcend fear, risk faith, manage failure, and trust God. Helps you answer Christ's call to greater faith, power-filled deeds and a new way of knowing Him. **Materials Needed:** Bible, Participant's Guide to *If You Want to Walk on Water, You've Got to Get Out of the Boat*

Meeting: Weekly, Jun. 28-Aug. 2, 2016

Leader: Bonnie Perry

Email: bperry9199@sbcglobal.net

Phone: 269.473.1005

maximum size: 15

LEARN TO PLAY TAI CHI

Wednesdays @ 11:30 a.m.-12:30 p.m. PMC Teen Loft

Learn Tai Chi simplified in 24 form. Learn to play and get fit as you practice it. Using slow movements, Tai Chi helps prevent illness while prolonging one's life. Come discover its mental benefits as well! **Materials Needed:** Comfortable clothes

Meeting: Weekly, Jun. 29—Jul. 27, 2016 **Leaders:** Xiaoming Xu; Beverly Matiko

Email: (X) xu@andrews.edu; (B) matiko@andrews.edu

Phone: (X) 269.471.6125; (B) 269.471.3165



DEVELOPING CULTURAL COMPETENCE

Wednesdays @ 7:00-8:15 p.m. Bell Hall (Room 180)

This interactive group experience will provide a place for participants to explore their own cultural identity/cultural formation and learn strategies to communicate with diverse individuals. Participants will explore ways to navigate cultural difference toward improving interpersonal relationships.

Materials Needed: Personal journal

Meeting: Weekly, Jun. 15—Jul. 13, 2016 **Leaders:** Stacey Nicely; Vinisha Rana

Email: (S) nicely@andrews.edu

Phone: (S) 269.252.8565; (V) 734.717.5033

maximum size: 10



BIBLE, BRAIN SCIENCE, & FAMILY

Thursdays @ 6:30-8:00 p.m. 5971 Pokagon Road, Berrien Springs, MI 49103

This group will be discussing how the latest in brain science (presented in plain English) and Bible history share the identical family pattern, and how we can experience this model. This pattern is designed by God to help us see where and how our brokenness fits into His last-day plan for us. **Materi**

als Needed: Bible

Meeting: Weekly, Jun. 30-Jul. 28, 2016

Leaders: Keith & Enoch Stokes **Email:** keithwstokes@gmail.com

Phone: 269.471.1067





The focus is to study the scriptures of Christ, go out and make disciples. We will also be learning how to use social media and the web to reach out to those who want a relationship that is fulfilling which can be found only in Christ.

Meeting: Weekly, Jun. 16-Jul. 28, 2016

Leader: Omwocha Nyaribo **Email:** omwocha@andrews.edu

Phone: 269. 277.9574

maximum size: 20



A DISCIPLESHIP EXPERIENCE

Fridays @ 7:00-8:00 p.m. PMC Teen Loft

This group is about improving our Christian practices, making disciples of all with whom we come in contact. We will learn through sharing personal experience and focusing on Jesus.

Meeting: Weekly, Jun. 24—Jul. 29, 2016 **Leaders:** Elizabeth Adesina; Yusuf Timothy **Email:** (E) <u>kemiadesina09@gmail.com</u>;

(Y) yusuf@andrews.edu

Phone: (E) 571.279.3559; (Y) 812.484.4385



Saturdays @ 9:00-10:15 a.m.
PMC Conference Room (During 1st Service)

"...prayer is the key in the hand of faith to unlock heaven's storehouse" (SC 80). Anyone is welcome to join us as we seek God's blessing and guidance for the PMC congregation. We will spend time in prayer before and after the sermon, and meet where we can observe and hear the service. **Materials**

Needed: A consecrated heart, dedicated to the task

Meeting: Weekly, Jun. 25-Jul. 30, 2016

Leader: Katherine Smith

Email: smithreger@comcast.net

Phone: 269.471.1502

maximum size: 8



MENTAL HEALTH—A NEW MIND-SET

Saturdays @ 10:00-11:30 a.m. To Be Determined

Exploring the biblical perspective on mental health and wellness. Discussing issues such as depression, anxiety, self-care, anger, suicide, death, fear, etc., as seen through the Bible.

Meeting: Weekly, Jun. 18-Jul. 30, 2016

Leader: Perla Bastien-Larivaux, MA Intern Counselor

Email: mrspbl92@gmail.com

Phone: 862.591.0211



PRAYER IN ACTION Saturdays @ 11:45 a.m.-1:00 p.m.

PMC Conference Room (During 2nd Service)

"...prayer is the key in the hand of faith to unlock heaven's storehouse" (SC 80). Anyone is welcome to join us as we seek God's blessing and guidance for the PMC congregation. We will spend time in prayer before and after the sermon, and meet where we can observe and hear the service. **Materials Needed:** A consecrated heart, dedicated to the task

Meeting: Weekly, Jun. 25-Jul. 30, 2016

Leader: Andrea Gibbs

Email: gibbsak@hotmail.com

Phone: 269.282.6008

maximum size: 8



FRIENDSHIP, CANOE, AND KAYAK Saturdays @ 3:00-6:00 p.m.



PMC Parking Lot

Enjoy God's wonderful gift of water and nature as we explore different waterways in SW Michigan. Bring a sack lunch if you would like to fellowship afterwards. Come to the first meeting prepared to go out on the water. Together we will plan a schedule of destinations and times. **Materials Needed:** Bring your canoe or kayak

Meeting: Weekly, Jun. 18-Aug. 6, 2016

Leaders: Sharon & Ken Straw; Duane & Lori Covrig

Emails: (S) sharonstraw72@gmail.com;

(L) <u>loricovrig@yahoo.com</u>

Phone: (S) 269.325.4663; (D) 269.313.3437



This group will create a safe, secure, and confidential environment in which to express yourself. We will present coping methods for dealing with daily challenges as well as strengthening your relationship with Christ. **Materials Needed:** Bible, Journal, pen or pencil

Meeting: Weekly, Jun. 25-Jul. 30, 2016

Leaders: Antoinette Napier-Cooper; Carrisa Andrews **Email:** (A) aenc5@yahoo.com; (C) carissal@andrews.edu

Phone: (A) 516.325.0185; (C) 269.471.6731

maximum size: 8



MAXIMUM MARRIAGE: LIFETIME OF LOVE

Saturdays @ 4:00-5:00 p.m. PMC Teen Loft (Right Prayer Room)

This group is a special one for couples only with the authors of *Married & Glad of It* and *Maximum Marriage*. Spend this Sabbath with your mate and learn how to improve your skills, make your love last forever, grow spiritually, handle conflicts, and experience friendship and fun. **Materials**

Needed: Provided

Meeting: Weekly, Jun. 18—Aug. 13, 2016 **Leaders:** Roger & Margaret Dudley

Email: dudleym@andrews.edu

Phone: 269.471.4308

