

# LIFE groups

Winter & Spring Brochure 2018



*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](mailto: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 session July '18)

**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](mailto:jlorenz@stjstl.net)

**Childcare available through Children's Ministry**

**Registration at [stjstl.net/getting-started](http://stjstl.net/getting-started)**

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## Getting Connected

**Day:** Sunday

**Dates of Class:** January 21, 2018

**Time:** 6:00pm-8:00pm

**Location:** 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](mailto:jschultz@stjstl.net)

**Registration at [stjstl.net/gettingconnected](http://stjstl.net/gettingconnected)**

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# Upcoming Events

## **Women's Ministry Events: Spring Retreat**

**Day:** Friday-Saturday

**Date:** April 6-7, 2018

**Time:** 6:30pm

**Location:** Todd Hall; Columbia, IL

**Description:** "Better Together" - We live increasingly isolated lives, so this year's focus is Connections....the Bible tells us, "Each one of us is joined with one another, and we become together what we could not be alone." *Romans 12:5* (Voice) So how do we strengthen and deepen our connections with family and friends? How do we reach out and make new connections? Come find out at the Spring Retreat!

**Contact:** Janice Schultz

**Phone:** 636.779.2348

**Email:** [jschultz@stjstl.net](mailto:jschultz@stjstl.net)

**Registration will open in March at [stjstl.net/stjwomen](http://stjstl.net/stjwomen).**

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## **IronMen Events: Casino BROyale**

**Day:** Friday

**Date:** February 9, 2018

**Time:** 6:00pm-9:00pm

**Location:** Cornerstone

**Description:** Wanna bust out your inner James Bond? Brush up on your card-counting skills? Learn the basics of Texas Hold 'Em? At this IronMen Event, we'll have games, drinks, and the opportunity to learn some new skills while hanging out with the men of St. John. Shuffle up and deal!

**Contact:** Janice Schultz

**Phone:** 636.779.2348

**Email:** [jschultz@stjstl.net](mailto:jschultz@stjstl.net)

**Registration is preferred (to help with ordering food) at [stjstl.net/ironmen](http://stjstl.net/ironmen). Please bring photo I.D. this is a 21 and over event. Cost is \$20/person at the door.**

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# Future Events

## SAVE THE DATES:

**WOMEN:** Watch for another event at the end of summer!

**MEN:** BRO-BQ – Saturday, June 2, 2018

Come join the men at St. John for a night out with live music, burgers and beer, as our IronMen groups compete for the title of Barbecue King! Comers can learn about the art of cooking with open flames as our teams experiment with several surprise proteins. You'll get dinner, two drinks (beer/hard cider), and the chance to sample the best meat our men can grill, smoke, or barbecue!

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# Women's LIFEgroups

## Moms:

### Mothers of Preschoolers (MOPS)

**Day:** Every other Thursday

**Dates of Class:** August 31 - 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!

**Facilitator:** Gold ~ Amy Calzada / Silver ~ Kelly Rosemann & Katie Haney

**Phone:** 314.809.2862 /314.922.6382 & 630.234.3479

**Email:** [stjmops@gmail.com](mailto:stjmops@gmail.com)

**Childcare available.**

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### Mothers of Preschoolers (MOPS)

**Day:** Third Thursday of each month

**Dates of Class:** September 21 - May 17, 2018

**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. Best of all.... we offer childcare!

**Facilitator:** Kelly Wittenauer

**Phone:** 314.743.4744

**Email:** [stjmops@gmail.com](mailto:stjmops@gmail.com)

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# Bible Studies:

*To register, visit [stjstl.net](http://stjstl.net)*

**Follow by Andy Stanley**

**Day:** Tuesday

**Dates of Class:** January 09 - February 27, 2018

**Time:** 9:15am - 11:15am

**Location:** Ministry Center, 2nd Floor, Room 250

**Description:** In this 8-part series, Andy Stanley takes us on a journey through the Gospels as he traces Jesus' teachings on what it means to follow. For many, the Christian life feels like a long game of "Jesus Says." Jesus says pray. Jesus says give. Jesus says go to church. But upon further investigation, we discover that Jesus' invitation to his first-century audience was an invitation to relationship. And it began with a simple request—follow me. In this 8-part series, Andy Stanley takes us on a journey through the Gospels as he traces Jesus' teachings on what it means to follow.

**Facilitator:** Susan Heep

**Phone:** 314.313.9113

**Email:** [sheep2117@att.net](mailto:sheep2117@att.net)

**Free childcare available with pre-registration.**

**Books will be available for purchase at the first session.**

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## **Book of Joshua**

**Day:** Tuesday

**Dates of Class:** March 06 - May 2018

**Time:** 9:15am - 11:15am

**Location:** Ministry Center, 2nd Floor, Room 250

**Description:** Behind the historical details and the epic battles recorded in the Book of Joshua lies a covenant of grace, God's promise that He made with Abraham and his descendants forever. Although covering a time span of only about thirty years, the Book of Joshua points forward in time to another Joshua—Jesus of Nazareth—whose coming is significant

forever. In both rite and event, Joshua anticipates the fulfillment of Abraham's promise in Christ.

**Facilitator:** Susan Heep

**Phone:** 314.313.9113

**Email:** *sheep2117@att.net*

**Free childcare available with pre-registration.**

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**S.H.A.P.E. by Rick Warren and Erik Rees**

**Day:** Tuesday

**Dates of Class:** January 16 - March 06, 2018

**Time:** 9:15am - 11:00am

**Location:** Ministry Center, 2nd Floor, Room 251

**Description:** Have you discovered the unique purpose God has for your life? This small group study is designed specifically to take you to that next level of purpose—to reveal how God has designed you, and help see how that fits the intention for which you were created. In these six lessons, Erik Rees unpacks for you the five elements of God's blueprints for creating you. Each session includes tools that help bring clarity to your future goals and show you how to have the most fulfilling life possible—a life lived for God's purposes, by God's design.

**Facilitator:** Renita Wold, Joan Bechtold, and Vicki Longrie

**Phone:** 314.619.9140

**Email:** *nitawold@gmail.com*

**Free childcare available with pre-registration.**

**Material is downloadable for free. Info will be given at the first session.**

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**Sermon on the Mount by Jen Wilkin**

**Day:** Tuesday

**Dates of Class:** January 09 - March 06, 2018

**Time:** 7:00pm - 9:00pm

**Location:** Ministry Center, 3rd Floor, Imagineering Room

**Description:** What does it mean to be a citizen of the kingdom of Heaven? Matthew's gospel opens with three chapters containing Jesus' longest recorded message – a sermon given to His disciples early in His ministry to articulate what the life of a Christ-follower would look like. It



was a message intended to turn upside down every expectation His closest followers might have. Both practical and profound, the sermon asks of us the same questions it posed to its original hearers: How should a disciple relate to sin? To others? To the Law? How does a disciple think, speak, and act? What is the nature of true righteousness? Seat yourself on a mountainside to learn at the feet of Jesus. Ask for ears to hear and a heart to respond to the teaching of our King.

**Facilitator:** Sharon Schaller

**Phone:** 314.520.1520

**Email:** [sharon.schaller@nwfa.org](mailto:sharon.schaller@nwfa.org)

**Participants guides may be purchased online at [lifeway.com](http://lifeway.com) for \$12.99.**

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### **A Woman Who Doesn't Quit by Nicki Koziarz**

**Day:** Tuesday

**Dates of Class:** March 13 - April 17, 2018

**Time:** 7:00pm - 9:00pm

**Location:** Ministry Center, 3rd Floor, Imagineering Room

**Description:** Many people believe that doing great things for God is going to be a big moment. We need to be inspired by someone who lived out something crazy or unexpected for God with no lights, cameras or academy awards. Perseverance is one of the greatest skills but also the hardest lessons we will learn in our lifetime. We are living in a day where we are encouraged to do life based on how we feel. But the problem is most days we don't feel like doing much of anything hard. Then there is Ruth. She is much more than a Bible story, and through her life we uncover five life-giving habits that help us to persevere when things get hard, complicated, and messy. But these habits do more than just motivate, they help us to fight when resistance arises. They teach us to pursue discipline and the desire to determine our daily direction. These habits show how success is not achieved by pursuing temporary desires. The direction of our lives needs to be far less about to-do lists and accomplishments and more about becoming people God can count on.

**Facilitator:** Sharon Schaller

**Phone:** 314.520.1520

**Email:** [sharon.schaller@nwfa.org](mailto:sharon.schaller@nwfa.org)

**Participants guides may be purchased online at [lifeway.com](http://lifeway.com) for \$12.99.**

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## **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](mailto:joealexandre@sbcglobal.net)

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## **Living Way Bible Study: Great People of the Old Testament**

**Day:** Thursday

**Dates of Class:** January 11 - 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](mailto:desprick@gmail.com)

**Materials are furnished in class.**

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# Men's LIFEgroups

## IronMen:

*Contact the facilitator to join a group that fits your schedule.*

**Day:** Tuesday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** Bread Co. in Wildwood

**Facilitator:** Joe Luberdá

**Phone:** 636.458.6155

**Email:** [joeluberdá@gmail.com](mailto:joeluberdá@gmail.com)

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**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](mailto:dblochmann@att.net)

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**Day:** Thursday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** Bread Co. in Chesterfield

**Facilitator:** Karl Kamrud

**Phone:** 636.667.6454

**Email:** [kkamrud@hotmail.com](mailto:kkamrud@hotmail.com)

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**Day:** Thursday

**Dates of Class:** Ongoing

**Time:** 6:15am

**Location:** Six North Café near Henry and Clayton Rds, Ballwin

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

**Phone:** 314.581.4426

**Email:** [btmgg3@mail.umsl.edu](mailto:btmgg3@mail.umsl.edu)

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**Day:** Thursday

**Dates of Class:** Ongoing

**Time:** 6:15 AM

**Location:** The Wolf at Clayton and Kehrs Mill Roads

**Facilitator:** Chris Arft

**Phone:** 314.210.7733

**Email:** *chris.arft@gmail.com*

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**Day:** Friday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** IHOP in Ellisville

**Facilitator:** Allan Dukeshire

**Phone:** 314.600.0413

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

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**Day:** Friday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** Bread Co. in Wildwood

**Facilitator:** Tim Fitzgerald

**Phone:** 314.591.9606

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**Day:** Friday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** Bread Co. at Winchester Plaza

**Facilitator:** Ron Schultz

**Phone:** 314.707.0001

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

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**Day:** Friday

**Dates of Class:** Ongoing

**Time:** 6:00 AM

**Location:** Bread Co. in Eureka

**Facilitator:** Brian Olivio

**Email:** *brian@ranch-o.com*

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**Day:** Friday

**Dates of Class:** Ongoing

**Time:** 6:15 AM

**Location:** The Wolf at Clayton and Kehrs Mill Roads

**Facilitator:** Brooke Graham

**Phone:** 314.443.4159

**Email:** *bcggraham@gmail.com*

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# 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 Room 250

**Description:** Trailblazers is a luncheon program for mature adults. 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](mailto:jschultz@stjstl.net)

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

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## 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](mailto:jschultz@stjstl.net)

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# Care:

## Monthly Small Group 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 Small Group 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](mailto:dmauss@stjstl.net)

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## Daniel Plan

**Day:** Friday

**Dates of Class:** January 05 - April 27, 2018

**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 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. After completing ten sessions in the fall we will have sixteen sessions in the winter and spring (as we delve into the FIVE ESSENTIALS more in depth) to 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. We will start the Food Essential in January.

**Facilitator:** Barb Steibel

**Phone:** 636.532.9769

**Email:** [bsteibel@hotmail.com](mailto:bsteibel@hotmail.com)

The Daniel Plan Food Essential book may be purchased with registrations up to one week prior to the first class for \$8. The remaining Essentials books can each be purchased as needed.

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## **Employment Workshop**

**Day:** Thursday/Friday

**Dates of Class:** January 11 - January 12, 2018

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

**Location:** Ministry Center, 2nd 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](mailto:jschultz@stjstl.net)

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## **Financial Peace University**

**Day:** Sunday

**Dates of Class:** January 21 - March 18, 2018

**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 John Brune.

**Facilitator:** Janice Schultz

**Phone:** 636.779.2348

**Email:** [jschultz@stjstl.net](mailto:jschultz@stjstl.net)

## **Childcare available through Children's Ministry**

**Please go to:** [daveramsey.com/fpu](http://daveramsey.com/fpu) to purchase a membership kit. Only one FPU membership kit is required per household. If you already own a kit, register for free at [stjstl.net/fpu](http://stjstl.net/fpu).

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## **GriefShare**

**Day:** Monday

**Dates of Class:** February 05 - May 07, 2018

**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. Led by Bob and Cindy Maessen.

**Facilitator:** Janice Schultz

**Phone:** 636.779.2348

**Email:** *jschultz@stjstl.net*

**Cost is \$25. Register online at [stjstl.net](http://stjstl.net) If you already have a book, you may register for free. Assistance with childcare is available upon request.**

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## **Cancer Companions**

**Day:** 2nd and 4th Tuesday of each month

**Dates of Class:** Ongoing

**Time:** 6:30pm-8:00pm

**Location:** Ministry Center, 2nd floor, Room 250

**Description:** Cancer Companions are trained volunteers who support people in treatment for cancer, post treatment or the families or caregivers of those with cancer through individual meetings and/or Christian cancer support groups. 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. Led by Jane and Bob Ingle and Bob Anderson.

**Facilitator:** Janice Schultz

**Phone:** 636-779-2348

**Email:** *jschultz@stjstl.net*

**Cost is \$25. Register online at [stjstl.net](http://stjstl.net)**

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# Meet the LIFEgroups Team



**Doug Mauss**  
Groups and Care Pastor  
*[dmauss@stjstl.net](mailto:dmauss@stjstl.net)*



**Janice Schultz**  
Groups & Care  
Admin. Assistant  
*[ischultz@stisl.net](mailto:ischultz@stisl.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](http://stjstl.net/lifegroups).

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Additional information about

LIFEgroups is available by contacting

Janice at [jschultz@stjstl.net](mailto:jschultz@stjstl.net).



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