



LifeGroups 2012 February/March through Spring 2012

Connecting people with each other and to God
"Life! Groups" are the small group ministry of Real Life Church

MEN'S GROUPS

MEN'S BREAKFASTS – Men get together for breakfast and fellowship on Saturday mornings once a month, 8am-10. Watch the Bulletin for location and more information. You may sign up to be notified or watch the Bulletin for the next breakfast and enjoy the men you go to church with! Jeremy Nichols organizer - jandsrestoration@live.com

GUY'S FELLOWSHIP & POKER NIGHT – No money involved! This group is an opportunity for guys to get together to play cards, and "shoot the breeze". Group will meet once a month (day to be decided) unless group wants to meet more often. Location: 25408 Lake Wilderness Country Club Drive SE, Maple Valley 98038. Organizer – Chad Aho. Chadaho75@gmail.com; cell 507.720.1477

MEN'S BOWLING –4th Fridays, 6:30pm Kent Bowl – 1234 Central Ave, Kent. This is a great way to get to know some Real Life Church guys, get some exercise, and laugh and root for each other. This is a "come-when-you-can event" for men, not a league. Event Coordinators – Al Matthews 206.200.0219 and Paul Davidson Pl Davidson@masonry.comcast.net

BIBLE STUDIES AND/OR TOPICAL STUDIES

BAIT OF SATAN – Living Free from the Deadly Trap of Offense, a Study with John Brevere – DVD and workbooks. John Brevere says "Don't be fooled! You will encounter offense, and it's up to you how it will affect your relationship with God. Your response will determine your future. If offense is handled correctly, you will become stronger rather than bitter". Participants purchase their own book—approx. \$16. (Leaders have that info.) Group meets Wednesdays, 6:30pm-8:30 – beginning March 7 - led by Howard & Annette Aho at 20307 SE 248th St., MV 98038 (home of Cyndi Dean). Contact info: Annette & Howard Aho (Frog4ever6@yahoo.com)

MYSTERIES IN THE NEW TESTAMENT – Bible Study/Fellowship group – Wednesdays, 6:30pm – at the home of Jim & Tammy Metzger. Jim's passion is for the Word of God and he is a life-long student of the Bible. His insights into scripture encourages believers to search the implications of what Jesus was saying and doing as we deepen our trust and love for Him and each other. Children welcome but no formal childcare provided. Location: Metzger's home - 30015 58th PL S, Auburn 98001; euroclydon4@gmail.com; 910-470-8757 (Tammy's cell)

SUN STAND STILL – DVD study by Steven Furtick (the founder and lead Pastor of Elevation Church in Charlotte, North Carolina, named by *Outreach* magazine as one of the top 10 fastest growing churches in the nation). What happens when you dare to ask God for the impossible? Dreams are realized. Lives are transformed. The world is changed--and the impossible happens. Group will meet Sundays beginning March 4, at 6pm in Leader's home. Contact for directions/more information: moose81@comcast.net; 253.347.0356 Cell

FINANCIAL PEACE UNIVERSITY – by Dave Ramsey is a life-changing program that teaches you how to make the right decisions with your money. You will be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! Each of the 13 lessons deals with a different topic that will change the way you think about personal finance. Learn how to save money, live on a budget, communicate about money, eliminate debt, find bargains, and experience the joy of giving. Other topics include: Investments, Insurance, Retirement, Real Estate Retirement, Real Estate, College Planning, Careers, Debt Collectors, Credit Reports, and More!

FINANCIAL PEACE UNIVERSITY – Sundays- at 3:30pm. The cost of materials is \$100.00 for new kits, \$0 for those who want to take it again. This group is led by Clark and Dina Davis and meets near 4-corners in Maple Valley. Contact Clark by email or cell at TheMissionsGuy@gmail.com. 206.898.5893 for location of class. (A second class led by Ed McAlpine available if this group fills up.)

MARRIAGE GROUPS

5 LOVE LANGUAGES – A DVD series hosted by Elisabeth & Landon Brown. What if you could say or do just the right thing that guarantees to make that special someone feel loved? The secret is learning the right love language! Couples learn the simple way to express their feelings and bring joy back into marriage: (*The 5 Love Languages* by Dr. Gary Chapman is a New York Times bestseller!) Mondays, 7pm, beginning March 5, for 8 weeks. Location: Brown's home, 28032 230th Ave. SE, Maple Valley 98038; LNEBrown@gmail.com
Elisabeth [260-433-2631](tel:260-433-2631);
Landon [636-485-0067](tel:636-485-0067)

LOVE & RESPECT – Basics of Love and Respect. Women need to feel loved, and men need to feel respected. Are you ready to transform your marriage by putting the principles of love and respect into practice? Once you and

your spouse understand what it means to love and respect, relational landmines can be avoided. Group led by Mike & Loretta Green in their home at 21339 191st Ave. SE, Renton 98058; 425.432.6522 home; Loretta.green@comcast.net or Green.mike@comcast.net, Tuesday nights, 6pm for dinner, study begins at 7pm. Group began 2/7/12 and possibly full. Call for update on space available or if you would like to lead a 2nd Love & Respect group

LADIES GROUPS

LADIES TUESDAY NIGHT ACTIVITY & FELLOWSHIP – On-going group for RLC ladies and their friends meets 2nd Tuesday of every month –7pm – 8:30. Tina Murray hosts this fun evening of testimonies, fellowship, and refreshments at the Church Offices' Teen Center, 21415 Renton-Maple Valley Highway, Maple Valley 98038. All ladies welcome and encouraged to bring a friend. Remaining dates are: March 13, April 10 (the finale' on May 12 will be held at Southcenter Mall at 11am). Each month is different so watch bulletin for updates

THE SUNSHINE COMMITTEE – Kathleen Clifton, leader of this on-going "Cares" ministry, will add people to the group who want to brighten someone's day or week (those who are ill or recently hospitalized) by sending encouraging cards or notes and possibly creating a meal for their family. The leader will receive the names from our prayer ministry and will keep a calendar of the days cards will be mailed out by the group's participants. Group will gather during Fellowship on far side of the Commons with their lunch on the 2nd Sunday of each month for fellowship and assignments. "A cheerful heart is good medicine" Proverbs 17:22. Kathleen 360.886.1932; Cliffkat_64@yahoo.com

THE BOOK OF JAMES - BY BETH MOORE – "Mercy Triumphs" – Friday mornings, 9:30am-11:30, led by Kathy Barlow and Staci Kelly at the home of Kathy Barlow: 27835 – 242nd Place SE, Maple Valley 98038; kaybesmlbx@gmail.com. James, Jesus' own brother, started out as a skeptic. See how one glimpse of the resurrected Savior turned an unbeliever into a disciple with Beth Moore's study "James: Mercy Triumphs". Once you get to know both the man and the Book of James, you'll never be the same again. James is a book with many topics -- social justice, joy, hardship, faith, reversal of fortunes for rich and poor, wisdom, gifts from above, single-mindedness, the dangers of the tongue, humility, and prayer

CHAT & KNIT – A group for women to come together to "chat & knit" in a casual environment. No experience necessary. Will teach you how or you can bring a current project and work on it. Beginners need knitting needles, yarn or you can borrow from leader, Tammy Payseno. Group will meet every other Saturday (ending last of May), from 9am-11 at the home of Stacie Kelly, 23825 216th Pl., SE, Maple Valley 98038. Group begins March 3. T.payseno@comcast.net; 206.227-9473

EXPECTANT & NEW MOMS GROUP – Leader, Carolyn Syfrett, RN with a passion for teaching women-- pregnancy, labor & delivery, and postpartum (new moms education). A group surrounding health education in these areas & assist with access to resources such as, maternity and infant clothing, equipment for infants, even breast milk and baby foods. Group will meet 2 times a month on Saturdays at leader's home – 3932 S. 275th Place, Auburn 98001. Starting date will be determined once sign-ups complete. No cost and children welcome. Carolyn Syfrett; 360-850-7944; dios_es_fiel@yahoo.com

GROUPS FOR EVERYONE

DINNER IS SERVED - Saving Time, Money and your Sanity in the Kitchen! Do you have the same conversation with yourself every evening before dinnertime: "What in the world am I going to feed my family tonight?" What if the answer was as easy as pulling a delicious meal from your freezer the night before and then just popping it in the oven before dinner? During this 6 week class, we will have 10-15 minute discussions covering topics such as: How to slash your food budget up to 50%, are coupons worth the hassle and how to become a freezer meal queen (or king!). Then we will move to the kitchen and cook two yummy entrees for you to take home and freeze. There will be a fee of \$65 to cover the cost of all the ingredients for 10 meals to serve a family of 4-6. We will also be making yummy cookies for your freezer the final week of class. We are offering 2 classes; one on Monday mornings at 10am and the 2nd on Monday nights at 7:00pm at Debbie Wright's home, 25830 214th Ave. SE, Maple Valley; [425.413.6599](tel:425.413.6599); ldwright5@gmail.com

TAKE A HIKE! – Jenni Broadwell (with Shannon Ross, Admin) will lead this ever-popular Hiking Group this year.

Group will be going out once or twice a month. Most hikes will be "family friendly" and will be communicated via email. Hikes are totally casual and oriented towards getting to know people and having fun in the great Northwest outdoors. Contact: Jenni Broadwell - wunderjenni@yahoo.com

YOUR STORY: HIS STORY – Begins Tuesday, March 6. Your "story" is what God wants to use to give life to others. Learn how to process, organize, and tell your story in a way that helps others. In this Class, Donald Miller videos will start the first 2 weeks. To participate you will need to be at the first two meetings to continue.

The remaining meetings will be labs where we learn to tell our stories, help others tell theirs, and begin to write the next chapters. Group led by Pastor Steve and Jeff Davis on Tuesdays, 7pm, Teen Center at Real Life Church Offices

CELEBRATE RECOVERY – On-going group can be joined anytime, Fridays, 6:30 pm - 9:00. This group meets at Covington Community Church of the Brethren, address is 17455 SE Wax Rd. Covington Wa. 98042 (across from Big Lots). This is a Bible-based 12 Step On-going Program for "Freedom from your Hurts, Hang-ups, and Habits" and an opportunity to be set free and to be involved in ministering to others. Come as you are. For more info contact: *Howard Aho @ 253-394-8588; Annette Aho @253-217-8645*

CELEBRATE RECOVERY FOR TEENS - Teen Group will meet together with regular Celebrate Recovery adult

group at 7pm (required attendance) then break into Teen group. Celebrate Recovery is a Bible-based 12 Step On-going Program for “Freedom from your Hurts, Hang-ups, and Habits” and an opportunity to be set free and to be involved in ministering to others. Come as you are. Group overseen by adult CR, and led by Teen Leader Cassie Rush, who has participated in “CR” for several years and will use her life experience and knowledge to help others overcome insecurities, abusive parents, drugs, stress, etc. Meeting at Covington Community Church of the Brethren, 17455 SE Wax Rd. Covington Wa. 98042, Friday nights – 6:30pm – 9

BECOMING A LOVE & LOGIC PARENT - This unique approach unlocks the secrets of successful parenting. Participants will receive practical, easy-to-use techniques that work – it is not just a lot of theory. Imagine how you will feel as you see positive changes in your children's behavior! 2 Saturday Classes will be held – attendance at both suggested as they build upon each other. April 21 (brown bag lunch) and May 5, (Mexican lunch potluck) 10Am – 1:00. Location: Real Life Teen Center, 21415 Renton-Maple Valley Highway. Facilitated by Patti Marshall and Tammy Payseno. Cost is \$25 individual/\$40 couple

MOTORCYCLING ON HIGHWAYS & BYWAYS – Dust off, spiff up, and gas up your motorcycle to get ready to ride with a bunch of guys (and gals?) and discover new roads and ride familiar ones in the beautiful Northwest the 2nd and 4th Saturdays. Jeff Serrano and Dave Kulp facilitate this group – sign up and you will be notified by email or phone call when and where to meet. jeffndonna@comcast.net; (253.638.3094; 206-930-4911 Cell); Dave 425.413.0817

TREASURE & HEART - (Issues of life discussion group) – Host Leaders, Orvel & Tina Kester. Tuesday nights - Soup served at 6:30pm, discussion at 7pm. This on-going group is open to attend any time. Info & Directions: 425.922.5980; 4109 NE 5th St. Renton 98059; or TinaVitoloKester@aaawin.com

FUN & FELLOWSHIP GROUPS

FAMILY GAME NIGHT – A time where families and kids come together for food, fun & fellowship—Board and card games, pot luck! No childcare available but families can bring kids for games. Group will meet twice a month – 1st and 3rd Fridays, 7pm-9. Host leaders: Dan & Jenna Kagan – 29098 215th Place SE, Kent 98042. Contact information: Kaganceo@gmail.com; 425.413.9179

SWING IN THE STICKS - SWING DANCING – A fun time of fellowship and chance to meet others from Real Life and the community (open to invite others!). All proceeds from the event are donated to the Youth Group's Summer Camp Scholarship Fund. Don't dance? There will be a beginner's lesson prior to each dance, advanced dancers to practice with - and this is the perfect place to become comfortable at social dances or learn to dance just for fun and exercise. Group Co-led 4th Monday nights 7-10PM. Contact Jarrett Dorband (jadorband@yahoo.com); Taylor@RealLifeChurch.com. Group meets at the Teen Center at the church offices, 21415 Renton-Maple Valley Hwy., Maple Valley 98038

UNDIVIDED (Youth Ministry) GROUPS

MIDDLE SCHOOL GIRLS –Group meets every other Monday nights—Covington Cutters Point by Home Depot, 7-8:30pm – Bailey Pickle and Tammy Payseno leaders with student leader, Amanda McClain. Feb. 20, March 5, and every other Monday night until end of April. May bring \$\$ for a beverage

9-10th GRADE GIRLS – Britney McAlpine & Monica Payseno – 1st & 3rd Saturday mornings, 10AM, Ristrettos Coffee Shop in Maple Valley. 206.579.9523 for more info!

11-12th GRADE GIRLS – Noelle Murray, Youth Pastor, Wednesdays @ 4pm. Noelle@reallifechurch.com for more info!

HIGH SCHOOL GUYS (9th-12th grades) – Taylor Murray, Youth Pastor - Monday Nights @ Murray's House @ 6:30pm. Taylor@reallifechurch.com for more info!

REAL LIFE CHURCH MINISTRY GROUPS

SUNDAY SERVICE STAGE HANDS – a hands-on ministry to help decorate Kentlake's stage with lights, décor, including set-up and tear-down of Real Life owned equipment on Sundays and for special holiday sets. Looking for faithful, regular attenders who can arrive at 7:30am to work with Al Matthews (Audio/Visual specialist at Boeing) who will train you and you would also work with assistant Ruth Barr Christian. Once service is set up, the crew moves to help other areas of ministry as time allows. Al Cell 206.200.2019 or see Al at church

REAL KIDS MINISTRY – We minister to children birth through 5th grade. Interested parties may contact Tammy Payseno, Children's Director for information. We train. Parents interested in helping may also contact Tammy. Tammy@RealLifeChurch.com or 425.413.7325 Ext. 2#

REAL LIFE ESPRESSO BAR –a ministry to the whole church – “Friendly people” who can multi-task quickly will be trained to make espresso and Italian Sodas. Work once a month before or after service or both—you pick the schedule. See Terry Nelson, Traci Prather or Al Matthews at the Espresso Bar to schedule training

MINISTRY GROUP – REAL LIFE CHURCH TRAIN – A ministry group to drive and/or take the Real Life Express train to Real Life's various events and to community outreaches to represent Real Life Church. We train you. Contact Office@reallifechurch.com

SET UP/TEAR DOWN CREW – Paul Davidson and his Team Leaders want you to join the men and women who set up and tear down church on Sunday mornings. Work only once a month, the week of your choice. “Many hands make light work” the saying goes. Complimentary breakfast and latte the week you work. Sign-

up is necessary. You will be contacted by Paul to discuss the responsibilities. For more info, contact Paul at Pl Davidsonmasonry@comcast.net; 253.797.6309

HOSPITALITY – Leader, Kim Ringer, and her faithful crew serve us lunch every Sunday. Group is looking for a few able guys and gals to help out one time a month setting up food on the tables, serving folks and tidying up afterwards. See Kim during lunch or email kringer@comcast.net to discuss this very awesome service ministry

INTERCESSORY PRAYER – This group meets weekly on Sundays in Cascade Hall from 9-9:45am and is also a drop-in prayer group for those needing prayer or wanting to join in and pray for Services. For Information if desired lizlfernandez@yahoo.com

REAL LIFE CARES BREAD MINISTRY – This ministry picks up bread and pastries each week at Safeway on Fridays and Saturdays and delivers to the Bread Table on Sundays. We are looking for alternate people to help when one of the regular pick-up people cannot take their week. This might be a day before phone call or a last-minute call, or vacation coverage. Contact person is Nora Matthews at Church Office 425.413.7325

**Groups do not offer childcare unless specified*

***For questions or more information email Nora@reallifechurch.com*

One of the easiest ways to connect with people in healthy relationships is through a Life! Group--a small group of people who share something in common along with a desire to learn and grow in their relationship to Jesus Christ

