

SPRUCE GROVE ALLIANCE CHURCH



W i n t e r 2 0 2 5



SMALL GROUPS

Grow in Your Faith, Make New Friends,
&
Get Connected



27 GROUPS



SCAN ME
sgac.net

250 CENTURY ROAD, SPRUCE GROVE | 780-962-4700

intro

Our mission here at SGAC is to Know Jesus, to Know One Another, & to Make Jesus Known. There are various opportunities to accomplish this mission & Small Groups are one of them. There are many types of groups with different commitment levels geared for adults at different life stages as well as stages in your faith journey.

how to use this catalogue

Flip through this catalogue to find a small group that interests you. Then, visit the Events Registration page on our website (sgac.net) to register. Some groups have limited registration so don't delay!

Four great reasons to join a Small Group:

1. Weekly Bible studies will help you grow in your faith. (Psalm 119:11; 2 Timothy 3:16-17)
2. Prayer from others helps you get through tough times. (Philippians 4:6; 1 John 5:14-15)
3. You'll meet new friends. (Proverbs 27:17)
4. You'll have fun with other people going through the same things you are. (Ecclesiastes 4:9-10)



frequently asked questions ,??

Will all the groups listed in the catalogue run for sure?

Most groups require a minimum of 6 participants. You will be notified if your group has been cancelled due to a lack of registrations.

Who will be in my group?

Look around on a Sunday morning. Our groups are made up of the same people who attend an SGAC Sunday service. You'll most likely see a few people that you have seen on Sunday as well as some people that you're meeting for the first time. It's a great way to get to know people outside of Sunday service.

When do groups start/finish?

Most groups start the week of February 9 and run for 10 weeks, finishing by Easter.

When can I sign up?

Registration opens Sunday, January 26, 2025.

Where can I sign up?

Register online at sgac.net/EventRegistrations. Click the link under Adult Small Groups Catalogue. Once you are inside the catalogue PDF, click on the image for the group you wish to register for. (Drop-in Groups do not require registration.)

Where will my group meet?

Most groups meet at the church, & some meet in homes. If your group meets in a home, you will receive the address from your facilitator after you register. Days & times will vary, please see the catalogue for specifics.

Do any of the groups have childcare?

Yes, our Tuesday morning groups have childcare from 9 am to 11 am with pre-registration & limited availability.

Still have more questions?

Contact Pastor Keith Piquette at keith.piquette@sgac.net or call the church office at 780-962-4700.

types of groups



Activity Groups:

Provide a space to connect with others who have a similar interest. Activity Groups are a great place to invite friends who aren't connected at SGAC. Some groups require registration & some groups are drop-in.



Growth Groups:

Semester-based Bible/book/video studies designed to disciple our people. Groups are encouraged to take time to get to know each other, to pray together, & to serve at least once together. Registration is required.



Learning Groups:

These groups provide our people with an opportunity to learn about specific topics of interest. These groups follow their own schedule. Registration is required.



Life Groups:

Pilot project for groups that last multiple semesters. Established to build long-lasting & supportive relationships with others. Registration is required.



Ongoing Drop-in Groups:

Groups that don't necessarily follow the semester calendar, they usually meet throughout the majority of the ministry year. Please contact the office or the group facilitator with any questions about meeting dates.



Outreach Groups:

Designed to introduce people to the Christian Faith. Registration is appreciated.



Support Groups: Create a safe place to connect with others who share similar journeys or challenges. Registration is required.

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Outreach Groups:

None this semester.

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Click the image next to each group to register.



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Sunday Groups



Filipinos & Friends Bible Study

Sundays 1:00PM - 3:00PM

Location: SGAC

Registration: None

Facilitators: Ronnie & Emeline Lamboson, & Marlon Prudenciado

A Bible study group to help each other's faith grow in the Lord Jesus Christ, talk about life in general & how the word of God will help an individual be transformed. We have a meal together every meeting. Starts January 26 (meets every other week).



[Click to Register](#)

Family Life Group

Sundays: 1:30PM - 3:30PM


Location: Avenell/Morrison Home (Spruce Grove)

Registration: Required/Limited Spots

Facilitators: Ross & Kim Avenell, & Kat & Jesse Morrison

This group is tailored for parents seeking to engage with a small group but encounter challenges with childcare.

This group will comprise of an adult & child Bible study, enabling parents & children to participate.

Continued on the next page. 

Click the image next to each group to register.

We envision this approach as informal, grounded in understanding the parenting challenges, while providing an opportunity for parents & children to connect with others within the congregation. Starts February 16 (meets every other week).



 **Couples Pickleball #1**

Sundays 4:30PM - 6:30PM

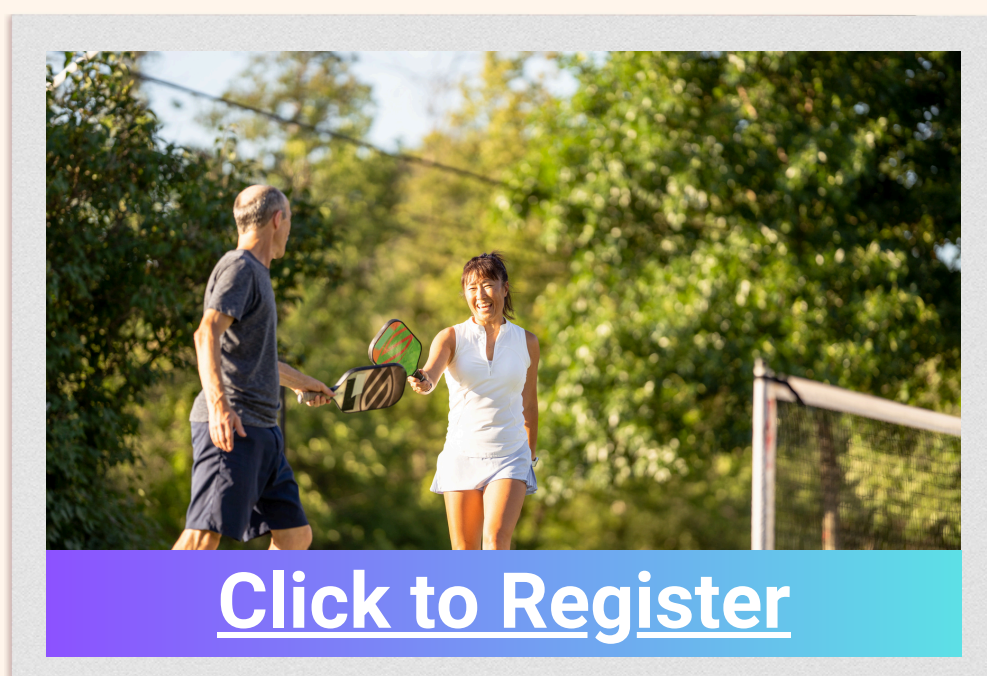
Location: SGAC

Registration: Required/Limited Spots

Facilitators: Scott & Nicole

Merrifield

Looking for a fun way to stay active & connect with others? Join our weekly pickleball group! Come for the competition, stay for the laughs—let's hit the court together. Intermediate/advanced skill levels. Starts February 9.



 **Couples Pickleball #2**

Sundays 7:00PM - 9:00PM

Location: SGAC

Registration: Required/Limited Spots

Facilitators: Searle & Amy Turton


This is a Co-Ed intermediate/advanced pickleball group. We love to play with others & connect around our love for the game. There will even be opportunities for some advanced skill training. Come for a great time & meet some new people. Starts February 9.



Click the image next to each group to register.


Monday Groups



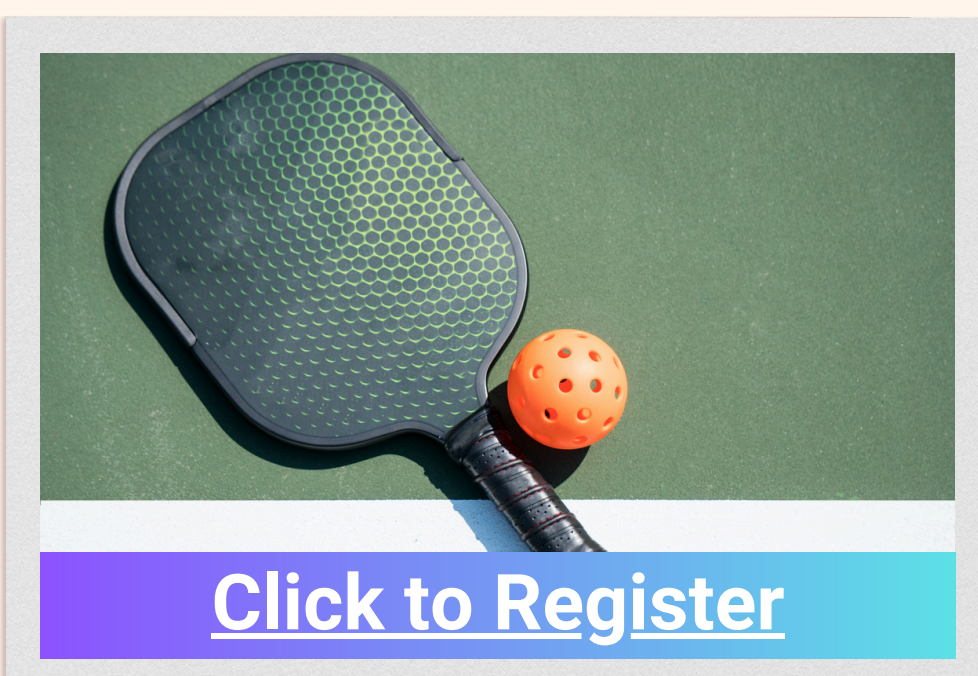
 **Men's Prayer**
Mondays 9:30AM - 11:00AM
Location: SGAC
Registration: None
Facilitator: Henry Banman


This group meets each week to pray for one another, our church, & the world. Drop-ins welcome.



 **Women's Prayer**
Mondays 9:30AM - 11:00AM
Location: SGAC
Registration: None
Facilitator: Melodie Ibsen

You are invited! Join our prayer group as we meet each week for a time of fellowship in the Word & in prayer for the world, our church & each other.



 **Learn to Play Pickleball**
Mondays 10:00AM - 12:00PM
Location: SGAC
Registration: Required/Limited Spots
Facilitators: Angela Wolthuis & Marilyn Leder

Have you been wanting to learn to play pickleball? Newer to the game & looking for a group to practice & gain confidence on the court? Then this is the group for you! Beg, borrow, or buy a paddle (we have a few to lend) & come join this co-ed group! Starts February 10.

Click the image next to each group to register.



[Click to Register](#)



SGAC Homeschoolers Group (Moms & Kids)

Mondays 1:30PM - 3:00PM

Location: SGAC

Registration: Required

Facilitator: Rosanne Frazer

Homeschool moms & kids gathering for fun, activities, & fellowship. Come connect with other homeschoolers who call SGAC home. Register for 1 or all 3 dates as your schedule allows. Every 2nd Monday of the month. (Feb. 10, Mar. 10, & Apr. 15).



Tuesday Groups



[Click to Register](#)



The Lectio Course (Women)

Tuesdays 9:15AM - 11:00AM

Location: SGAC

Registration: Required/Limited Spots

Facilitators: Pastor Karen Houcher & Camille Young


Learn the rhythms of reading, meditation, prayer, & contemplation as they apply to the Bible with other women from SGAC. Discover how to hear God in His Word, so you can be equipped to take His love to the world. Starts February 11.

Book (Required): *How to Hear God: A Simple Guide for Normal People* by Pete Greig.

Click the image next to each group to register.



[Click to Register](#)

 **Wising Up - A Study of Proverbs (Women)**

Tuesdays 9:15AM - 11:00AM

Location: SGAC

Registration: Required/Limited Spots

Facilitators: Delores VandenBoogaard & Christina Voorhorst

Join us for an inspiring women's Bible study with Beth Moore as we dive into the book of Proverbs & discover how to *Wise Up* in every area of life. Through engaging teaching, we'll explore God's timeless wisdom on relationships, decision-making, & living with purpose. Whether you're new to the Bible or looking to grow deeper in your faith, this study will empower & challenge you to live with greater understanding & discernment. Don't miss this opportunity to connect with other women & gain insights that will transform your walk with God! Starts February 18.



[Click to Register](#)

 **Empowered MOMS (Single Moms)**

Tuesdays 9:15AM - 11:00AM

Location: SGAC


Registration: Required

Facilitator: Cherise Giesbrecht

Enjoy sharing with other single moms & caring mentors as we cover topics like emotional & spiritual health, finances, & parenting. Find hope, grow in your faith, & develop confidence in your parenting while feeling loved & supported as you navigate life as a single mom. Starts February 11.



[Click to Register](#)

 **Shop Talk - Ignite Your Life**

Tuesdays 7:00PM - 8:30PM

Location: Banman's Shop (Parkland County)

Registration: Required/Limited Spots

Facilitator: Henry Banman

If you want to have your life "ignited" every day with effortless faith, joy,

Continued on the next page.



Click the image next to each group to register.

peace, purpose, & direction, you are going to love this study. God has the perfect plan for our life. Barry (*Ignite Your Life: Defeat Fear With Effortless Faith* by Barry Meguiar) is as excited to talk about Jesus as he is to talk about cars. Evening introduction will include a car feature, fix, or maintenance. Youth are welcome to attend with a parent. Starts February 11.



More Devious Devices

Tuesdays 7:00pm - 8:30PM

Location: SGAC

Registration: Required/Limited Spots

Facilitator: Dave White

Are you scared about mobile devices taking over your lives, or those of your children & teens? Not sure who might be privy to your private conversations & information? Based on last year's Devious Devices sessions, we'll explore how to protect your privacy & improve cyber-security through the course of three 90-minute workshops. There will be lots of time for Q&A's. (Feb. 11, 18, & 25).



Wednesday Groups



Keenagers 55+

Wednesday 9:30AM - 11:00AM

Location: SGAC

Registration: None

Facilitator: Pastor Steve Rigby


Mission Possible: The Unfinished Story. This will be a 6 week journey to discover the story of God's mission & our part in it. We will look at biblical &

Continued on the next page. →

Click the image next to each group to register.

historical foundations for His mission, the task remaining, & practical ways we can engage to help complete the unfinished story. We will also consider how we can best connect with those who come from other cultures. Starts January 29.




 **Blessed in the Mess (Women)**
Wednesdays 10:00AM - 11:30AM
Location: Opdendries Home (Parkland County)
Registration: Required/Limited Spots
Facilitator: Anna Opdendries

A social group for women with the goal to form & strengthen friendships. A place for relief from the chaos of the daily grind, whether it's navigating relationships, parenting older kids, or finding solace with a good vent session. Women are invited to connect through shared experiences with other women of faith. This is a kid-free group. Starts February 12.

“She is clothed with strength & dignity; she can laugh at the days to come.”
Proverbs 31:25.



 **Prayer for Our World**
Wednesdays 5:45PM - 6:45PM
Location: SGAC
Registration: None
Facilitator: Mary Beamish

Join others each week to pray for International Workers, world events, & places & people all over the world.

Click the image next to each group to register.



Uninvited (Women)

Wednesdays 7:00PM - 8:30PM

Location: SGAC

Registration: Required/Limited Spots

Facilitator: Shirley Kehler

Uninvited (Book Required) by Lysa TerKeurst explores the deep wounds of rejection & offers hope for healing. Through personal stories & biblical truths, Lysa provides practical tools to combat lies, process hurt, & embrace God's unwavering love. This group is perfect for anyone seeking to heal from past pain & build a stronger sense of self in Christ. Starts February 12.



Wise Wealth Workshops

Wednesdays 7:00PM - 8:30PM

Location: SGAC

Registration: Required

Facilitator: Dan Houcher

Register for one or all three of the following sessions.

- February 12: Taxation
- February 19: Kids & Money
- February 26: Insurance (Life, Disability, Critical Illness)



Men's Basketball Outreach

Wednesdays 7:00PM - 9:00PM

Location: SGAC

Registration: None

Facilitator: Marlon Prudenciado

This outreach intends to make our Lord Jesus known to all! This group is open to all men of SGAC & their friends. Join us, meet new people to share your faith, & connect. Let's have devotions, share testimonies, & play some basketball. Starts January 8.

Click the image next to each group to register.



[Click to Register](#)



Mountain Men

Wednesdays 7:00PM - 9:00PM

Location: SGAC

Registration: Required

Facilitators: Pastor Keith Piquette & Joel Pukalo

Join the guys as we adventure to learn from the Bible, build connection, & challenge each other to live out our faith.



Young Adults Bible Study

Wednesdays 7:30PM - 10:00PM

Location: SGAC

Registration: None

Facilitator: Pastor Josh Palsky

Come for a time of worship & Bible study. Connect with other young adults at SGAC. For ages 18-28. Starts January 15.



Thursday Groups



[Click to Register](#)



Babes Who Breakfast & Read the Bible (Women)

Thursdays 9:30AM - 11:30AM

Location: Medeiros Home (Parkland County)

Registration: Required/Limited Spots

Facilitator: Angele Medeiros

Looking for a relaxed and fun way to connect with other women? Join us every other week for a casual potluck breakfast filled with laughter, conversation, and meaningful connection.

Continued on the next page.



Click the image next to each group to register.

Together, we'll read small portions of scripture, share our perspectives, and explore different translations. There is no weekly prep for this group! Just bring yourself (and maybe a dish to share) as we build authentic friendships and grow in faith in a low-pressure, welcoming setting. Starts February 13.



 **Drop-In Co-Ed Pickleball (Intermediate)**

Thursdays 12:30PM - 2:30PM

Location: SGAC

Registration: None

Facilitators: Erika Penner & Laurie Breitkreuz

Join our friendly & social drop-in pickleball! Available to those with intermediate to advanced skill. Please wear shoes with non-marking soles & bring your own ball & paddle. Adults 18+. Starts January 9.



[Click to Register](#)

 **Disciples Path**

Thursdays 7:00PM - 8:30PM

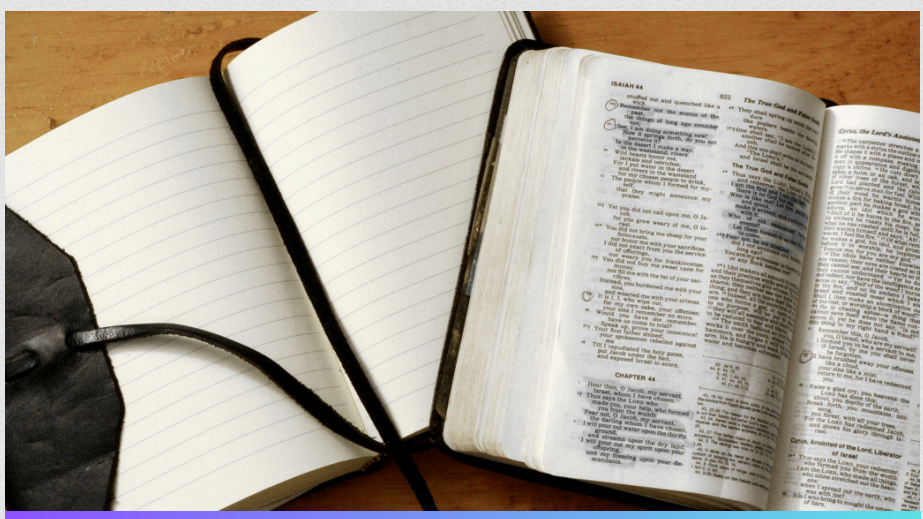
Location: SGAC

Registration: Required/Limited Spots


Facilitators: James Pedersen & Christie Hiebert

This is a co-ed study focused on growing your faith at any stage in your life or your walk with Jesus. If you are ready to take the next step as a disciple of Jesus then we invite you to join us. The *Disciples Path* series is founded on Jesus' model of transformational discipleship, created to make disciples who make disciples. We will be focusing in each session on four key attributes of the disciple's path which are progressive, relational, disciplined, & replicable. Book: *Disciples Path* \$15. Starts February 13.

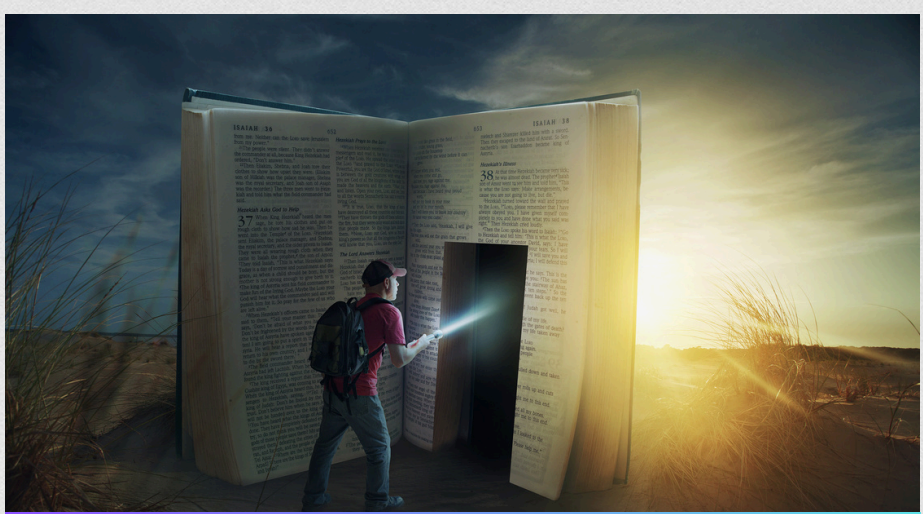
Click the image next to each group to register.




[Click to Register](#)

 **Life's Healing Choices (After Alpha)**
Thursdays 7:00PM - 8:30PM
Location: SGAC
Registration: Required
Facilitators: John & Gail Rodgers & Matt Kirkland

Life's Healing Choices offers freedom from our hurts, hang-ups, & habits through eight healing choices that promise true happiness & life transformation. Using the Beatitudes of Jesus from the Sermon on the Mount, former Senior Pastor Rick Warren of Saddleback Church & the (now late) John Baker developed the eight choices shared in this video study by Rick Warren. Starts February 13.




[Click to Register](#)

 **Uncovering Mysteries of the Word**
Thursdays 7:00PM - 8:30PM
Location: Kadaali Home (Spruce Grove)
Registration: Required/Limited Spots
Facilitators: Patrick & Elizabeth Kadaali

Based on *The Book of Mysteries* (Book Optional) by Jonathan Cahn, this study will give participants a better appreciation of & an urgency to be biblically literate. We will cover the necessity of, the power of & the mystery in the Word of God & share practical applications in our daily lives. Starts February 13.



 **Men's Floor Hockey**
Thursdays 7:00PM - 9:00PM
Location: SGAC
Registration: None
Facilitator: Deven Quintal

Drop in for a game of floor hockey. Bring your own equipment & join the fun. This group aims to encourage people to bring members outside of the church & spark & create conversation. Starts January 23.

Click the image next to each group to register.



Register Online



sgac.net/EventRegistrations

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Got Questions?

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GET CONNECTED



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