

Small

Groups

2010

FBC Plano



Any Day

Any Time

Any Where

Get Connected!

Small Groups

Table of Contents

Support Groups

Sunday

Co-Ed Groups

Sunday, Tuesday, Wednesday,
Thursday

Parent Groups

Wednesday

Women's Groups

Tuesday, Wednesday, Thursday

Men's Groups

Sunday, Tuesday, Wednesday,
Friday

Sunday Groups

- **GriefShare**

Your Journey from Mourning to Joy

By: David and Nancy Guthrie through
Church Initiative Ministries

Learn how to walk the journey of grief with direction and purpose, and have support along the way. GriefShare is designed to help you, along with others, recover from the deep hurt of loss. This weekly program includes three key elements that work together to guide you through the healing process: video presentations, support group, and easy-to-follow workbook. God doesn't expect you to carry the whole load by yourself; through GriefShare you can look expectantly at what God can do in your life. This class will require advance registration, and will be contingent upon a minimum of seven (7) people registering for the class to make.

Led by: Mary Pfeiffer and Gwen Wilkins

Beginning: April 11, 4:00 - 5:45 p.m.

Location: B203

- **Men's Basketball Fellowship Group**

Get your game on men, and join us each week for some hoops action. We range from a non-competitive to fairly competitive style of play...whichever fits your needs. Come enjoy a great time of exercise and fellowship, all indoors in an attractive gym.

Led by: The Guys

Beginning: Every Sunday, 2:00 p.m.

Location: Gym

- **Inglés como Segundo Idioma (ESL)**

First Baptist Church Plano va a ofrecer clases para aprender inglés. Las clases comenzarán el domingo 21 de febrero.

Para inscribirse a las clases, venga a la iglesia el 21 de febrero a las 5:00 pm. Las clases durarán de 5:00 a 6:30 pm, todos los domingos.

El cupo es limitado a 30 adultos mayores de 18 años. Habrá guardería gratuita para los participantes del curso. Descripción del curso:

NIVEL BÁSICO. Aprenderá inglés más fácilmente al poner atención al "mensaje" en lugar de memorizar reglas. Aprenderá palabras y frases comunes, así como la pronunciación que le ayudarán a entender y hablar inglés.

Costo total: \$5.00 para materiales. ¡No deje pasar esta oportunidad!

Dirigido por: David and Daniela Tecuatl

Inicia: Domingo 21 de febrero de 5:00-6:30 p.m.

Lugar: Salones B214 y B216 (Berry Building)

- **Spanish Second Language (SSL)**

Our church is continuing to develop and support a series of on-going mission projects in Mexico. If you feel God is leading you to learn some Spanish to enhance your communication skills, come join us. This will be a beginner's class for those with very little Spanish-speaking ability. The class will run for 10 weeks. At the end of that time you should feel proficient enough to initiate a conversation in Spanish!

Led by: Tricia McFarland

Beginning: February 21, 5:00 - 6:00 p.m.

Location: B204

Tuesday Groups

- **JVP Quilters Group**
Stitching Quilts and Other Comforts For
Those in Need

The JVP Quilters Group meets each Tuesday to work on quilting projects, some of which are just for fun, but most are geared toward meeting the special needs of children or adults. This group consists of ladies from within FBC Plano, as well as ladies from outside who participate in this fun and worthwhile activity. Among the many organizations that benefit from our work are: Parkland Hospital, Buckner Children's Services, Children's Medical Clinic, Samaritan Inn, and Head Start Program in Dallas. Come join in the fun, fellowship, and ministry of this special ladies group.

Led by: Margaret Schafer

Beginning: Every Tuesday, 12:30 p.m.

Location: Great Hall

- **Ladies First Tuesday Fellowship**

Nothing beats a great time with good friends or a good time with great friends. With this thought, ladies are invited to a break from your everyday routine and to fellowship together. This small group requires registration because notification of all meeting places will be sent by email monthly.

Led by: Suzie Cook

Beginning: Every First Tuesday, 7:00 p.m.

Location: Various Restaurants

- **Men's Tuesday Prayer Breakfast**

Start your Tuesday off right with inspirational devotions, great fellowship, and lots of laughter. Our Men's Prayer Breakfast provide this and so much more. We pray for needs within our group, as well as needs outside our group, and are always engaged in missions/ministries that impact our immediate area and areas around the world. Men, if you are interested in a happening men's fellowship group...get connected to this one.

Led by: John Reglin

Beginning: Every Tuesday, 6:30 - 7:30 a.m.

Location: Poor Richard's Café in Plano

- **Nutrition, Wellness and Weight Loss Challenge**

Determine this year with a resolve to engage in a healthy, more physically productive lifestyle. In this 6-8 week program the group will explore the areas of proteins, metabolism, and other important nutritional information. Each weekly class (Tuesdays or Thursdays) is about 45 minutes in duration and there is a charge of \$29 per person. The money is used to pay for supplies and snacks for each class meeting. Proper exercise, tips on dining out, and helpful suggestions to lower stress will also be covered. Join our group in the quest of promoting long term wellness and maintenance.

Led by: Gary and Dayna Spurgeon and Stefanie Utley

Beginning: Tuesday, February 2 or
Thursday, February 4

Location: SHAKE CITY Nutrition Center, 4112 Legacy Drive, Suite #302, Frisco, TX 75034
972-867-4549 or 214-705-6300

Tuesday Groups (cont'd)

- **Women's Bible Study**
A Woman's Heart God's Dwelling Place

Perhaps no Old Testament event so dramatically illustrates God's persistent desire to relate to His children as the building of the tabernacle in the wilderness. Through the tabernacle God initiated a deeper relationship with his Chosen People by bringing reconciliation and revealing His glory. Certainly no Old Testament event so richly prefigures the coming of the true tabernacle, Jesus Christ. This study will last twelve weeks. A workbook is available for \$14.95.

Note: No childcare provided at the church; however, reimbursement for home childcare is provided.

Led by: Judy Cleveland

Beginning: January 12, 6:30 - 8:30 p.m.

Location: B201

- **Young Adult Men's Night Out Supper**

Does a breakfast time not fit best into your busy schedule? Why not try our young adult men's supper outing every second Tuesday of the month? Catch up on the latest news and events in what is happening within families, the marketplace, entertainment, and the world of sports. Come experience great fellowship and prayer support from our group, as well as knowing that you are a part of a spiritual accountability group that will lift up and encourage one another on a regular basis.

Led by: Marc Spitzenberger

Beginning: Every 2nd Tuesday, 7:00 - 9:00 p.m.

Location: Scotty P's Restaurant in Plano
(2929 Custer Rd, #300, 75075)

Wednesday Groups

- **Boundaries**

This eight-week course includes a DVD of Drs. Cloud and Townsend presenting the material, with discussion afterwards. These two Christian psychologists have authored many books, including 12 Christian Beliefs That Can Drive You Crazy, Relief from False Assumptions, Whose Pushing Your Buttons, Changes That Heal, and How People Grow.

Boundaries addresses specific issues that confront today's Christians. These issues include: Living a life out of control, Having people take advantage of us, Having trouble saying no, Being disappointed with God because of unanswered prayers, Boundary abusers and more. Be prepared to see things in a whole new light, and learn what the Bible says about boundaries.

Led by: Linda Sacco, retired missionary

Beginning: February 3, 6:30 - 7:30 p.m.

Location: B201

- **Just The Guys - Men's Accountability Group**

No curriculum, no specific agenda for the guys who need a break from agendas, quotas, pressures, and deadlines. Open forum discussion, share with one another, and pray for one another. Topics might include: latest news of the day, hot sports opinions, new and used cars, musical tastes (or what's passing as music), revolutions that have started, and uprisings that have been quelled...in other words, what's on your mind? Relax and kick back...Join us for 8 weeks.

Led by: Tommy Shumate

Beginning: February 3, 6:00 - 7:00 p.m.

Location: Tommy Shumate's Office (we'll pull in an extra chair for you)

Wednesday

Wednesday Groups (cont'd)

- **MOPS (Mothers of Preschoolers)**

We welcome **ALL** moms of preschoolers - urban, rural, stay-at-home, working, single, married, and teen. Our goal is to fulfill your unique needs at this stage in life by providing real relationships with other moms. The MOPS group provides fun-filled meetings with food, fellowship, guest speakers, discussion time, and creative activity. Speakers and programs offer inspiration and information relevant to mothers of preschoolers. Children may be dropped off for childcare at 9:15 a.m.

Led by: Christina Gibson

Beginning: Every 2nd & 4th Wednesday, September through May, 9:15 - 11:00 a.m.

Location: Fellowship Hall

- **New Testament Greek Study**

In this 12-week course you will learn to read, write, and translate New Testament (koiné) Greek. Starting with the alphabet, we'll learn vocabulary, sentence structure, and the basics of grammar.

Led by: Mark Dunn

Beginning: February 3, 6:30 - 7:30 p.m.

Location: B209

- **Parents and Caregivers of Special Needs Children**

Learning to cope with a diagnosis and treatment options for children with disabilities is a daunting process. Every journey in our life has a purpose, and even in the tough times there is so much that God can teach us. We can enjoy our children and our role as parents as we learn to help our children conquer their challenges and celebrate their strengths and accomplishments. The purpose of this group is to find the hope, healing, and learning that comes through faith and trust in God. Our focus will be to find the inspiration that we receive when looking at and sharing the scriptures, and encouraging one another through the challenges of being parents and caregivers of special needs children.

Note: This class will meet on the second Wednesday of each month.

Led by: Rose Henke

Beginning: February 10, 6:30 - 7:30 p.m.

Location: B211

Wednesday

Wednesday Groups (cont'd)

- **Parents Tackling Tough Issues**

The Birds, The Bees, The Talk” Talk with Your Children About Sex (February 3)

Why is talking about sexuality so difficult? What are developmentally appropriate topics? How do we answer the challenging questions? How can parent have open dialogue regarding the tender but important topic? Join us in helping parents become comfortable about this delicate discussion which needs to happen with all children.

Are Our Children Sexting? (February 10)

While texting is more popular than ever, a new trend is happening with our pre-teen and teenagers which should have parents very concerned. Sexting is a growing trend which has severe consequences. Please join interested participants in this interactive seminar to shed light on the subject of sexting, what it is, why our children may do it, and the short and long term consequences of this harmful teen behavior. This will allow for open communication in families for this very important topic.

“Pick up Your Sock!!” Teaching Children Responsibility (February 17)

Responsibility is something all parents want their children to have, but is sometimes a challenge for parents to teach. How do children learn responsibility? How can we as parent's help our children learn to cooperate and at the same time make healthy choices? Join other interested parents in discussing this important topic.

(class description continued on next page)

- **Parents Tackling Tough Issues (cont'd)**

“Help! A Teenager Has Moved Into My Child’s Body” Understanding your Preteen and Teenager (February 24)

Our children are changing right before our eyes. Adolescence is a time of rapid developmental growth and change. Many of the new behaviors are normal and healthy, but have us wondering what happened to our sweet, even tempered child? As our children mature and change, we are often caught off guard by these experiences. Join us as we dive deep into discussion about our teenagers.

Led by: Cynthia Garrison, MS, CFLE, CAMS

Beginning: February 3, 6:30 - 7:30 p.m.

Location: C211

- **The Ministry of Encouragement**

Lessons from Barnabas for 21st Century Christians

Who has been an “encourager” in your life? What opportunities do you have to encourage others – in the church, in your family, in your community? How do you actually go about a ministry of encouragement? In this 4-week series, using the New Testament example of Barnabas as a backdrop, we will learn spiritual, relational, and practical skills for making a difference in the lives of others, no matter where we encounter them, no matter what our “role”.

Led by: Tom Donaldson

Beginning: February 3, 6:30 - 7:30 p.m.

Location: B207

Wednesday Groups (cont'd)

- **What Every Marriage Needs**

A Healthy Foundation (April 7)

God intended marriage to be oneness, permanent and open. But how do we create these characteristics in our marriages? Discover ways to keep communication open, understand the messages we send, resolve conflict and handle problems as a team in Godly ways to give our marriages a healthy foundation to ensure a positive future.

Realistic Expectations (April 14)

What did you have in mind about your role in marriage when you married the person you married? What expectations do you currently have about your spouse? About your marriage? Learn strategies to seek compromise, discover hidden issues and understand what forgiveness is and what it is not.

Blessings of Marriage (April 21)

God wants our marriages to be ideal and fulfilling. He designed us to be together in ways that only married couples can understand. Discover the blessings of marriage God encourages and blesses when guided under his instructions. Learn ways to express yourself to your spouse in ways you may not have know could enhance your marriage.

Led by: Cynthia Garrison, MS, CFLE, CAMS

Beginning: April 7, 6:30 - 7:30 p.m.

Location: C211

Thursday Groups

- **Nutrition, Wellness and Weight Loss Challenge**

Determine this year with a resolve to engage in a healthy, more physically productive lifestyle. In this 6-8 week program the group will explore the areas of proteins, metabolism, and other important nutritional information. Each weekly class (Tuesdays or Thursdays) is about 45 minutes in duration and there is a charge of \$29 per person. The money is used to pay for supplies and snacks for each class meeting. Proper exercise, tips on dining out, and helpful suggestions to lower stress will also be covered. Join our group in the quest of promoting long term wellness and maintenance.

Led by: Gary and Dayna Spurgeon and Stefanie Utley

Beginning: Tuesday, February 2 or
Thursday, February 4

Location: SHAKE CITY Nutrition Center, 4112 Legacy Drive, Suite #302, Frisco, TX 75034
972-867-4549 or 214-705-6300

- **Ladies' Night Out**

The popular Ladies' Night Out program will be moving to the second Thursday of each month for 2010. We will gather in the Great Hall for games, crafts, food, visiting, solving personal and world problems, etc. If you feel that you "just don't know anyone outside my Sunday School Class," this is the perfect remedy. You won't want to miss the fabulous door prize awarded each month either. Join us for a casual gathering of new and old "Best Friends Forever."

Led by: Joann Lovingood and Gail Burnside

Beginning: Every 2nd Thursday, 6:30 - 9:00 p.m.

Location: Great Hall

Thursday

Thursday Groups (cont'd)

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Led by: Judy Cleveland

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Location: B201

Friday Groups

- **Young Adult Men's Friday Breakfast**

Catch up on the latest news and events in what's happening within families, the marketplace, entertainment, and the world of sports. Come, experience great fellowship and prayer support from our group, as well as knowing that you are a part of a spiritual accountability group that will lift up and encourage one another on a weekly basis.

Led by: David Steenbergen

Beginning: Every Friday, 6:30 - 7:30 a.m.

Location: IHOP Restaurant in Plano
(Central Expressway)

Friday

Notes

Notes

For more information about the Small
Groups listed in this brochure,
or about any programs at FBC Plano,
please contact:

tommys@fbcplano.org
or
kristieh@fbcplano.org



First Baptist Church of Plano
1300 East 15th Street
Plano, TX 75074
972-424-8551
www.fbcplano.org