

ALL THINGS NEW

CBC'S LIFE RECOVERY NETWORK

Spring 2012 Classes start February 21.

CityBibleChurch

For more information on All Things New or any of the following small groups, please complete the attached card and drop it in the offering, deliver it to the information counter, or call Kari Rambukkange at 503-255-2224.

SMALL GROUPS

Transformed through truth

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will. ROMANS 12:2

SMALL GROUPS are a vital part of the All Things New culture of care, accountability, fellowship, and support. With their specialized curriculum and focus on interpersonal connectivity, these groups are designed to form a tightly-knit nucleus of prayer—to become a source of help, affirmation, and understanding.

Small group leaders are available to help you get the most out of All Things New. Get to know your small group leaders, and help them know you better. This environment of closeness will become integral to your successful journey of renewal.

HE LOVES ME . . . HE LOVES ME NOT

[For Women] Led by Kathy Smith and Paula Wertanen

You believe God loves the world, but sometimes you wonder if God really loves YOU. For many of us, moving the truth of God's love from our heads to our hearts is a life long process. How does God's love fit in with our griefs, broken dreams, failed hopes and disappointments? These questions don't have easy answers! Join us in a safe confidential atmosphere as we seek to settle the truth of God's love more deeply in our hearts.

REAL MEN OF GOD

[For Men] Led by Michael Bassen and Fred Whaley

Come explore with us God's definition of what it really means to be a man. This transforming class, humorously, yet engagingly, helps us understand the power of a true man of God.

TWELVE STEP RECOVERY GROUP: FREEDOM FROM ADDICTION

[For Men and Women] Led by Brad Bracelin and Michael Frye, assisted by Shirley Zimbeck

Dependency on illegal drugs, prescription medications, alcohol and tobacco can be devastating. This group will help keep you from suffering relapse and will lay a foundation for freedom from addiction.

BUDGETING YOUR LIFE TO SUCCESS: A BLEND OF PRAYER, BIBLICAL PRINCIPLE AND PRACTICAL TOOLS

[For Men and Women] Led by Allen and Tomoko Metznerberg

Have you ever told yourself, *I really need to have a budget but just can't get it done?* A twelve-week course to help you build your personal budget and get your finances going in the right direction. This practical and inspirational workshop will provide you with the tools you need to build a budget that you can live with.

ANGER: HANDLING A POWERFUL EMOTION IN A HEALTHY WAY

[For Men and Women] Led by Mike and Nancy Thomas

If you are an individual who has had struggles over the years with anger, this class is for you. Many are often confused about this powerful and complex emotion. Ready to search for answers to your troubling experiences of anger? Understanding where anger comes from and its purpose will help you learn how to process anger in a healthy way.

HEALING FOR DAMAGED EMOTIONS

[For Women] Led by Jill Latona, assisted by Amy Green

Past hurts can lay the foundation for stumbling blocks in our current circumstances. Emotional healing is possible as we face hurts with the understanding and support of others. This group will help you find emotional stability and a new level of freedom in Christ.

OVERCOMING LIFE CHALLENGES **NEW!**

[For Men and Women] Led by Gary and Gilda Smith, assisted by Tim and Kari Rambukkange

In life we face many challenges because of past hurts and experiences; this class will teach you how to identify the challenges we encounter such as fear and anxiety, depression, low self-esteem, guilt, shame and approval addiction. We will learn to use God's word as a strategic tool for overcoming mental strongholds and how to implement Biblical life principles to fulfill our God-given destiny.

APPETITE FOR FREEDOM: TAKING BACK YOUR HEALTH GOD'S WAY! **NEW!**

[For Women] Led by Heleen Woest, assisted by Paula Holt

Come find out how you can permanently impact you and your family's health and well-being. Whether you've been struggling to maintain a healthy lifestyle over the years, or you have deeper issues such as compulsive overeating, bingeing, or purging, this program can help you. Appetite for Freedom is a Bible-based program that includes topics such as how to choose the right food plan, exercise, perfectionism, temptation, emotional eating, food addiction and many other issues surrounding struggles with food. Come hear testimonies of how hundreds of women learned to take back their health by bringing it under God's authority.

THE BOOK OF HEBREWS: THE TRIP OF A LIFETIME

[For Men and Women] Led by Ashish and Kaeli Joy, assisted by John and Anneli Evans

After becoming a Christian, it is important for each believer to continue to grow towards a state of spiritual maturity. This growth process is normal but not automatic. This class curriculum is based on the Epistle to the Hebrews. The primary message of the Book of Hebrews is intended to help Christians continue to make spiritual progress, even when facing the various obstacles of life. Whether you are a new or a longer-standing Christian, you will find this class to be a very educational and rewarding experience.

THE MARRIAGE YOU'VE ALWAYS WANTED

Led by Rick and Naomi Carbary and Bob and Barbara Zipprich

Marital growth requires time, effort and commitment. Most people want to have a loving, supportive and understanding spouse; perhaps, the best way to have one is by being a more loving, supportive and understanding spouse. Discussion will include issues of money, communication, decision-making, in-laws and much more. This insightful study will be filled with godly advice that will challenge and enrich married couples of all ages.

RIGHT WRONG THINKING

[For Men and Women] Led by Pastor Mark Jones, assisted by Susan Jones and Kathy Mendoza

Be encouraged to grow into a deeper relationship with the Lord, who is our Source of right thinking. Right thinking is the foundation for a faith-filled life. Learn how to have right thoughts and turn them into powerful declarations, which will forever change your destiny.

WHEN WAR COMES HOME

[For Men and Women] Led by Terry and Nancy Schrick

The reality of war is that everyone gets wounded. Many challenges attack military personnel, their families and friends, including stress, PTSD (post traumatic stress syndrome) and TBI (traumatic brain injury). All are welcome to come and learn how to cope and help, whether you are the military person, spouse, parent, sibling, friend, employer, counselor or neighbor. In this class we will address the wounds of the heart, soul and body. Join us as we explore God's possibilities for lasting healing and hope.

PARENTING GOD'S WAY: PARENTING IN A CONFUSING CULTURE

[For parents of young children, newborns-ten years old] Led by Roger and Chris Walters and Mark and Patti Tarter

As parents our job is to train children in the way they should go so that when they are grown they will not depart from God's ways. Parenting in our culture can be very challenging but the Bible gives us clear instructions. Learn practical tools on how to raise God fearing children that can successfully and confidently fulfill the call of God on their lives. Join us as we discover the principles that will strengthen you as a parent and give you tools to succeed in training the "treasures" God has entrusted to you.

EVERY MAN'S BATTLE

[For Men] Led by Rick Smith and Rick King

Living a life of purity in this day and age is indeed a battle. In this class, we will explore a four-part strategy to help us resist temptation and grow in God's grace. Knowing who we are in Christ and learning to walk in our new identity are key components in winning the battle every man faces.

Classes start February 21. ALL MEETINGS BEGIN WITH DINNER FROM 6:15-7:00. SMALL GROUPS TO FOLLOW.

ALL THINGS NEW SMALL GROUPS

SIGN UP TODAY

Please indicate which ATN Small Group you're interested in joining:

HE LOVES ME . . . HE LOVES ME NOT

REAL MEN OF GOD

TWELVE STEP RECOVERY GROUP: FREEDOM FROM ADDICTION

BUDGETING YOUR LIFE TO SUCCESS: A BLEND OF PRAYER, BIBLICAL PRINCIPLE AND PRACTICAL TOOLS

ANGER: HANDLING A POWERFUL EMOTION IN A HEALTHY WAY

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IMPORTANT: Please complete both sides of this form, detach it and drop into the offering bucket or deliver to the information counter. *Thank you.*