



www.houstonsda.org

## **PASTORAL MESSAGE**

Greetings in the name of our Lord and soon coming Savior. We are so grateful to God for our many blessings to each one of us and how He allows us daily to grow spiritually in grace and in love. We also thank God for each one of you and your support of God's work in His church.

If you are looking for a way to grow spiritually, and I believe we all have room for growth, then I invite you to take some time to look through our Grow Groups Catalog and find a group or groups that may be of interest to you. I firmly believe that one of the best ways for us to grow in Christ, is doing it together. This is why I invite you to join one of the many groups here at West that will help you to that end. It has been said that, "We may not have it all together, but together we have it all." When you have the Lord and you have each other, what else do you need?

Some of our Grow Groups at West are ongoing and some go for a few weeks; this allows you to have a break, or join another group that interests you. One thing is certain, when you join a Grow Group and grow spiritually with other believers, you build relationships, you see God at work, and you have more friends to lean on!

Also, if you have a desire to lead a group and you have an idea or are passionate about seeing that group grow at West, let us know and we will work on getting your group added the next time around!

So, look through the catalog, pick a group or groups you'd like to join, then visit our webpage at <a href="http://www.houstonsda.org">http://www.houstonsda.org</a> and sign up! Go, be blessed, and "find friends who inspire growth as iron sharpens iron!" (Proverbs 27:17).



Ashwin Somasundram Lead Pastor, West Houston SDA Church

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## **SUNDAY GROUPS**



### **ADVENTURES CLUB**

SUN-01: Sundays @ 10:00 a.m. - 12:00 p.m. WEST HOUSTON, Fellowship Hall

Does your child, in grades Pre-K to 4th have the doldrums? Do you wish your child could experience more fun activities and Bible study with like-minded Christian friends? Are you thirsting for a club that will support your family and the community, through Biblical principles? Well, search no more. The Adventurers Club is for you! Your child can join our exciting club for Bible study, fun activities, games, field trips, camping, and more!

Meeting: 2nd and 4th Sunday: August-April. Leaders: Emmy Harris: San Juanita Garcia Phone: (E) 616.916.9592: (S) 281.943.9384

Email: (E) prengtchr@gmail.com: (S) 832mommv@gmail.com

Maximum size: N/A



#### **FIT TO SERVE!**

SUN-02: Sundays @ 8:00- 9:00 a.m. CYPRESS. Harris County Deputy Darren Goforth Park

Come enjoy nature and get "fit to serve." every Sunday morning, starting at 8:00 am. at the Harris County Deputy Darren Goforth Park in Cypress. We kick off these energizing mornings with prayer and then everyone runs or jogs two miles at their own pace. The two miles normally take about 40 minutes, when taking several breaks or walking fast. So, come get your week started off right, and join us for an energizing run that is sure to get you "fit to serve!"

Meeting: 1st and 3rd Sunday Leader: Wisdom Mbaluka Phone: 281.387.0774

Email: wkisyua@gmail.com



Would you like to lace your shoes up and break a sweat while having fun playing basketball? If so, then this group is for you! Join us for 8 weeks, on Sundays, as we start the week off right with a devotional, some prayer time together, and a rousing game of basketball!

Meeting: 1st and 3rd Sunday; April 16- July 2. Leaders: Salomon Espinoza; Glenio Zau Phone: (S) 708.743.7907; (G) 281.965.6697

Email: (S) salomon708@yahoo.com; (G) gleniozau1007@gmail.com

Maximum size: 30



Are you 18 and older? Do you want to be part of a ministry that supports our local church and conference to develop and disciple, children and youth into Christ-like leaders? Do you enjoy nature, hiking, and camping? Then, this amazing club is the right fit for you!

Meeting: 2nd and 4th Sunday; August-April

**Leader:** Elmer Fuentes **Phone:** 832.294.5346

Email: Milogalaxy62@Gmail.com

Maximum size: N/A



This sensational club is centered in the physical-mental-spiritual tripod philosophy, and is designed to meet the needs and interests of children and adolescents from 5th to 10th grade. If your child enjoys Bible study, hiking, cycling, mountaineering, camping, and other exciting activities, this is the club to join!

Meeting: 2nd and 4th Sunday; August-April. Leaders: Raquel Montero; Patrick Brice Phone: (R) 713.647.2576; (P) 281.909.0777

Email: (R) rdmontero1130@yahoo.com; (P) ptb4ever@aol.com

## **MONDAY GROUPS**



#### **WEST HOUSTON MOM'S CLUB**

MON-01: Mondays @ 10:00 a.m. WEST HOUSTON. Youth Room

Are you a busy mommy and need time to "breathe?" Have you ever wanted to learn more about how to raise your child for God's glory? If so, then this group is perfect for you! Come and learn practical tips on how to raise godly children based on the book, "How to Teach Your Children to Really Love Jesus." Bring a friend and come ready to enjoy breakfast and have a great time with other mommies!

Meeting: Weekly; Now- June 12, 2017 Leaders: Querubia Benitez; Gaby Espinoza Phone: (Q) 903.780.8724; (G) 708.420.1982 Email: whoustonmomsclub@gmail.com

## **TUESDAY GROUPS**



Would you like to lace your shoes up and break a sweat while having fun playing basketball? If so, then this group is for you! Join us, on Tuesdays, as we boost our mid-week energy with some prayer time together, and an exciting game of basketball!

Meeting: Weekly

**Leader:** Danny Fernandez **Phone:** 713.818.0966

Email: danfernandez301@gmail.com

Maximum size: 30



## **JOURNEY TO WHOLENESS**

TUE-02: Tuesdays @ 7:00-8:30 p.m. WEST HOUSTON, Conference Room

Are you struggling with addictive habits that you can't break? Or, do you have a loved one that struggles with addictive habits? Well, there is hope and help available to you and your loved ones. Come join our Christ-centered, 12-Step Study Group, and get the support you need!

Meeting: Weekly

Leader: Matthew Clemonds
Phone: 713 591 6882

Email: mclemonds@hotmail.com

Maximum size: N/A



## LOVIN' FOOD

TUE-03: Tuesdays @ 6:00-9:00 p.m. LOCATION TBD - Contact leaders

Would you like to learn to cook economical, healthy, mouth-watering, tummy-filling, Vegetarian/Vegan food? Would you like to make new friends and try new recipes each week? Well, this tasty group is for you! Cash donations are accepted at the door to cover ingredients.

Meeting: Weekly; now- June 12, 2017 Leaders: Crystal Bat-Erden; Kati Wettstein Phone: (C) 832.802.0004; (K) 210.683.9408

Email: (C) Bolor523@gmail.com; (K) Katislifesasong@gmail.com

Maximum size: 7

## **WEDNESDAY GROUPS**



#### **COMMUNITY SERVICE MINISTERY**

WED-01: Wednesdays @ 9:30 a.m. -12:30 p.m. WEST HOUSTON. Fellowship Hall / Kitchen

Join us as we respond to the Biblical call for the church to feed the hungry, clothe the naked, and welcome strangers. We have a continuing commitment to provide community service and outreach to those in our neighborhood and throughout Houston. Most importantly, we are dedicated to living out our commitment to serving God by serving others. Help is especially needed in the kitchen!

Meeting: Weekly

Leader: Juliana Penuela Phone: 832.294.5257 Email: eljunoga@gmail.com

Maximum size: N/A



#### **ENCOURAGED THROUGH THE WORD**

WED-02: Wednesdays @ 7:00-8:00 p.m. WEST HOUSTON, Toddler Room

Come join our small group of believers, as we gather to encourage one another through the study of the Word. We strive to uplift Jesus by praying together and studying scripture. Know that Jesus said, "If I be lifted up, I will draw all men unto me!"

Meeting: Weekly

Leaders: Don Spence: Rei Menuer

Phone: (D) 832.331.3586: (R) 832.801.5025

Email: (D) donmspence@yahoo.com; (R) rejmenuer@gmail.com

Maximum size: 30



## WHAT ADVENTISTS BELIEVE

WED-03: Wednesdays @ 7:00-8:10 p.m. WEST HOUSTON, Sanctuary

Join us as we study the Christ-centered teachings of the Bible. This group focuses on the many beliefs found in scripture that lead us to a true knowledge of God, His Son, and the Holy Spirit which is "saving knowledge." A deeper and more genuine relationship with Jesus awaits those who join this group and study what Adventists believe!

Meeting: Weekly; Now-June 14, 2017

**Leaders:** Jackie Nyukundi; Salomon Espinoza **Phone:** (J) 832.289.5289; (S) 708.743.7907

Email: (J) jackienyakundi@att.net; (S) salomon708@yahoo.com

# **THURSDAY GROUPS**



Would you like to lace your shoes up and break a sweat while having fun playing basketball? If so, then this group is for you! Join us on Thursdays, as we keep our week energized with some prayer time together, and a fun game of basketball!

Meeting: Weekly

Leader: Danny Fernandez

Phone: 713.818.0966

Email: danfernandez301@gmail.com

Maximum size: 30

# **FRIDAY GROUPS**



#### ADVENT HOPE YOUNG ADULT FELLOWSHIP

FRI-01: Fridays @ 7:00-9:00 p.m. Alternate locations

Are you a Houston-area University student or Young Adult? Need help moving? Want prayer for a situation? Craving some Thai food with friends? Have an encouraging testimony to share? We are a group of young adults, who are passionate about Jesus! We desire to reflect His love, as we eagerly anticipate His soon second coming, or "advent." This group's purpose is for fellowship, worship, growth, service, support and connecting with each other. We hope you'll join us!

Meeting: Weekly

**Leaders:** Dominique Wright; Crystal Bat-Erden **Phone:** (D) 281.975.8900; (C) 832.208.0004

Email: (D) dominiquewright250@gmail.com; (C) Bolor523@gmail.com

Maximum size: N/A



### **MAKING LIFE CHANGES PRISON MINISTRY**

FRI-02: Fridays @ 7:00 p.m. in Prison Unit JESTER 1 PRISON

This West Houston ministry takes a Bible-based Adventist message of love, hope, and repentance into the prisons in Texas. We give Amazing Facts Bible studies during our regular Friday meeting times, and we hold Sabbath worship services every 2nd and 4th Saturdays at 3 p.m. Join us as we help set the captives free! (Isaiah 61:11) We're looking for volunteers to help inside or outside the prisons in many different areas, including, Bible studies, correspondence, SOP mail orders, IT, job placement and reintegration upon release. Please contact us via the information below if you are interested.

Meeting: Weekly Leader: Harold Helm

Phone: 832.766.5935 or Text "MLC1844" to 48421

Email: harold@MakingLifeChanges.org



Our New Member Orientation/Membership Class is for new members transferring their membership to West Houston Church or individuals desiring membership through baptism. These classes take place the evening before our Baptism and Invite a Friend Sabbaths. Please see "Baptism/Invite a Friend Sabbath" under the Saturday groups for upcoming dates, or contact the church office for more information.

Meeting: 3rd Fridays Leaders: Pastoral Staff Phone: 713,932,1661

Email: westhoustonsdachurch@gmail.com

## SATURDAY GROUPS



## ADVENTIST YOUTH SOCIETY (SPANISH)

SAT 01: Saturdays @ 6:30 p.m. WEST HOUSTON; Fellowship Hall

Adventist Youth Society (AYS) is a weekly afternoon worship service for everyone, but specifically geared towards children and youth, in grades K through 12. AYS offers a fun and relaxed youth-focused experience. Every service has active learning, designed to help our children and youth, discover who Christ is and the power of His words. Our primary goal is to help young people develop a deeper and more enriching relationship with Jesus Christ. We strive to accomplish this through music, games, drama, discussions and presentations. We believe that everyone has special gifts that God has given, so, we involve young people with all level of gifts and talents, to participate in the service. We hope this will provide our youth with a source of prayer, direction, enlightenment, and encouragement. This service is in Spanish and is a great way to connect with others while learning a new language!

Meeting: Weekly Leader: Kathy Cabara Phone: 832.607.6133

Email: cabarakathy@gmail.com

Maximum size: N/A



## **BAPTISM / INVITE A FRIEND SABBATH**

SAT-02: Saturdays @ 11:30-1:00 p.m. WEST HOUSTON: Sanctuary

Baptism and Invite a Friend Sabbaths are currently scheduled for May 20, June 17, and July 15. There is a New Member Orientation/Membership Class, which takes place the evening before each Baptism Sabbath. If interested, please contact the church office to prepare for this special event or for more information.

Luke 14:22 says, "Lord, it is done as thou hast commanded, and yet there is room." (KJV).

Meeting: 3rd Saturdays Leaders: Pastoral Staff Phone: 713.932.1661

Email: westhoustonsdachurch@gmail.com



Would you like your child to receive Bible studies and learn more about Jesus? Our Children's Baptismal Class helps parents get their children ready for a wonderful walk with their best friend Jesus Christ, and become equipped for the ever-important step of baptism. In guiding children towards baptism, we are preparing them to enter into a loving and saving relationship with Jesus Christ. Children who go through these studies, will also be ready to introduce their best friend Jesus, to others.

Meeting: Weekly Leader: Renee Schirra Phone: 281.636.5110

Email: regonzalez7@me.com

Maximum size: N/A



Are you looking for a place where your child can have a great time while worshiping the Creator? Well, look no further. We have a Children's Church program dedicated to teaching children the love of Christ in a fun and interactive way. Children's Church is here to support families in reaching kids and helping them enter into loving relationships with Jesus. By helping children develop loving relationships with Jesus Christ, we are preparing them to passionately prepare others for Jesus' second coming. Children who attend our services, have a great time and are wonderful, active followers of Jesus! We hope you'll join us!

Meeting: 2nd and 4th Saturdays Leader: Renee Schirra; Ernie Schirra Jr. Phone: (R) 281.636.5110; (E) 281.636.1763

Email: (R) regonzalez7@me.com; (E) eschirrajr@kpmg.com



Are you in high school, college or are youthful and young at heart? For us, age is just a number! So, if this is you, join us every 1st of the month in the gymnasium for an Echo Worship Experience. Echo is a young-hearted community, devoted to Echoing God's love 'til death do us part. If your desire is to be a part of a community of believers that echoes God's love, join us today!

Meeting: 1st Saturday of every Month

Leader: Karen Harris Phone: 832.890.6974

Email: trinotes3@gmail.com

Maximum size: N/A



Are you struggling in your finances? Are you confused about where Christians should stand on the topic of money? Would you like to have more faith in your personal finances? If so, this group is for you! We will be going over topics like how to create a budget, getting rid of debt, retirement, life and so much more! Philippians 4:19 says, "And my God will meet all your needs according to his glorious riches in Christ Jesus..." Join us today and learn how to manage your finances in faith!

Meeting: TBD; Now-July Leader: Ivan Henry Phone: 713.315.7063

Email: ivanhenry1@gmail.com

Maximum size: N/A



Are you feeling lethargic? Are you in need of some fellowship and fun? Well, join this awesome, co-ed volleyball grow group for 5 weeks. This is a great way to get spiritually connected and build lasting, quality relationships with others, through the game of volleyball. So, don't delay! Put on your tennis shoes and come on out and have some fun with us!

Meeting: Weekly, May 6-June 3, 2017

Leader: Glenio Zau Phone: 281.965.6697

Email: gleniozau1007@gmail.com

Maximum size: 30



Do you enjoy serving others? Would you like an opportunity to serve children and mothers in our Community? Join us every 3rd Saturday, as we meet in the Youth room and then go two miles from our church to love on the women and children at the Mission of Yahweh. The Mission of Yahweh is a shelter for women and children. If you'd like to learn more about this awesome opportunity, please go to www.missionofyahweh.org to find out more!

Meeting: 3rd Saturday Leader: Heidi Baltonado Phone: 281.995.6422

Email: heidi.baltodano@yahoo.com

Maximum size: N/A



## **NORTH SIDE PRAYER GROUP**

SAT 09: Saturdays @ evenings for 1  $\frac{1}{2}$  hours NORTH HOUSTON. TBD

Do you live on the Northside of Houston? Do you enjoy fellowship with other believers? If so, this may be the right group for you! We are a group of friends who live in the Spring and Woodlands areas. We meet twice a month on Sabbath evenings to pray together, encourage each other, and study the Amazing Facts found in scripture. If you are on the Northside of Houston or if you'd simply like to join our group, we'd love to have you! Meeting locations change and happen on a rotational basis.

**Meeting:** Every other Saturday

**Leaders:** George Omwoyo; Cliff Nyaribo **Phone:** (G) 713.378.5246; (C) 713.582.4552

Email: (C) Kenyobu@gmail.com; (C) Nyaribo@yahoo.com

Maximum size: N/A



#### SABBATH SCHOOL

SAT 10: Saturdays @ 10:15 - 11:20 a.m. WEST HOUSTON, Locations Throughout Church

Life is all about growth. One of the most important components of our church family is the opportunity to grow together; to grow spiritually in our faith, through the study of the Word in Sabbath School every week. We have many classes to choose from for all ages and backgrounds:

Several children's classes for birth through high school age, young adult classes, various adult classes, new member classes, visitor classes, baptismal classes, Spanish language classes, and many more!

Meeting: Weekly Leader: Veronica Pleitez Phone: 832 865 6045

Email: pleitezmira@yahoo.com



The Men's ministry at West invites men interested in learning how to be strong leaders in their homes to join this grow group. We will be reading, discussing, and putting into practice what we learn, from the short book, "Beyond Hacksaw Ridge," by Dick Stenbakken. This inspired book about Desmond Doss articulates his life and how his faith carried him through. Come and learn how to use prayer to bless, protect, shield and fight for anyone, any time, in any situation. Come learn how to outsmart the enemy, focus and balance a spiritual life, set and achieve goals, and meet Jesus your commander. Come fellowship, recharge and bond with other like-minded men! Bring a sack lunch, except for potluck Sabbaths, from 1:00 pm to 1:30 pm. Discussion and study will be from 1:30-2:30 pm. Materials will be provided. Interested men must register beforehand and commit to coming the full 8 weeks in order to know how many materials we need to order.

Meeting: Saturdays; 8 weeks (Apr 29-Jun 17)

Leader: Marco A. Gozalo Phone: 909.714.6958 Email: zionskey@gmail.com

Maximum size: 20



## **VIP (VISUAL INTERPRETIVE PRAISE)**

SAT 12: Saturdays @ 1:30-3:00 p.m. WEST HOUSTON, Young Adult Room

One of the ways we can express our thankfulness to God is through praises. VIP provides a platform for young people of faith, ages 11 through 18, to express their love for God, through a unique form of worship as well as to inspire others. By coming together as a family to worship and glorify the God of love, we are ministered to by His Word embodied in song. In turn, we use these songs to encourage and share God's Love with others who are homeless, in Nursing Homes, and at other Churches.

Meeting: 2nd and 4th Saturdays; Aug-May

Leader: Chiquita Penney Phone: 832.278.5785

Email: chi.penney@gmail.com



VIP II is a spin-off of VIP and provides a platform for younger children between the ages of 8 and 10, to also express their love for God and inspire others, through a unique form of worship. VIP II works jointly with VIP, as we use songs to encourage and share God's Love with others who are homeless, in Nursing Homes, and at other Churches.

Meeting: 1st and 4th Saturdays; Aug-May

Leader: Chiquita Penney Phone: 832.278.5785

Email: chi.penney@gmail.com

Maximum size: N/A



This awesome grow group functions to empower Young Adults to serve, connect, and grow in their relationship with Christ. The YA Ministry creates a platform for Young Adults from all over the world to serve the church in its mission to connect with each other and provide opportunities to share their faith and the good news of Jesus' soon return with the world through outreach. We hope to see you there!

Meeting: Weekly

Leaders:Tia Gauthier; Tendai Dete

Phone: (TG) 540.735.5786; (TD) 832.454.1297

Email: gertia.gauthier@gmail.com; tkdete@gmail.com

Maximum size: N/A



Are you a young professional? Are you knee deep in debt? Do you ever wonder how to affirm your faith in your professional life? Well, we have the group for you! The YP group's motto is Conviction, Community, Career, and is geared toward conversations that matter to you, building a community, and having fun while doing it.

Meeting: Weekly: Retreats, Socials, & Events TBD Leaders: Diego Bello, CPA; JM Arthus, M.S. Phone: (D) 832.279.1104; (J) 813.774.0362

Email: Diego.Bello@westhoustonsda.org; JM.Arthus@westhoustonsda.org



Are you in High School? Want to get connected? Would you like to know what is going on with the Youth? Or, do you have a Youth that is between the ages of 14-18 years old? The Youth Council is a leadership team that exists to unite all youth together through friendships and fun activities, and to grow spiritually and show God's love.

Meeting: Weekly

**Leaders:** Jasmine Ezzell; Emily Castaneda **Phone:** (J) 832.436.3250; (E) 281.818.6372

Email: (J) jpkezzell@gmail.com; (E) emilynicolle333@gmail.com

Maximum size: N/A



# 77494's WEST KATY & CINCO BRANCH GROW GROUP

SAT 17: Saturdays @ 2:30 - 4:30 p.m. WEST HOUSTON AREA. TBD

If you live in or around the West Katy or Cinco Branch area and want to grow spiritually, you may want to join this grow group. We are a diverse and inclusive community of young families who love the Lord and believe in sharing love, hope, and the practical application of God's Word with our neighbors. Our fellowship meetings are two hours long. The first hour, we enjoy a fellowship meal together and then dive into our study for another hour. We hope you'll join us! Please contact one of the leaders for exact meeting dates.

Meeting: Saturdays; once a month TBD

Leader: Ivan Henry; Eric Griffin; Donald Spence

Phone: (I) 713.315.7063; (E) 504.261.9305; (D) 832.331.3586

Email: (I) ivanhenry1@gmail.com; (E) egriff3@hotmail.com; (D) innsbear@yahoo.com

# FLEXIBLE SCHEDULE GROUPS



#### MARANATHA MISSION TRIPS

FLEX 01: Flexible @ Twice a Year (Adult/Youth) LOCATIONS TO BE ANNOUNCED

Have you ever wanted to go on a Mission Trip? Well, you don't want to miss this opportunity! Every year our grow group goes on two mission trips; one for adults and one for youth. This ministry provides an opportunity for our families to participate in short-term mission trips around the world. Our mission groups help by spreading God's word through construction, medical missions, and Vacation Bible School. We build ourselves spiritually by helping others and providing opportunities for them to see Christ's love in action. Our mission trips also provide an avenue for our youth to begin a life of service and experience how most of the rest of the world lives. In addition to serving God and our fellow man, it also serves as a way to ground our youth (and adults) on how grateful and thankful we should be for all God provides for us.

Meeting: TBD Twice a Year: (one Adult/one Youth)

Leader: Greg Hatch Phone: 832,492,4023

Email: greghatch@sbcglobal.net; missiontrip@houstonsda.org

Maximum size: N/A



# 3 AM (THREE ANGELS' MESSENGERS MOTORCYCLE ASSOCIATION)

FLEX 02: Flexible @ monthly LOCATION TBD

Join this motorcycle ministry, which is a brotherhood dedicated to carrying and delivering the 3 Angels' message to all. "3AM" is composed of Christians whose core faith is in Scripture, as the sole source of all doctrinal beliefs and practices.

"....some friends are more loyal than brothers." Proverbs 18:24.

Meeting: TBD: Contact Leader

Leader: Ed Garza Phone: 832.755.5820

Email: egarza70@hotmail.com



# WEST HOUSTON WOMEN'S WHATSAPP MINISTRY (WWW GROUP)

FLEX 03: Flexible @ various, via internet WEST HOUSTON CHURCH, TBD

We are a group of sisters who pray together, chat, share spiritual quotes and jokes, create crafts, volunteer at Houston Food Bank, create Christmas baskets for charity, go to outings, concerts, camping, or picnics, gather for potlucks at member homes, have fun game nights, and much, much, more! We communicate with each other via social media such as, Whatsapp, Facebook, email, and text messaging. Our growing group was created in 2014 and currently has more than 100 members. We'd love to have you join!

Meeting: TBD; as announced Leader: Elizabeth Trevino Phone: 832.407.4056

Email: elymty98@yahoo.com



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