

INFO for E-Free WOMEN ~ Winter 2017

Women's Small Groups

Small groups are a great place to grow, find community and share life's struggles. For space purposes, just the women only groups are listed here. To learn about all the group options at E-Free, contact Jeanie Fields, Groups Director at JeanieF@efreebn.org.

The Daniel Plan ~ Monday's 12:30-1:30 PM: Come enjoy a healthy lunch together while encouraging healthy lifestyle choices. The Daniel Plan was written by Rick Warren and is founded on Biblical principles focusing on the essentials: Faith, Food, Fitness, Focus and Friends. To register, contact Ann Clem at akcclem90@aol.com.

WILD (Women in Loving Discipleship) ~ Monday's 6:30-8:00 PM: This group is doing a study of CS Lewis' *Screwtape Letters*. The group meets in member's homes and looks forward to welcoming new women to join. For more info or to register, contact Bonnie Yancey at bsyancey@gmail.com.

Tuesday Evening Bible Study ~ Begins January 17, 6:30-8:30 PM: All are welcome to join the study *Lies Women Believe and the Truth that Sets them Free* by Nancy Leigh DeMoss. This study exposes those areas of deception most commonly believed by Christian women—lies about God, sin, priorities, marriage and family, emotions, and more. It also sheds light on how to be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. The most effective weapon to counter and overcome Satan's deceptions is God's truth! The cost is approximately \$20. For more information contact Ronda Hall at rondah@efreebn.org or call 309-660-5985.

Trim Healthy Mama Book Discussion ~ Tuesday's beginning January 24 7-8 PM: Have you ever wondered about a lifestyle called Trim Healthy Mama (THM)? Maybe you haven't even heard of Trim Healthy Mama, but the thought interests you. Well you are in luck! E-Free Church is offering a 7-week study that teaches you the THM principles and how you can incorporate them in your life. This study is open to anyone who would like to learn more, improve their health, and have a local support network. Please acquire your own book for the study (purchase or checkout from library). We hope you'll join us Tuesday nights at E-Free! Sign up by contacting Jenny Herrarte (jlpherrarte@gmail.com) or Sarah Miley (smiley5191@yahoo.com) or on our Facebook event page.

SOS (Study of Scripture) Thursday Mornings 9-11 AM, begins January 19: The SOS group will go through 2 Corinthians in Kelly Minter's latest study, *All Things New*. This study will explore the anchoring truths of bearing treasures in jars of clay, meeting Christ through a pressing thorn, opening wide your heart in the midst of hurtful relationships, and what it means to embrace the lost and lonely as ministers of the new covenant. Each of us has a message to proclaim and live by: Because of Jesus the old has gone, the new has come. To register, contact Jan Pfleeger at jpfleeger@frontier.com.

Thursday Morning 10 AM Bible Study ~ facilitated by Cyndie Bryant: This group uses study guides to help lead us through books of the Bible and various topical and Bible character studies. We are a friendly and welcoming group, representing many years of walking with the Lord, and we have such good life experience to share! Our tradition is to visit the LaTeaDa tearoom in Clinton for our last time together in the Spring.

Singles Group, The Rockers ~ Thursday Evenings 6:30-7:30 PM: A singles group for 50+ women meets Thursday nights from 6:30 to 7:30 PM. This fun group is led by Marian Dietz and Georgeanna LaMarca. To register or get more info, contact Marian at mbdeitz@juno.com or Georganna at glamar15@juno.com.

Thursday Evening "Walking As Jesus Walked" Group ~ 7:00-8:30 PM: Study the life of Christ and go deeper in understanding what the Scriptures mean in 1 John 2:6 when it says, "Whoever claims to live in Him must walk as Jesus did." To register, contact group facilitator Connie Unruh at connieunruh@gmail.com.

CONNECTING GROUP

E-Free Women's Book Club ~ meets 2nd & 4th Wednesday evening

The initial meeting of the year is devoted to choosing books to read as a group. Past books have included fiction and non-fiction. We do not read exclusively Christian themed books, but we do choose books that would be appropriate for a Christian woman to read. We follow the schedule of our youth ministry and only meet when the E Free youth are meeting. One monthly session is devoted to book discussion and the other is for social time.

SERVING OPPORTUNITIES

Sample Serve at E-Free: Pick from more than 25+ areas for a short period of time to try out serving in an area that is new to you. E-Free is challenging its members to step up and serve. If 50 new sample serves are completed by the first part of February, the staff will do the Polar Plunge!

Sheridan School: Help needed for Operation Backpack program, which provides food for Sheridan students. Backpacks are filled each Thursday from 4-5 PM. For more information contact Connie Unruh at connieunruh@gmail.com.

GOT IDEAS OR QUESTIONS?

Please contact Lori Heil, Coordinator of Women's Groups, at heilfamily@frontier.com or text/call 309-287-1635.