



# GROWTH GROUPS

## Summer 2025



Dedicated to  
Pastor Damein Johnson.  
Thank you for your ministry,  
fellowship, and leadership  
at Seabrook SDA Church!

## What is a Growth Group?

Growth Groups are weekly meetings that help people grow in faith, service, and worship with the support and fellowship of others. All are invited! You do not need to be a church member to register.

## When Do Growth Groups Meet?

Summer 2025 Growth Groups will begin the week of June 22 and end the week of August 10. Please refer to the catalog for the days and times planned for each group meeting and how or where each group will meet.

## Growth Groups Materials

Each Growth Group will follow a curriculum or book as detailed in the catalog. Please feel free to reach out to your Growth Groups leader if you have any questions about the materials needed.

## Registration

To register for a Growth Group, click the JOIN button below each group in the catalog to be taken to the online registration page, or visit [seabrooksda.org](https://seabrooksda.org) for more information.

# Pastor Johnson

## Words of *Encouragement*

### For the Seabrook Members

I am forever grateful to God for the immeasurable ways that Growth Groups have enriched my life and my church. Every Growth Group I've led or attended has added strength, light, and hope to my journey. We started Growth Groups with a desire to experience the power and growth manifested in the New Testament church in Acts 2:46-47. I believe we have entered that experience. It is my prayer that Growth Groups will continue to be a vital part of Seabrook's discipleship ministry.



Pastor Damein Johnson





# Words from Growth Groups Coordinator

The Growth Groups Ministry is grateful for your unwavering support and unrelenting guidance. Your leadership has impacted the longevity and success of Seabrook Church's small groups ministry. You have truly taught how to SERVE our neighbors, INVITE them into a relationship with Jesus Christ, and EMPOWER them to reach others.

God Speed, Pastor Johnson! You will be missed!

**Sherri Howard**

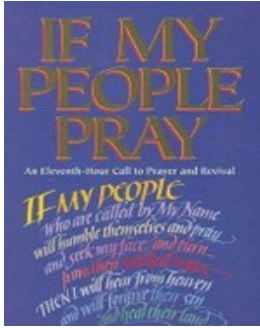
Growth Groups Coordinator



01

Prayer Life (In-Person)

Sunday | 7:00 AM



**Leader:** Atama George      **Location:** Seabrook Activity Center

**Book:** If My People Pray by Randy Maxwell

What would happen in our homes and communities if we followed God's counsel in 2 Chronicles 7:14? This book shows how to experience prayer as relationship, power, and the key to revival.

[CLICK TO JOIN!](#)

02

Exercise - Cycling (In-Person)

Sunday | 9:00 AM



**Leader:** Tom Johnson      **Location:** Bladensburg Waterfront Park

**Book:** The Book of Proverbs

Christian life requires community and relationships centered in the life and mission of Jesus. Join us for a group bike ride as we enjoy nature, fellowship and the Book of Proverbs.

[CLICK TO JOIN!](#)

03

Christian Studies (Phone)

Sunday | 11:00 AM



**Leader:** Geraldine Davis

**Location:** Call-In

**Book:** Seeds of Wisdom by E.G. White

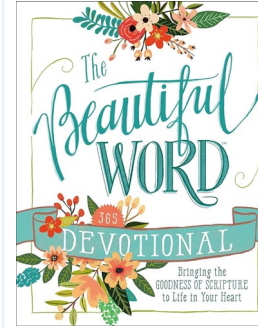
Christ came and dwelt among us that we might become acquainted with His character. He used real life experiences to connect us with the truths of His written Word.

[CLICK TO JOIN!](#)

04

Cooking (In-Person)

Sunday | 3:00 PM



**Leader:** Anitha Soloman      **Location:** Seabrook Activity Center

**Book:** The Beautiful Word Devotional

Learn the art of Indian cuisine while meditating on and discussing the Divine Word!

**There is a cost of \$30 per person to cover ingredients.**

[CLICK TO JOIN!](#)

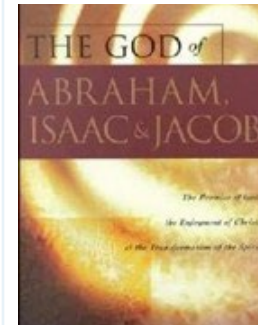
05

CANCELLED

06

Christian Studies (Online)

Sunday | 4:00 PM



**Leader:** Philip Conteh

**Location:** Online

**Book:** The God of Abraham, Isaac & Jacob by Watchman Nee

The Christian life is based on the irrevocable promises of God, the enjoyment of all that God has prepared for us in Christ, and the transformation resulting from the Spirit's loving discipline.

[CLICK TO JOIN!](#)



07

Health (Online)

Sunday | 7:30 PM

**Leader:** Barry Lee**Location:** Online**Topic:** Basic Principles for a Healthy Living

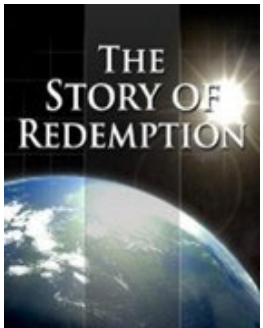
In this group we examine health principles to help prevent disease and promote longevity. The group will use information from *Proof Positive* by Dr. Neil Nedley as its reference guide.

[CLICK TO JOIN!](#)

08

Christian Studies (In-Person)

Monday | 6:30 PM

**Leader:** Churchill and  
Vinola Daniel**Location:** Silver Spring, MD**Book:** The Story of Redemption by E.G. White

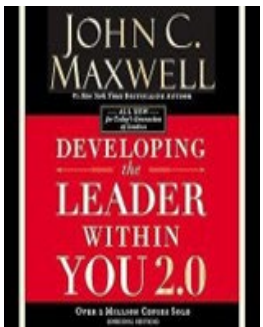
*The Story of Redemption* chronicles God's dealings with Humanity, from the primordial fall of Lucifer to the New Earth. **A light dinner will be provided.**

[CLICK TO JOIN!](#)

09

Leadership (Online)

Monday | 7:00 PM

**Leader:** John McClain**Location:** Online**Book:** Developing the Leader Within You 2.0 by John C. Maxwell

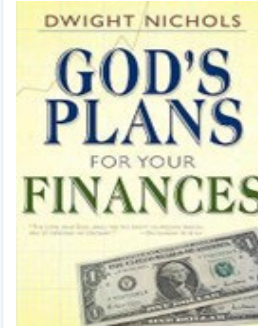
We all have God-given leadership qualities. In this group, we will study how to develop these abilities to become leaders that others will follow.

[CLICK TO JOIN!](#)

10

Financial Management (Online)

Tuesday | 7:00 PM

**Leader:** Winsome Modamwen**Location:** Online**Book:** God's Plans for Your Finances by Dwight Nichols

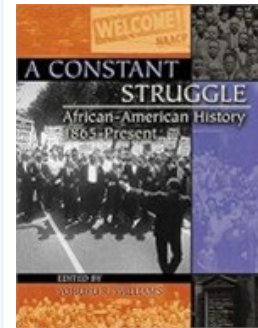
God has already given you the power to make money to provide for your family, achieve your goals, and reach the world with the Gospel. This book explains the biblical view of money, financial planning, and getting out of debt.

[CLICK TO JOIN!](#)

11

African-American History (Online)

Tuesday | 7:00 PM

**Leader:** Courtney Fullwood**Location:** Online**Book:** A Constant Struggle: African-American History  
1865-Present by Yohuru R. Williams

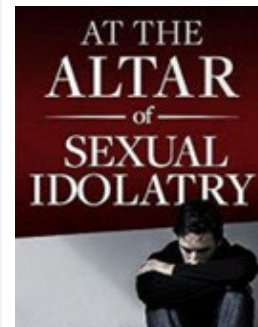
This book comprises primary sources and essays for the study of African American history from its African origins to contemporary times that we will reflect on and analyze.

[CLICK TO JOIN!](#)

12

Men's Ministry (Online)

Tuesday | 7:00 PM

**Leader:** Reuben Steele**Location:** Online**Book:** At the Altar of Sexual Idolatry by Steven Gallagher

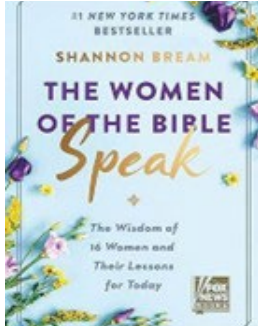
Living in the 21st century is like swimming in a sea of sensuality, and many Christian men are drowning in lust. This group shows how to destroy the idol of lust and paves the way for a radical transformation of their heart and life.

[CLICK TO JOIN!](#)

13

Christian Studies (Online)

Friday | 6:00 PM

**Leader:** Stacie Young**Location:** Online**Book:** The Women of the Bible Speak by Shannon Bream

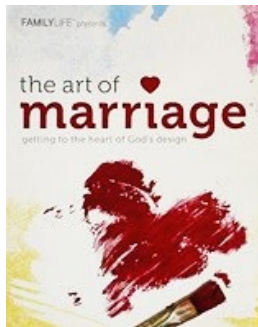
People unfamiliar with Scripture assume women play a secondary role. But in fact, they were central figures in many accounts. We'll examine the lives of 16 women, comparing their journeys.

[CLICK TO JOIN!](#)

14

Family Life (Hybrid)

Friday | 6:30 PM

**Leader:** Chester and Linda Williams**Location:** Online and In-Person**Book:** The Art of Marriage by Family Life

*Art of Marriage* guides through a transformative marriage study, where couples connect through engaging topics, thoughtful challenges and biblical truths.

[CLICK TO JOIN!](#)

15

Teen Bible Study (Online)

Friday | 7:30 PM

**Leader:** Catrina LeSure**Location:** Online**Book:** Philippians: Learning to Lead as a Disciple of Jesus by Brent Crowe

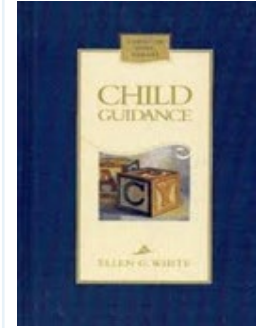
Division. Disagreement. Tension. How can we learn to lead, influence and shine like stars in such a divided culture? Paul's letter to the Philippians offers a great place to begin.

[CLICK TO JOIN!](#)

16

Family Life (Phone)

Saturday | 5:00 PM

**Leader:** Joyce Hammond**Location:** Call-In**Book:** Child Guidance by E.G. White

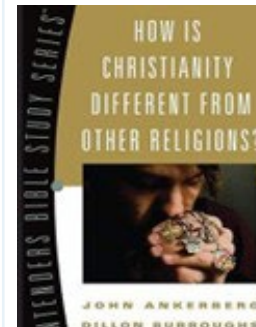
A parent's guide in leading children to develop into mature, independent, Christ-centered adults. Includes guidance on teaching self-denial, molding the will and reinforcing good habits.

[CLICK TO JOIN!](#)

17

Savings (Online)

Sunday | 10:00 AM

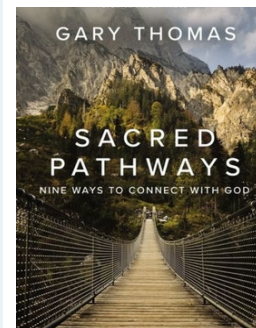
**Leader:** Dwight Palmer**Location:** Online**Book:** How is Christianity Different from Other Religions? by John Ankerberg and Dillon Burroughs

Questions about Christianity aren't going away. The challenging uncertainties in your mind, or in the mind of someone you know, are worth taking the time to explore. **This is a savings group with a one-year commitment.**

[CLICK TO JOIN!](#)

18

Exercise – Hiking (In-Person) Sun. 8:00 AM, Sat. 1:30 PM\*

**Leader:** Deepti Marshall**Location:** TBA by Leader**Book:** Discover Your Soul's Path to God by Gary Thomas

We'll explore ways people can grow closer to God while enjoying His creation. Meetings include devotional reading, discussion and trekking through various trails. **\*Meeting days will alternate weekly. This group is for ages 12+; kids 12-16 require parental supervision.**

[CLICK TO JOIN!](#)





*Thank you!*

Pastor J -

From the bottom of our hearts, thank you for all the blessings and incredible devotion you have given to Seabrook SDA Church and the Growth Groups ministry. You have been a beacon of God's glory to our beloved congregation and we all will miss you dearly.

We wish you all the best as you follow the path of your next glorious journey through Him!

