

Growth Groups

Spring 2026



Welcome Pastor Dr. Dedrick Blue and Dr. Aldreda Blue

It is a blessing to have you join the Seabrook SDA Church and its Growth Group Ministry. We are excited to see how God will guide and use your spiritual gifts in this new chapter. May the ministry flourish under your leadership!

God bless you in this journey!

Sherri Howard

Growth Groups Coordinator

About Growth Groups

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 member of Seabrook SDA to join.

When Do Growth Groups Meet?

Spring 2026 Growth Groups will begin the week of **April 12** and end the week of **June 14**. Please refer to the catalog for information about days and times planned for each group meeting and if the meeting is online, in-person, or hybrid.

Growth Groups Materials

Each Growth Group will follow a curriculum, topic, or book as detailed in the catalog. You may reach out to your Growth Group leader(s) if you have any questions about the groups' topic or materials you may need.

Registration

To register for a Growth Group visit
www.seabrooksd.org

or email growthgroups@seabrooksd.org



Spring 2026 Growth Group Leaders



Growth Groups Leaders Team

Growth Groups *Testimony*

Making a Growth Group was the best decision I've ever made. I remember making up the idea of having a Growth Group that talks about emotions that kids don't fully understand yet. This includes anxiety, stress, and feeling excluded. Throughout the weeks, me, Elder Tameeka Washington and Ms. Laura worked with a group of several kids to talk to them about these certain emotions. Not only was it an enjoyable experience for me, but it was also fun for the others too including the teachers and students as we worked to make our growth group as entertaining and important for the students as possible. Not only am I blessed to have this growth group, but I'm also blessed to have the best supporting adults I could ever wish for.

Aaron Washington

On his first time leading a Growth Group in Fall 2025

This writing class truly touched my heart. It brought back precious memories of God's many blessings in my life and reminded me of how powerful and necessary love truly is. The class gave me the space to slow down, reflect on life, and listen to my own heart. Through this journey, I wrote poems and essays I never knew were inside of me. Being surrounded by such a caring group and a compassionate instructor Yvonne, made me feel safe, seen, and encouraged to express myself without fear. I am deeply thankful for this experience, as it awakened my voice and strengthened my spirit.

Blessings,

Sis Bridget





Appreciation to Our Fall 2025

Growth Group Leaders

We want to express our heartfelt gratitude to each one of you for your unwavering dedication and leadership with the Growth Group Ministry. Your commitment to guiding and supporting others has been a true blessing. Your passion, wisdom, and compassion have created a space where growth can flourish. Thank you for your tireless efforts and for being such an incredible source of inspiration to the Growth Group Ministry.



Fall 2025 Growth Group Leaders

1 In-Person

Hiking

Sunday 8 AM & Saturday 2 PM



Leaders: Deepti Marshall and Anadelia Melina

Topic: Finding God in Nature

Explore how to recognize God's presence in nature, connecting with Him in a meaningful way through guided hikes and Bible reflections. **This group will alternate Sunday and Saturday meetings.**

[CLICK TO JOIN!](#)

2 FULL / CLOSED



Leaders: Yvonne Melbourne, Roo McKenzie, Karen Wims, and Winsome Modamwen

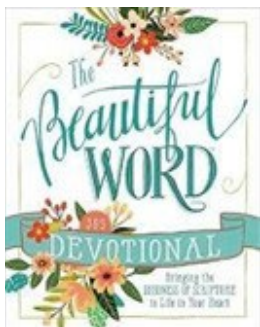
Topic: Gardening to Worship: Cultivating Sacred Space

Discover how cultivating a worshipful physical space can deepen devotion and root you more firmly in God's presence. Sponsored by Women's Ministry.

3 In-Person

Exercise

Sunday 10:30 AM



Leaders: Michelle Hardy and Brenda Gentles

Book: The Beautiful Word Devotional

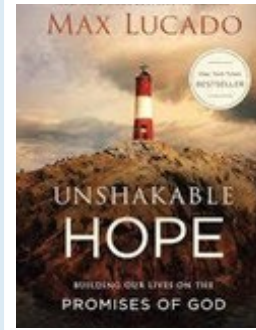
Experience fitness and fellowship! Refresh body and spirit while glorifying God's word in a creative way.

[CLICK TO JOIN!](#)

4 Online

Christian Living

Sunday 4:00 PM



Leader: Philip Conteh

Book: Unshakable Hope by Max Lucado

What is your life built on: circumstances or God's promises? The answer changes everything! This group examines Scripture's unbreakable promises using RightNow Media.

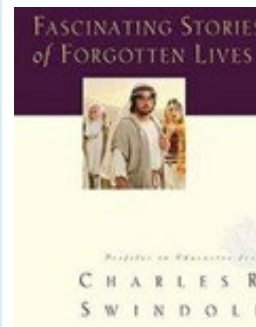
[CLICK TO JOIN!](#)

5 CANCELLED

6 Online

Christian Living

Sunday 7:00 PM



Leader: Nancy Massay

Book: Fascinating Stories of Forgotten Lives by Charles Swindoll

The Old Testament has stories of unsung heroes whose actions reveal whom God honors – and whose lives deserve careful attention.

[CLICK TO JOIN!](#)

7 Online

Leadership

Monday 7:00 PM



Leaders: John McClain and Lydia Gilbert-McClain

Book: Trust and Inspire by Stephen Covey

This group examines a new type of leader: one who is creative, collaborative, and full of potential – inspiring others to become the best version of themselves.

[CLICK TO JOIN!](#)

10 Hybrid

Writing

Monday 8:00 PM (& Two Sundays)



Leader: Yvonne Melbourne

Topic: Writing Workshop

This group supports aspiring and experienced writers by reducing isolation and offering strength-based peer critiques. **Group will meet online on Mondays with two Sunday, in-person meetings included.**

[CLICK TO JOIN!](#)

8 In-Person

Mental Health (Ages 10-12)

Friday 6:30 PM



Leaders: Aaron Washington and Tameeka Washington

Topic: A Sound Mind: Strengthening Your Preteen's Mental Health

This group discusses various mental health topics. Each week presents a different focus.

[CLICK TO JOIN!](#)

11 Online

Bible Study

Friday 7:30 PM



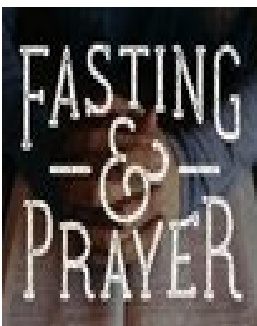
Leader: Gabriel Baptiste

Topic: Cellphone Evangelism

This group will review the Amazing Facts study guides. Help introduce your friend, coworker, or loved one to Christ using this unique evangelistic format!

[CLICK TO JOIN!](#)

9 FULL / CLOSED



Leader: Eve Brunson

Topic: Flesh vs. Fire: Fasting and Prayer Challenge

This group will “step into the furnace” to allow the Holy Spirit to burn away doubt, fear, illness, discord and lack of purpose in Life. You will emerge from this season recovered and refined! **Online and in-person.**

12 Hybrid

Emotional Wellness

Sunday 2:00 PM



Leader: Emotional Wellness Ministry Team

Topic: The Relationship Project

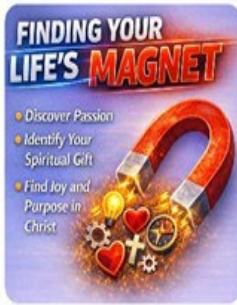
Ready to improve your relationships? Take a transformative journey designed to grow healthier families, deepen friendships and develop better communication skills. **Online and in-person.**

[CLICK TO JOIN!](#)

13 Hybrid

Youth and Young Adults

Friday 7:30 PM



Leaders: Osei Daniels and Antone Daniels

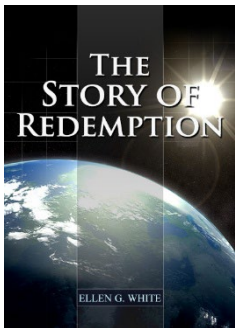
Discover how God uniquely designed you. In this group for upperclassmen, emerging adults and young professionals, explore your passion, personality, and purpose while identifying your gifts, vocational direction and identity in Jesus Christ. **Online and in-person.**

[CLICK TO JOIN!](#)

15 In-Person

Christian Living

Monday 7:00 PM



Leaders: Churchill Daniel and Susan Jenney

Book: The Story of Redemption by E.G. White

The story of redemption is the overarching Biblical narrative of Humanity's rescue from sin. It spans from Creation to the Fall, Christ's death, resurrection and promised return – and the restoration of Humanity's relationship with God.

[CLICK TO JOIN!](#)

 **Seabrook**
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