



GROWTH GROUPS

2026 FALL CATALOG



Spring 2026 Growth Group
Leaders celebration

About Seabrook's 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.

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 group's topic or materials you may need.

When Do Growth Groups Meet?

Spring 2026 Growth Groups will begin the week of **September 13** and end the week of **November 15**. 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.

Registration

To register for a Growth Group visit
www.seabrooksda.org
or email **growthgroups@seabrooksda.org**

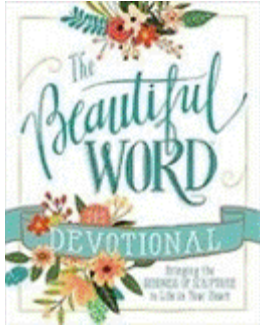


Spring 2026 Growth Group #9
"Fasting & Prayer"

1 In-Person

Exercise

Sunday 10:30 AM



Leaders: Michelle Hardy and Brenda Gentles

Topic: The Beautiful Word Devotional

Experience fitness and fellowship! Refresh body and spirit while glorifying God's word. **All fitness abilities are welcome to join!**

[CLICK TO JOIN!](#)

2 Closed

3 In-Person

The Arts

Sunday 1:00 PM*



Leader: Lorine Draughon

Topic: Crochet Ministry

Fellowship and learning about loving God and others while creating masterpieces in His service! Registration is limited to 16 participants. ***This group will meet every other Sunday starting Sept. 20**

[CLICK TO JOIN!](#)

4 Online

Christian Living

Sunday 4:00 PM



Leader: Cheryl Hoyle

Topic: Faith Under Fire with David Ewagata

Through RightNow Media, explore Daniel 1-6, teaching believers how to resist compromise, lead with integrity and remain faithful in challenging seasons.

[CLICK TO JOIN!](#)

5 Online

Christian Living

Sunday 4:00 PM



Leader: Bonnie Ross

Topic: Reassuring Promises from God's Word

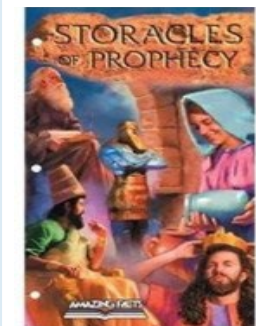
This group will examine how God's promises are conditional on obedience, using the Book of Job as a backdrop.

[CLICK TO JOIN!](#)

6 Online

Christian Studies

Sunday 6:00 PM



Leader: Joy Sharpe

Topic: Storacles of Prophecy

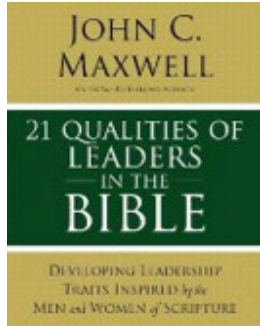
This Amazing Facts series uses a "Story + Oracle" formula, opening each lesson with dramatic OT history to decode NT prophecies from Daniel to Revelation.

[CLICK TO JOIN!](#)

7 Online

Leadership

Monday 7:00 PM



Leader: John McClain

Topic: 21 Qualities of Leaders in the Bible

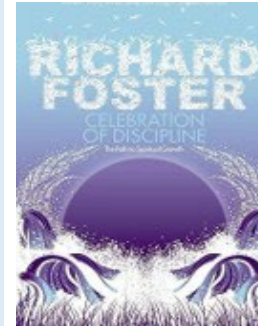
Examine leadership traits inspired by men and women of Scripture. The Bible is the greatest book on leadership ever written.

[CLICK TO JOIN!](#)

10 Online

Christian Living

Thursday 7:00 PM



Leader: Candace Thomas

Topic: Celebration of Discipline: The Path to Spiritual Growth

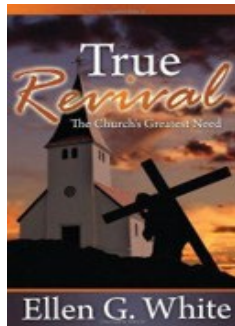
Explore meditation, prayer, fasting and study; simplicity, solitude, submission and service; and confession, worship, guidance and celebration.

[CLICK TO JOIN!](#)

8 Online

Christian Living

Tuesday 7:00 PM



Leader: Philip Conteh

Topic: True Revival: The Church's Greatest Need

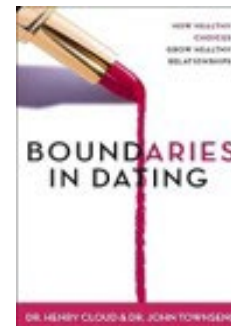
Study how a spiritual awakening and the Holy Spirit are the most urgent needs for believers.

[CLICK TO JOIN!](#)

11 Online

Singles

Thursday 7:00 PM



Leader: Mechelle Ramsay

Topic: Boundaries in Dating

Grow in freedom, honesty and self-control as you pursue healthy dating limits that can lead to a happy marriage.

[CLICK TO JOIN!](#)

9 Online

Financial

Tuesday 7:00 PM



Leader: Leslie Bridges

Topic: Business Start-Up / Tax Preparation

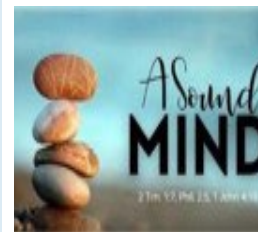
This series presents “nuts-n-bolts” of starting a business. It will also cover the foundations of filing personal or business taxes.

[CLICK TO JOIN!](#)

12 In-Person

Mental Health (Ages 10-13)

Friday 6:30 PM



Leaders: Aaron Washington and Emory Davis

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

For girls and boys ages 10-13, this group will explore what the Bible says about how teens can strengthen their mental health.

[CLICK TO JOIN!](#)

13 In-Person

Evangelism

Saturday 5:00 PM



Leader: Atama George

Topic: Rideshare Ministry

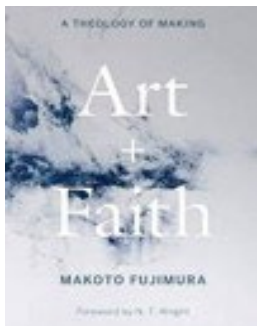
This group will learn skills for sharing Christ while working for Uber, Lyft or Empower.

[CLICK TO JOIN!](#)

14 In-Person

The Arts

Saturday 5:00 PM*



Leader: Richard Bradford

Topic: Art and Faith: A Theology of Making

A broad and deep exploration of creativity and the spiritual aspects of "making", leading into a quiet space of discipline of awareness, waiting, prayer, and praise. ***Will meet every other Saturday**

[CLICK TO JOIN!](#)

15 Hybrid

Single Again

Monday 7:00 PM



Leaders: Eve Brunson and Stacie Young

Topic: Single Again Due to Death or Divorce

This group aims to support those who find themselves single due to divorce or death of a spouse. Two books will be used as resources.

[CLICK TO JOIN!](#)

16 Online

Writing

Thursday 7:00 PM



Leader: Yvonne Melbourne

Topic: Seabrook Writers Group

The Seabrook Writers Growth Group was created to support individuals who write and aspiring writers who want to write.

[CLICK TO JOIN!](#)

Growth Group *Testimony*

I really enjoyed Group #09 Fascinating Stories of Forgotten Lives. I read the book and listened to Chuck Swindoll's sermon. The pairing was great and allowed me to imagine the complexities of the characters' lives and see another dimension beyond the printed Bible story.

I also liked that Lady Nancy gave updates so that we had time to prepare for the meetings. She also sent out the link so that it was not frustrating to join the group.

By the way, this group was the first Growth Group I did not quit before the end of the semester.

Regards,
Dorrett Mason

Fall 2026
Growth Group
Leaders



Hiking
Growth Group



Spring 2026 Leadership *Appreciation*

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 and Seabrook Church community.

Sherri Howard
Growth Group Coordinator

With several years of heart-led service supporting our small groups, Gloria is a part of our Seabrook SDA Church family. As the Assistant Growth Group Coordinator, Gloria is here to make sure you have everything you need to thrive as a Growth Group leader. She collaborates with our core leadership team during weekly meetings to check metrics, helps with our budgets, and brainstorms how to keep our ministry thriving. She also helps implement our focus groups and our semester huddles—ensuring that our mid-semester

check-ins run smoothly and efficiently and that our celebrations at the end of each semester are filled with joy. Gloria is passionate about training our new leaders at orientation, and she can't wait to walk alongside you to help keep our Growth Groups Spirit-led, healthy, and vibrant!



Gloria Nelson-Johnson
Assistant Growth Group Coordinator