

Women's Bible Study **INDEPENDENT** Groups (2-7-12)

Our "Independent Groups" have a variety of topics and include teaching, group discussion, fellowship, and prayer. Some of these groups meet on the Bayside campus, while others meet in homes to provide a wonderful atmosphere of warmth and interaction. All of these groups provide an opportunity for friendship, growth, encouragement, and support.

REGISTRATION: Please call the leader directly to register, answer questions and let you know of availability. The group leaders will direct you in obtaining the books or resources.

Independent Groups Coordinators:

Shirley Windle: windlebiblestudy@gmail.com & Linda Lagomarsino: linalago@gmail.com
Women's Bible Study Director: Nancy DeGlymes



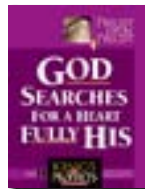
FIRST PLACE 4 HEALTH - Weight Loss Bible Study

Starts: Orientation: Monday, January 23 (orientation is important to attend!) **Time:** 7:00pm

Leader: Geri Castilio, 916-663-6534, geri.castlio@att.net

Location: Bayside Church, C236

First Place is a reliable, proven method of weight loss and balanced living. It includes Bible Study, group support, accountability, a proven common sense nutrition plan, regular exercise, daily prayer, and scripture memorization. This Christ-centered weight-loss program has guided hundreds of people to a healthy lifestyle and a closer walk with God.



GOD SEARCHES FOR A HEART FULLY HIS: Precepts Upon Precept by Kay Arthur

Starts: Friday, January 13 **Time:** 9:30 - 11:30am

Leader: Colleen Garcia, colleeng@wavecable.com

Location: Bayside Church, C233

Neither Solomon, his son Rehoboam, nor his son Abijam followed God fully, nor did Jeroboam in Israel. Their hearts were divided. Would God ever find anyone to serve Him like David? Would He ever find one whose heart was fully His? God says that we are to love Him with all of our heart. Is that really possible? This course has the answer.

*Advance sign-up is advised to ensure materials available.



FIRST PLACE 4 HEALTH - Weight Loss Bible Study

Orientation: Saturday, January 7 (orientation is important to attend!)

Starts: Saturday, January 14 **Time:** 7:00am

Leader: Kim Kelly, 510-393-3609, akkco@comcast.net

Location: Bayside Church, C236

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BREAK FREE FROM YOUR SEXUAL PAST By Barbara Wilson

***Must call leader to register or for more details.**

We have various evening and morning studies available.

Leader: Barbara Wilson, 916-224-4039, bwilson@barbarawilson.org

Have you ever wondered how your past can effect your relationship with God, and relationships with others in a negative way? Come experience the freedom, healing and hope that comes from breaking free of the bonds of the past. This unique study offered at Bayside leads women through a process of forgiveness, freedom, healing, and hope from their sexual past—whether it's from their own choices or a result of someone else's actions.

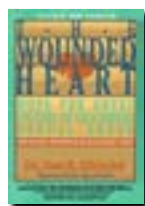


FORGIVEN AND SET FREE by Linda Cochrane ***Must call leader for details and to register.**

Starts: Monday, March, TBD **Time:** 7:00 - 9:00pm

Leader: Kathy Palmer 916-872-8716, ikathypalmer@gmail.com

Do you want to be freed from the bondage of guilt, pain, remorse, and grief from a past abortion? We will provide a safe and confidential environment for you to share with other women who made the same choice. This is a life changing study that will restore hope and healing through Jesus Christ. As you go through this Bible Study, you will experience God's healing grace and the peace of God's forgiveness and love. You will be SET FREE!



THE WOUNDED HEART By Dan Allender ***Must call leader for details and to register.**

Starts: Tuesday TBD **Time:** 6:30 - 9:30pm

Leader: Connie Peterson, 916-746-8673, conpeterson82@comcast.net

In a small, confidential group of women made up of fellow strugglers who have experienced childhood sexual abuse, we will explore the soul that has been damaged by sexual abuse and take a step in your journey of healing. Together, we will face the truth about past and present experiences and feelings; wrestle with God, other people, and yourself; and better understand the fears and behaviors that have determined how you relate to others in order that you would experience real healing from the past, healthier ways to relate today, and hope for your future.