

## CAPITAL CHURCH SMALL GROUPS

*One of the healthiest and most fruitful ways of journeying towards Jesus is to partner with others! Our small groups exist to help people develop authentic relationships with others and to experience support and a sense of belonging, while deepening your faith. We hope you find a group that is a good fit for you! Email us at [smallgroups@capitalchurch.com](mailto:smallgroups@capitalchurch.com) with any questions or suggestions! Grace and peace...*

### THE EDGE: JR HIGH & SR HIGH SMALL GROUPS

Various groups for Boys & Girls in Jr & Sr High  
Salt Lake Valley • Starting soon, times and dates TBD

*Various groups meeting throughout the valley. A great way for students to get connected in real relationships and a safe place to bring their questions. Join us!*

Jeff Hodges, [jhodges@capitalchurch.com](mailto:jhodges@capitalchurch.com)

### ADOPTIVE FAMILY SUPPORT GROUP [ Open to all ]

Sugarhouse or Capital • Sunday Afternoon, Once-a-Month

*This group is for families who have adopted children, in the process of adoption, or thinking about it. A source of prayer and support through the process of adoption and raising adopted children.*

Felix and Sara Vazquez , [felixrvc@gmail.com](mailto:felixrvc@gmail.com)

### KOINONIA: PURSUING GOD'S BEAUTY

Women Only • Capital Café

*A fresh challenge to women who have lived hesitant, cautious lives but long to break free and dance!*

Tuesday Mornings 9-11am (Starts Sept. 13) Childcare Available  
Vicki Bohney, [kvbohney@msn.com](mailto:kvbohney@msn.com)

Tuesday Evenings 7-9pm (Starts Sept. 13) No Childcare  
Andrea Wooton, [awooton@capitalchurch.com](mailto:awooton@capitalchurch.com)

### WHEN HELPING HURTS [ Men Only ]

Avenues, SLC • Every Other Tuesday Night 7-9pm

*Join a group of guys exploring how we can minister to the poor and/or oppressed. This group likes to have fun, discuss God and grow deeper in faith and friendship.*

Eric Reddish, [efoxred@hotmail.com](mailto:efoxred@hotmail.com)

### MEN'S FELLOWSHIP/TRANSFORMATION GROUP

Salt Lake Area • Fridays 5:30pm

*Get prepared for our lives ahead as we embark on a journey under God's guidance.*

Shahene Pezeshki, [shahene@gmail.com](mailto:shahene@gmail.com)

### MARRIAGE STUDY, SERMON-BASED GROUP

Married couples. Childcare available.

Capital Church • Wednesdays 7-8:30pm

*Study to be determined.*

Byron & Marlene Woertz, [2woertz@gmail.com](mailto:2woertz@gmail.com)

### BOUNDARIES [ 20's & 30's Group ]

Liberty Park Area • Thursday Nights 7pm

*Do you have trouble saying no? Can you set limits and still be a loving person? Are you in control of your life? Get biblically based answers to these tough questions as we learn how to set healthy boundaries.*

Julie Jensen & Kristin Riggs, [julijensen@yahoo.com](mailto:julijensen@yahoo.com)

### **REASON FOR GOD** [ 20's & 30's Group ]

Near Capitol Building • Thursday Nights 6:30pm

*Why can Christians be so hypocritical? Why does God allow suffering? Captured live and unscripted via video, Pastor Timothy Keller addresses doubts about Christianity.*

Zechariah Franks, [zechariah.franks@gmail.com](mailto:zechariah.franks@gmail.com)

### **SERMON-BASED SMALL GROUP** [ Open to all ]

*We'll discuss the weekend message by reflecting on main points and digging into complementary scriptures. Please join us as we build authentic relationships and explore relevant faith topics.*

South Valley • Monday Nights 6:30-8:30pm

Ken Bohney, [kbohney@capitalchurch.com](mailto:kbohney@capitalchurch.com)

Ft. Union Area • Friday Nights 7-8:30pm

Anand Balasubramanian, [Andoos1968@gmail.com](mailto:Andoos1968@gmail.com)

### **KNITTERS GROUP** [ Women Only ]

Diva's Cupcakes 1560 E 3300 S • 1st & 3rd Wednesdays 9:30-11:30am

*Knitters Unite! Join some ladies for coffee, cupcakes, laughter, community and knitting. Please join us!*

Sandy Pfaff, [sdpfaff@comcast.net](mailto:sdpfaff@comcast.net)

### **EVENING KNITTERS & CROCHETING** [ Women Only ]

Canyon Rim Area 2900 S 2900 E • 1st & 3rd Mondays 7-9pm

*If you like to knit or crochet, or want to learn, come join this brand new evening group. Enjoy the fellowship of others who like handwork and help in making things for the Swaziland children.*

Kathy Olympia, [kathyolympia@hotmail.com](mailto:kathyolympia@hotmail.com)

### **MEN'S PRAYER GROUP** [ Men Only ]

Capital Cafe • Twice per month, Saturdays 7-8:30am

*Determined to be a man who is willing to turn things over to God, asking Him to lead, instead of worrying about your next decision? Here is a great opportunity to connect with other guys on the same journey.*

Anand Balasubramanian, [Andoos1968@gmail.com](mailto:Andoos1968@gmail.com)

### **ELEVATED PRAYER** [ Open to all ]

Capital Church • Wednesday Mornings 7am (Starts Oct. 19th)

*Prayer supports growth. It brings us into a deeper relationship with God. It allows us to apply the core concept of loving God and loving others into our lives. Learn about and experience purposeful prayer.*

Jennifer Mann, [jennifer.mann@pepperdine.edu](mailto:jennifer.mann@pepperdine.edu)

### **DANIEL: BETH MOORE STUDY** [ Women Only ]

Lehi • Tuesday Nights 7pm

*Join us for a faith-building study of prophecy and learn how to live with integrity in today's self-absorbed society. The prophet Daniel faced unbelievable pressures to compromise his faith, to live in a hostile culture, and to confront temptations and threats. Today, believers in Jesus Christ face many of the same trials.*

Heather Henderson, [hdhende@yahoo.com](mailto:hdhende@yahoo.com)

### **AFTER HOURS** [ Open to All ]

Capital Church • Wednesday Nights 7-9pm

*We gather in the café, immediately following Troy's in depth Wednesday night Bible. Please join some of the 20/30's we discuss the impact of 1st & 2nd Samuel on our lives today!*

Andrea Wooton, [awooton@capitalchurch.com](mailto:awooton@capitalchurch.com)