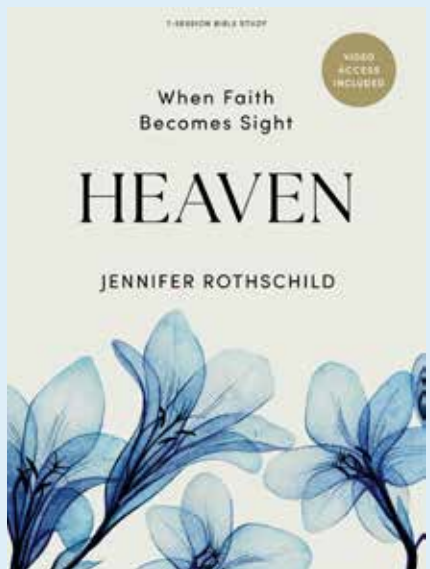
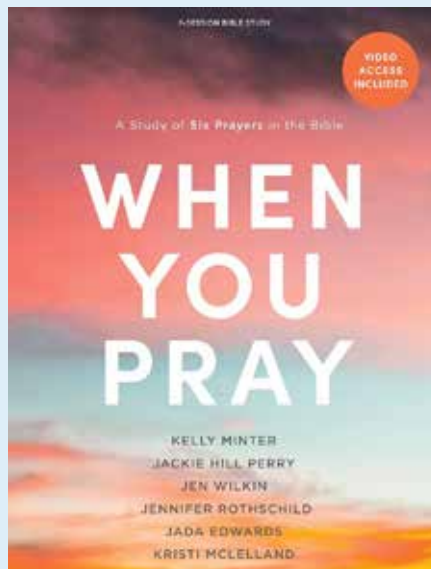
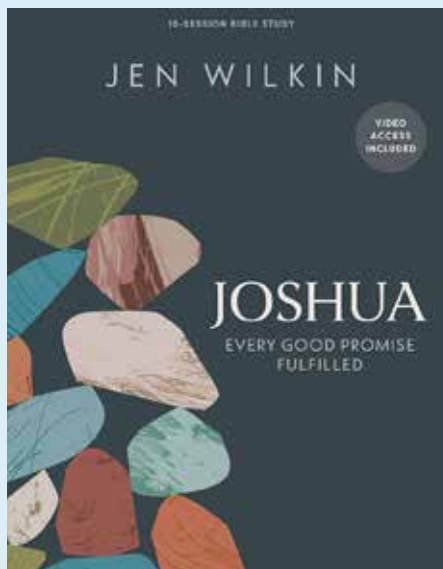
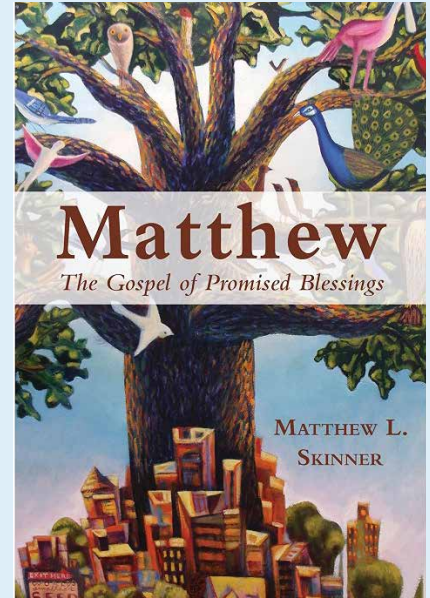
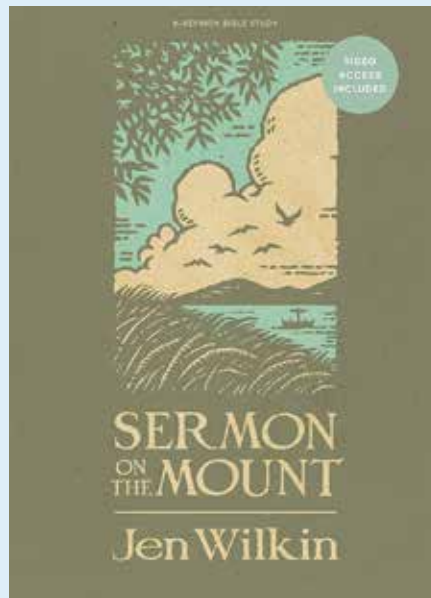
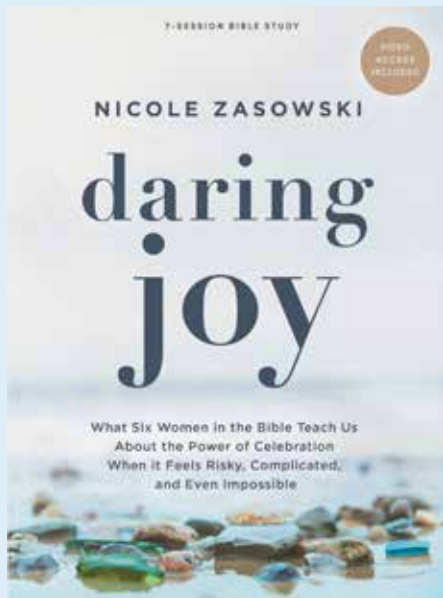


ADULT EDUCATION & CONNECTION GROUPS



We're Glad You're Here

Are you looking to grow spiritually?
Do you long to have a stronger faith but not sure how to do that?
Are you looking to make new friends and build relationships?

This is a great place to start!

Growing spiritually doesn't happen just when we know what Jesus says. It happens when we put His Words into action in our lives and we do that best when we are connected to others within a community of faith. King of Kings offers many opportunities to grow stronger in faith and to be in closer community with others. No matter where you are in your faith walk, we invite you to come, learn and grow in God's love with others. Please take some time to look through these groups and see where God is leading you so you can grow stronger in Him.

To register, go to our church website kingofkingswoodbury.org.

Or, if you have any questions about these opportunities and how you can get involved, email Laurel Bornholtz at laurel.bornholtz@kingofkingswoodbury.org.



📞 651-738-3110

✉ office@kingofkingswoodbury.org

🌐 www.kingofkingswoodbury.org

📱 Download our app – simply text
[KingofKingsApp](https://www.kingofkingswoodbury.org/kingofkingsapp) to 833-245-6561

📘 [kingofkingswoodbury](https://www.kingofkingswoodbury.org)

📷 [kingofkingswoodbury](https://www.kingofkingswoodbury.org)

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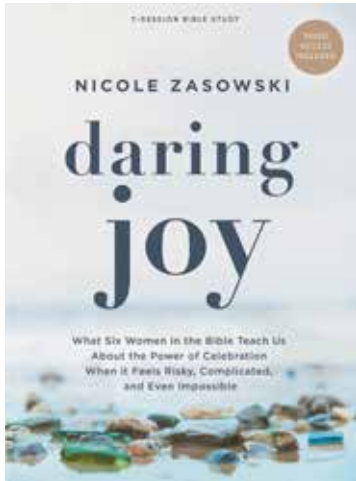
📺 King of Kings Lutheran Church

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God's GALS

God's GALS (God's Amazing Love Shared) is a ministry for adult women who are looking for in-depth Bible study, fellowship, service, and fun. Choose from four different meeting time options!



Daring Joy by Nicole Zasowski

In this 7-session Bible study, Nicole Zasowski draws from her experience as a licensed marriage and family therapist to point you to the enduring joy Jesus promises. Through the examples of six women in the Bible who model both the vulnerability of joy and the power of celebration (Eve, Sarah, Miriam, Mary, Elizabeth and Mary Magdalene), you'll see that God longs for you to embrace abundant joy! Don't miss out on your beautiful, God-given life because you're busy preparing for the worst.

Resources: Register on our website. Cost of the study is a \$10 registration fee. Please purchase your own book from Amazon, Lifeway.com, or Christianbook.com.

Wednesday Mornings

Group Leader: Annette Sherrill

Group Size: 30+ women with assigned small group breakout groups, starting in the Holy Grounds Cafe

Dates: Wednesdays from 9:30 - 11:30 a.m., every other week, beginning September 9th

Wednesday Afternoon (via Zoom)

Group Leader: Jo Bowman

Group Size: 8-10 women online (perfect for those currently living out of state)

Dates: Wednesdays at 2:00 p.m., every other week, beginning September 9th

Friday Mornings

Group Leader: Leigh Rekow

Group Size: 6-8 women in Room 108

Dates: Fridays from 9:30-11:30 a.m., every other week, beginning September 11th

Saturday Mornings

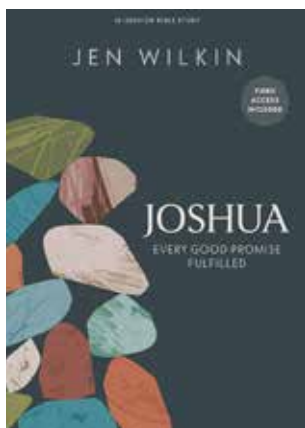
Group Leader: Kathy Becher

Group Size: 8-10 women in Room 108

Dates: Saturdays from 8:30-11:30 a.m., every other week, beginning September 19th



God's GALS Precept Study



Joshua: Every Good Promise Fulfilled

by Jen Wilkin

In this 10-session, verse-by-verse study of the book of Joshua, Jen Wilkin helps us see how God's commands, though sometimes difficult, are always rooted in His steadfast love for His people. Israel's story is our story. We battle not against flesh and blood as they did, but we courageously war against the temptations of the world, the flesh, and the devil, trusting in the finished work of the true and better Joshua, Jesus Christ. We will discuss our homework and watch/discuss a 35-55 minute video.

Group Leaders: Laura Griffith and Molly Calkins

Group Size: 15-20 women in the Youth Room

Dates: Wednesdays from 9:30 - 11:30am, Sept. 9 - Dec. 9 in the Youth Room

Resources: Register on our website. Cost of the study is a \$10 registration fee. Please purchase your own book from Amazon, store.faithgateway.com, or Christianbook.com.

The Bible Besties



Heaven: When Faith Becomes Sight

by Jennifer Rothschild

In this 7-session video-based study, Jennifer Rothschild explores the subject of Heaven from a biblical perspective. She will separate what's true about Heaven from what's based on legend, media depictions, and hopeful guesses. As you walk through the study, you'll not only gain a deeper understanding of what God has prepared for His children, but also learn how to live with confidence today as you look forward to the glorious unending that awaits. Don't just wonder about Heaven—embrace it with a faith that turns anticipation into excitement and peace.

Group Leader: Isabelle Hammond

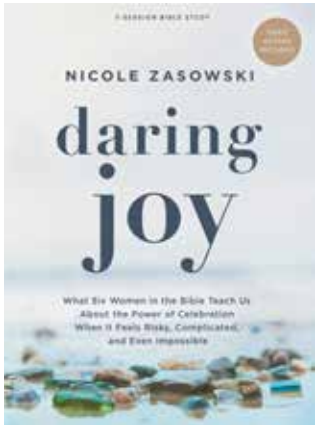
Group Size: 5-8 women at Isabelle and Sam's apartment in Lowertown Saint Paul

Dates: Every other Sunday at 6:30pm

Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Nov 29, Dec 13

Resources: Register on the website. Order your book on Amazon.

Monday Evening Women's Group



Daring Joy by Nicole Zasowski

In this 7-session Bible study, Nicole Zasowski draws from her experience as a licensed marriage and family therapist to point you to the enduring joy Jesus promises. Through the examples of six women in the Bible who model both the vulnerability of joy and the power of celebration (Eve, Sarah, Miriam, Mary, Elizabeth and Mary Magdalene), you'll see that God longs for you to embrace abundant joy! Don't miss out on your beautiful, God-given life because you're busy preparing for the worst.

Group Leader: Nancy Nelson

Group Size: 12 women in Room 108

Dates: Mondays from 6:30-8:00 p.m., every other week beginning September 14th

Resources: Register online. Cost of the study is a \$10 registration fee. Please purchase your own book from Lifeway, Christianbook or Amazon.

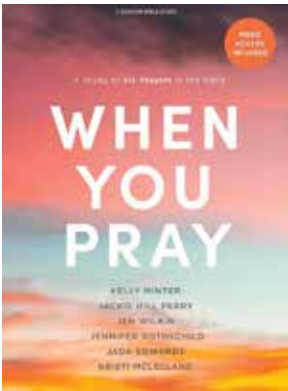
Alpha Omega

Group Leaders: Jane Neuman and Robyn Moravetz

Group Size: 8 women in Room 108

Dates: Thursdays from 9:30-11:30am

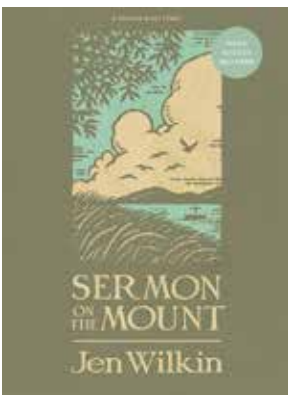
Resources: Register online. Cost of the study is a \$10 registration fee. Please purchase your own book from Lifeway, Christianbook or Amazon.



When You Pray by Lifeway Instructors

Dates: Sept. 17 - Oct. 29

In this 7-session study, join with six beloved Bible teachers who will help you study prayers in the Bible that can inspire your own. You'll learn that God welcomes your praise and lament, your thanksgiving and intercession. You'll see examples of how to pray when you're alone and when you're gathered with others. Above all, you'll notice there's no one right way to pray. As you draw near to God through prayer, you'll find your faith strengthened and your heart united to Christ.



Sermon on the Mount by Jen Wilkin

Dates: Nov. 5 - Jan. 21

Most of us have only encountered the Sermon on the Mount in fragments, considering its sub divisions as complete teachings in their own right—a study on blessedness; a reflection on the Lord's Prayer; a discussion of religious devotion, money, ambition, and relationships. Let's navigate these three chapters in Matthew as they were originally heard and read them as one cohesive, well-ordered message intended to challenge us to think differently about what it means to be a follower of Jesus. This 9-session Bible study will give you the opportunity to learn from Jesus, just as His disciples did. First released in 2014, this study is now updated with new teaching videos from Jen Wilkin.

King's Daughters

Group Size: 10-15 women

Dates: Starting September 15th

1st Tuesday at 9:00 a.m. – at Lunds & Byerlys for coffee and conversation

3rd Tuesday at 9:00 a.m. – at Holy Grounds Café for Bible study

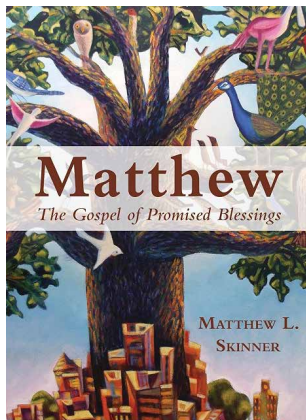
Resources: The studies used by King's Daughters are published in Gather, the magazine of the Women of the ELCA (WELCA). Subscribe online at <https://www.gathermagazine.org>. Registration is not required.

Bold Faith on an Unexpected Journey by Rev. Tiffany Chaney



Faith often leads us down paths we didn't expect—into wilderness places, across unfamiliar lands, and through seasons of grief and hope. This three-session study takes us on a journey with Hagar, Ruth and Mary Magdalene, women whose bold faith transformed their unexpected stories. Their encounters with God remind us that we, too, are seen, sustained and sent to carry good news into the world.

Shepherd's Flock Co-Ed Group



Matthew: The Gospel of Promised Blessings by Matthew Skinner

Our co-ed group, Shepherd's Flock, will start the year with Dr. Matthew Skinner's study, "Matthew, the Gospel of Promised Blessings." The Gospel of Matthew portrays Jesus and his message as full of tender compassion and urgent warning. This 6-session exploration takes readers into the themes and topics at the heart of Matthew's story about the life and work of Jesus.

Group Leader: Lynda Paulson

Group Size: 15 people in the Youth Room

Dates: Tuesdays from 7:00-8:30 p.m., beginning September 15

Resources: Register online. Cost of the study is a \$10 registration fee. Please purchase your own book from Amazon, Lifeway.com, or Christianbook.com.

Men's Ministry

Bible and Breakfast

Second Saturday of every month

8:30-10:30 am in the Holy Grounds Cafe

A light breakfast is served

Beginning in September, Men's Ministry launches a bold dive into the book of Job and the often-avoided topic of suffering, encountering the age-long question: "Why do bad things happen to good people?" Off the bat, it's the wrong question. So instead, we're taking a biblical view to bring the hope-filled presence of the Gospel into a new, life-giving perspective of suffering.

Saturday, Sept. 12: *A Godly Response to Evil and Suffering*

Saturday, Oct. 10: *Four Ways We Respond to Suffering*

Saturday, Nov. 14: *Three Key Questions When Going Through Suffering*

Resolute Bible Study

Fourth Saturday of every month

9:00-10:30 am in the Holy Grounds Cafe

In addition to the second Saturday Breakfast study, we also gather on the fourth Saturday of every month for what we call, "Resolute" (the unwavering Lord!), featuring a biblical topic with meaningful faith-to-life discussions. Guided by Joey Johnson.

Discipleship Groups

Monday or Tuesday or Sunday, two times per month

Mondays & Tuesdays: 6:30-7:30 am in the Youth Room

Sundays: 10:45-11:45 am in the Fellowship Hall Classroom

Perhaps the most impactful ministry our men experience is learning to practice Jesus' Great Commission to "Go and make disciples." We call it "Diatrebo Discipleship Discussions," or D-Groups. Six times a month, KoK men gather in small groups to get so close to Jesus that he rubs himself off on our souls! The featured topics for the start of 2026 will be taking our rising faith to conquering anxieties, burdens, busyness, perfectionism, fears and unforgiveness. Guided by Pastor Dan Clites.

Union Gospel Mission

When a 5th Monday night hits the calendar, our men share a worship service with the men of the local Union Gospel Mission. Led by Greg Hammond and Men's Ministry team members.

Questions? Contact Pastor Dan Clites: dan.clites@kingofkingswoodbury.org

Retired Men

A fellowship group featuring a monthly speaker.

Group Leader: Bill Meyer

Dates: 2nd Tuesday of the month; 7:30-9:00 a.m in the Holy Grounds Cafe.

Resources: No registration required

Sept 8 : King of Kings Panel Discussion - Items to Consider When Moving to a Senior Living Facility

Oct 13: Washington County Sheriff (*pending*)

Nov 10: Isabelle Hammond, Director of Marketing, and Jake Pickett, Multimedia & Technical Arts Coordinator

December 8: Rex Carlson

Connecting Between the Lines

This book group invites all women, but particularly those with children at home. Their next read is *Broken Country* by Clare Leslie Hall which they will discuss on September 3rd.

Group Coordinator: Meisha Berg

Date: First Thursday of the month at 7:00pm in the cafe

P.M. Book Discussion Group

The P.M. Book Discussion Group is a book club that brings readers together to share thoughts and grow in faith. The group meets once every two months to join in fellowship and discuss a book they read the weeks before. One member will lead the discussion and provide insight into the story and its relevance to the Christian faith.

Group Coordinator: Bev Boyer

Dates: Monday Afternoons or Evenings

Monday, October 12 at 3 PM. *Mad Mabel* by Sally Hepworth. Leader - Larae Ireland

Monday, December 14 at 3 PM. *Remarkably Bright Creatures* by Shelly Van Pelt. Leader - Lynne Engberg

Monday Morning Book Club

Group Coordinator: Peggy Sorensen

Dates: Mondays at 10:00 a.m.

Their next read is *Doorman Wanted* by Glenn R. Miller which they will discuss on September 14th. Other upcoming titles include: *The Quiet Librarian* by Allen Eskens, *The To-Hell-and-Back Club* by Jill Hannah, *Theo of Golden* by Allen Levi, and *The Ride of Her Life* by Elizabeth Letts.

King's Sisters

King's Sisters brings together retired and semi-retired women for the purpose of fellowship and education. This group has monthly meetings that include lunch and a program.

Group Coordinators: Jo Rettke (rettkejo@msn.com), Sandy Bruckner, Robbie Hattala, and Jacki McCormick

Dates: The second Thursday of most months

MomCo

Looking for connection with other moms? Join MomCo at King of Kings! This group is a chapter of MomCo, ministering to moms of children ages newborn through elementary school.

Group Coordinator: Monica Fahnhorst

Dates: Twice a month on Mondays from 7:00–9:00pm, September–May

King's Speakers Toastmasters Club

Unlock your potential at Toastmasters! King's Speakers is a faith-infused group that meets each week to become better speakers and leaders. Whether you are looking to conquer your fear of public speaking, refine your storytelling, or polish your professional presence, Toastmasters is the perfect place to start.

Group Coordinator: Laura Griffith (tmlg@live.com)

Dates: Thursdays from 7-8pm in the Youth Room (plus an online/hybrid meeting on the first Thursday of the month)

King's Sociables

This is the perfect group for active adults interested in taking part in fun activities and fellowship around the community. This group meets twice a month, once for Saturday morning coffee and the second time for a fun outing or event. Past trips have included coffee shops, local restaurants, and museum trips. Whether you are married, single, or looking to make new friends, everyone is welcome to join the fun!

Group Coordinator: Nancy Nelson (nancyfnelson@gmail.com)

50+ Group Events

Group Coordinator: Tami Olson

Request to become part of the 50+ Group email list and receive registration information by emailing kok50plusgroup@gmail.com

Arsenic & Old Lace Show & Lunch Thurs, Oct 15, 11:30am – \$53 at Lakeshore Players Theatre, White Bear Lake

Fall Festival Friday, Oct 30, 5:30-7:00pm – at King of Kings

White Christmas Musical Sun, Dec 6, 2:00pm – \$35 at Lakeshore Players Theatre, White Bear Lake

Care Ministry

Caring Casseroles - Dawn Swenson

Caring Casseroles is designed to provide a meal(s) to individuals and families in our church and community who are "in need" due to surgeries, illness, new baby, death in the family, and other unforeseen circumstances. If you like to cook or serve and help others, join us!

Saintly Stitchers (prayer shawls) - Leeann Behling

The King of Kings Prayer Shawl Group knits and crochets shawls for those going through difficult times within our church home and community. At each monthly meeting, we label and bind prayer shawls, discuss current needs, read thank you notes and spend time knitting or crocheting on our current shawl projects.

Quilters - Judy Carlson

The Quilters create beautiful quilts of all sizes that are donated to local and global ministry partners. Partners include Union Gospel Mission (Naomi Family Residence), ELCA's Lutheran World Relief, and ministries serving seniors in Honduras and Tanzania.

Meeting the first & third Wednesday of every month, 12:30–2:30 p.m.

Prayer Ministry Team - Pastor Amelia Houdek

Our meetings consist of a time of prayer for the people of our congregation, the staff and all aspects of the ministries that occur here, along with prayer for our country, city and the leaders. We explore different ways to pray and grow in faith together as we see how prayers are answered. The prayer team is also involved in assisting with the Advent & Lent Devotionals, National Day of Prayer, and more. If you would like to be a part of this team, please contact Pastor Amelia or call the church office.

Grief Support Group - Cheryl Bennerotte

Please join us in a peer-led group as we gather to support each other. Our group offers both faith-based emotional support as well as down-to-earth advice for practical matters. We have been where you are and want to be here for you now— and not just for the immediate aftermath. We're here for the long haul as we walk with you through your journey.

We meet weekly on Tuesdays at King of Kings Lutheran Church in Room 108 from 2:00-3:30pm. RSVP on the King of Kings website.

Cancer Support Group - Vickie Conley & Jeff Johnson

Being diagnosed with cancer can be very scary and stressful. Accepting the diagnosis is challenging. While every person's cancer journey is unique to them, there is great value in building camaraderie with those who can share their journey, faith and support.

Our support group for those living with cancer meets every second Monday of the month from 6:30pm-7:30pm.

For more information on Caring Casseroles, Saintly Stitchers, or Cancer Support group, visit our website at kingofkingswoodbury.org. If you have questions on the Prayer Ministry Team or the other Care Ministry groups, contact Pastor Amelia Houdek at amelia.houdek@kingofkingswoodbury.org.

Garden Ministry

The gardening team works to beautify the grounds of the church by maintaining the gardens. They plant flowers, trees, and shrubs, spread mulch, weed, and conduct overall garden maintenance.

Additionally, decorating is a subcommittee of the gardening team. Volunteers help plan and coordinate the decorating of the church to enhance the appearance and create a welcoming atmosphere.

For more information, contact Annette Sherill at annette.sherrill7@gmail.com.



Music Ministry



Jesus Jammers (Grades K-5) Wednesdays 5:00-6:00 p.m.

The King's Choir Wednesdays 7:00-8:15 p.m.

All the King's Men Wednesdays 8:15-9:00 p.m.

Worship Band Thursdays 7:00-8:30 p.m.

The King's Herald Brass Ensemble Sundays 12:00-1:00 p.m.

The JuBellation Ringers practices as scheduled

If you have questions about any of our Music Ministry groups, contact Jim Lindstrom at jim.lindstrom@kingofkingswoodbury.org.

Mission & Volunteer Opportunities

Community Dinners

Outreach Implementation Team

Loaves and Fishes

Food with Friends Community Dinners

Every Meal (filling backpacks at Grey Cloud Elementary)

Food Rescue (driving excess food from schools to food pantries)

SoWashCo PIT Stop Events (distributing resources)

Open Cupboard and Basic Needs Food Pantries

Communication of Blessings to Global Partners



For more information on volunteer opportunities at King of Kings, visit our website kingofkingswoodbury.org. If you have questions on the Outreach Ministry Teams or volunteer opportunities, contact Pam Hoeffel at pam.hoeffel@kingofkingswoodbury.org.