

It's where you are going...

When life gets bumpy with struggles of addiction, past relationships that affect the present, loss of a loved one or just stuck in your life and can't move forward—

L.I.G.H.T. (Love Is GOD'S Healing Truth) will help give you the tools for the life God wants for you.

See the many options we have available in the fall and give us a call or email us today. 425-216-4435 or lightgroups@nsb.org

the LIGHThouse Team:



Lupe Maple

Director, Community Support

I have worked with men and women for over 25 years and I know that we all have times in our lives when we could benefit from the wisdom and support of others. Over and over I see God using our recovery group ministry to free individuals from strongholds, help men and women

make sense of difficulties, and equip people for healthier relationships with Him and others. Please join me and my team this year as God works in your life to set you free.

Contact Lupe at 425-216-4416 or lupem@nsb.org



Jeff Simunds

Director, Tower of Light

I love seeing people set free from the pain and shame of their lives and helping them encounter more of Jesus' love for them in the process. I offer confidential and compassionate help in a safe and supportive environment and I look forward to walking with you on your journey.

Contact Jeff at 425-216-4443 or jeffs@nsb.org



Sue Dils

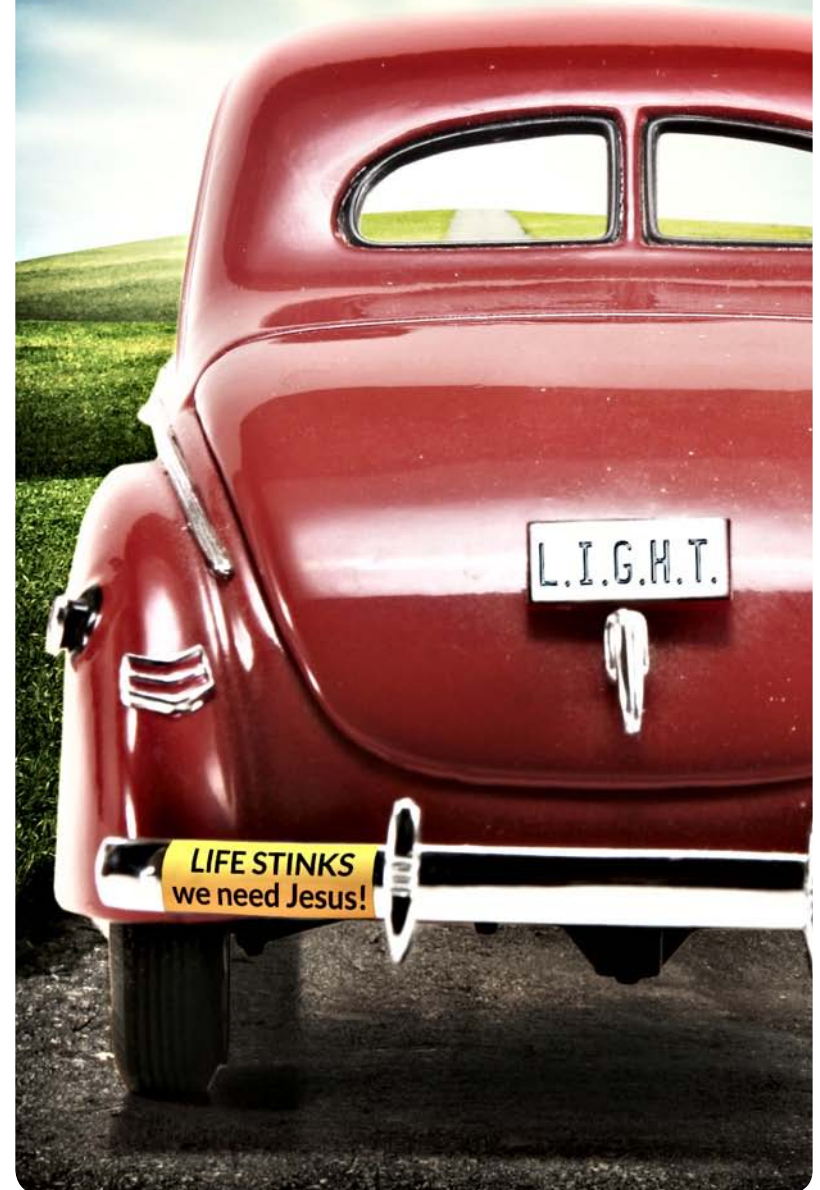
Ministry Assistant, LIGHT

There was a time in my life when the bottom fell out. I needed supportive people to come alongside as I navigated the muddy waters. My passion is to see others benefitted in tangible, life-giving ways. Call us if you need help navigating your own waters. We'd love to talk.

Contact Sue at 425-216-4435 or sued@nsb.org

Northshore Baptist Church
10301 NE 145th St • Kirkland, WA 98034
425-821-5252 • nsb.org

It's not where you've been
that matters...



MONDAY EVENINGS FROM 7 TO 9 PM

FATHERED BY GOD (MEN)

Did you grow up without a father who was present either physically and emotionally? How do you find the path to authentic manhood? *Fathered by God* is for men seeking God's map through this masculine journey, looking to become the men God intends us to be.

BEYOND ANGER (COED)

We all experience anger, yet often do not handle that emotion well.

“*LIGHT groups have been a life changer for me. I found them to be a very safe place to come and share, learn and grow.*

Patterns develop and we may suppress anger and let tension build, or take it out on others in either subtle or abusive ways. Come learn how to manage your anger in assertive, less hostile ways that respect both yourself and others.

SHATTERED DREAMS (COED)

How do you find hope when the bottom falls out of your life—when bad things happen that God could have prevented—when dreams shatter? Could your shattered dream actually be a part of a larger story? Join us as we learn how to look through life's tragedies and see the lavish blessings God has for us—how to find hope in the midst of our pain, and taste and see that the Lord is good.

GRIEF SUPPORT (COED)

Are you hurting due to the death of a loved one? Are friends and family uncertain how to ease your pain and give comfort? A greater understanding of your loss will help you cope and keep you from being immobilized or overwhelmed. God cares about your heart and so do we. Please join us. We will use the nationally known “GriefShare” series (See GriefShare.org).

>>Contact Helen Anderson, 425-697-3113.

MAKING PEACE WITH YOUR PAST (COED)

- Is your life not working and you don't know why?
- Even after you have tried to change your behaviors, do you see yourself making the same destructive decisions over and over again?
- Do you notice that you are repeating some of the negative patterns of your parents and grandparents?

Join us as we discover together the impact of our growing up years and how to change our future.

CONFIDENT KIDS (KIDS K-6TH GRADE)

- Recent move, change of school or changed behavior at home?
- Family member with a serious or lengthy illness?
- Difficult circumstances in the home, divorce, new blended family?
- Recent loss of a loved one?

Confident Kids is a life-skills program offering help and encouragement to children K-6th grade. It addresses the needs of children who are struggling with stressful circumstances. Join us for an evening of play, crafts and skits that teach about God's love and equips children for life's challenges. If your child is facing any of the situations above, this program would be excellent.

“*6 year old Confident Kids attendee: “Mom, Confident Kids Rocks!”*

TAKING BACK GROUND (MEN)

Are you a “porn again” Christian? Do you struggle with sexual thoughts/behaviors over and over again? Do you fear getting caught with pornography? Regain a life of holy purpose as we discover Christ's power over our lustful natures.

>>Contact Jeff Simunds, 425-216-4443

OTHER DAYS OF THE WEEK

HEALING HEARTS (SUPPORT FOR WOMEN)

Healing Hearts provides a safe place where women can openly share their pain with other women without fear of judgment or condemnation.

Two studies are offered:

- *Binding up the Brokenhearted*, for women who suffer from the after effects of abortion.
- *The Hem of His Garment*, a study to help women overcome the pain and afflictions of their past; such as a loss, sexual abuse, divorce, rape or other traumas.

>>Contact Anita Warren for location and time, 425-216-4439.

“*I always thought “recovery” was for addicts but when I felt desperate over the way I was handling relationships, including my marriage, I joined a group. I am now able to share my feelings and voice my own opinions. My relationship with my husband has new meaning.*

TOWER OF LIGHT - HELP FOR THE HOMOSEXUAL STRUGGLER

Do you desire to love God, yet want to be loved in a way God prohibits? Do you want to be transparent, yet wish to avoid the pain of misunderstanding? Tower of Light Ministries is a safe place where those struggling with unwanted same-sex attractions can find the help they are seeking. Exploring sensitive issues, sharing with others who care and understand, and finding the support to live life differently is what Tower of Light is about. Confidential and compassionate help is available. Tower of LIGHT is a member of Exodus International and Desert Stream Ministries.

“*After living for years with destructive patterns and drowning in a sea of shame, I joined a group. I learned that I wasn't the only one who felt this way. I now have hope as I see God at work in my life. He has a bigger plan than I could ever imagine.*

>>Contact Jeff Simunds for location and time, 425-216-4443.

IN THE MORNING LIGHT (WOMEN)

Are you feeling overwhelmed, confused, disappointed? There is hope and a place for you during this season of life. You will find support, encouragement, and prayer as you deal with your circumstances, Sundays at 10:45 am.

>>Contact Pamela Johnson, 425-486-1714.

D.A.R.T. (DOMESTIC ABUSE RESOURCE TEAM)

Resources, referrals and support to help those who are in harmful situations.

For **MORE INFORMATION** or if you would like to talk with someone, call our **D.A.R.T. line at 425 216-4455** (confidential voicemail only).

AA MEETING... CAME TO BELIEVE (COED)

This AA group applies the principles that can help recovery from addictions and compulsive behaviors including eating, shopping, gambling and substances. If you are feeling trapped and desiring change, you are welcome to attend. Drop-ins welcome, Thursdays at 6:30 pm in the Lighthouse.

>> Contact Dave Elliott, 425-802-2838.

Groups are held at NSB. Most will begin Monday night, September 12th and go through mid-May.

Register online at nsb.org or contact Sue Dils, 425-216-4435.