

Education Opportunities

For Spiritual Formation
FALL 2023 • COURSE CATALOG



“With joy you will draw water from the wells of salvation” (Is.12:3)

RB COMMUNITY CHURCH
17010 Pomerado Rd | San Diego, CA 92128
858.487.0811 | rbcommunity.org



Introduction

I walked into a local hospital's parking lot a few days ago. The day was scorching. It came to my mind the summer days in Egypt. Then my thoughts went to John chapter four, when our Lord walked in the middle of a hot summer day to meet with the Samaritan woman. At the Well, Jesus told the woman that He is the source of water that gives life. "Whoever drinks of the water that I will give him will never be thirsty again" (v.14). Then Jesus moved from talking about water to talking about worship "the hour is coming, and is now here when the true worshipers will worship the Father in spirit and truth" (v.23). We ask the question, what is the relationship between water, worship, and the words of Jesus, "The hour is coming, and is now here"?



Jesus was referring to the famous temple passage in Ezekiel 47. The prophecy about the Temple and the streams of water that flows from the Temple, "and behold, the water was trickling out." (v.2), then "the water had risen. It was deep enough to swim in, a river that could not be passed through" (v.5). Water that "flows toward the eastern region and goes down into the Arabah, and enters the Dead Sea; when the water flows into the sea, the water will become fresh (Hebrew: water will become healed). And wherever the river goes, every living creature that swarms will live, and there will be very many fish. For this water goes there, that the waters of the sea may become fresh (Hebrew: healed); so everything will live where the river goes" (vs.8-9).

Prophet Ezekiel prophesized that from the new Temple, healing water would flow. This healing water would give Life to all, including the Dead Sea. Water from the Temple that gives Life to the dead. To the Samaritan woman, Jesus announced He was the new and real Temple.

He brings healing to the broken relationship between God and us. Jesus then gives Life to the dead (both physical and spiritual). He is the one we ought to worship.

For the last two years, we have been using Isaiah 12:3 as a theme for our educational classes “With joy you will draw water from the wells of salvation.” Jesus is the Well of Salvation and the new Temple that the Samaritan woman and all of us need to draw Water from. In Christ, there is Life, for He is the Way, the Truth, and the Life. In this educational brochure, you will find a wealth of classes and an opportunity to draw, drink and be satisfied. The courses we offer this fall cover many subjects, such as Biblical and theological studies, building community seminars and discussions, book club, and the Chosen series. New classes include What I Wish I Had Hnown, and Between Parent And Adult Child Relationships. Also offered are Women’s and Men’s Bible studies, Prayer Ministry, LifeGroups, and more.

I invite us all to unite joyfully to draw Water from the Well of Salvation, to get to know Jesus more and make Him known. May the Lord bless us all as we study His word and learn together “until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.” (Eph.4:13-16).

In Christ,
Pastor Mofid Wasef

Fall Classes

Sundays

So You Want to Help with the Youth but



Sunday, October 8

11:00 am | Pineview

Facilitator: Timothy Wazny

Course Description:

Do you hear the request for help with the youth and want to help but don't know where to start? Join Tim in Pineview for a Fall Class to learn what happens on Wednesday evenings and Sunday mornings. He'll share ways to connect with our youth and help you find your comfort zone in sharing with them. Here is a chance to share stories with the youth of RB Community.



Timothy Wazny

timothy@rbcommunity.org



Fall 2023

Fall Classes

Mondays

Book Club



3rd Monday of each month

3:00 pm | Upper Fireside

Instructor/Facilitator: Amy Wazny

Course Description:

Do you enjoy reading? Do you enjoy sharing your reading experiences with others? A book club is a wonderful way to get the most out of what we read and enjoy friendship with other readers. All are welcome. Contact Amy Wazny for further information or to be included on the distribution list for future activities.



Amy Wazny

arwazny23@gmail.com

What I Wish I Had Known



Monday, September 11

6:30 pm - 8:00 pm | Fellowship Center

Facilitator: Shirley Dahlberg

Course Description:

You are invited to a class for couples, of all ages, that will help you think about what you need to know when one partner passes away. There are numerous decisions to make at a time when you least feel like making them. Some decisions will have to be made at the time of death. This class will not give you all the answers, but it will provide the subjects you should discuss and decide together ahead of time. You may want to bring along your adult children as well so they are part of this discussion, especially if they are the ones responsible for carrying out your wishes.

It is a gift you can give each other, to ease the stress on the surviving partner. Information has been gathered from surviving spouses, including Shirley, to help others make the transition as smooth and stress free as possible. When your heart is heavy with sadness and grief, you will be thankful that you prepared together for this time.



Shirley Dahlberg

shirleymariedahlberg@gmail.com

Fall Classes

Tuesdays

Serendipity Women's Bible Study



Tuesdays, September 26 – November 14; January 9 – 30

9:30 am - 11:00 am | Upper Fireside and Zoom

Instructor: Linda Allen

Course Description:

Join us this fall for a 12-week study of “Deuteronomy – Becoming Holy People”

We meet together for an opening, and then divide into groups to discuss a lesson done at home. Both in-person and zoom groups are available. Visit the group to see if this study is for you.

Deuteronomy is the story of God's people seeking after him. In studying their journey (and seeing how they are sidetracked), we will learn to follow God more closely. Throughout the book of Deuteronomy we will see Moses' underlying struggle as he submits to God. In his struggle, he is a model for us of transparent humanity and mature godliness.

Study Guide is \$10



Linda Allen

lindainpoway@yahoo.com

Find Your People

Building Deep Community in a Lonely World



Tuesdays, August 22 – October 3

1:00 pm – 2:30 pm | Kathy's home

Facilitator: Kathy Wesley

Course Description:

Join us for this 7-week video series by Jennie Allen as we explore how we can follow the example of Jesus as we nurture rich, life-giving friendships in a world that is moving faster, automating more, and delivering everything except meaningful relationships to our front doors. This study will offer practical solutions for creating true community in a world that's both more connected and more isolating than ever before. God made us for relationship. Come and explore ways to make that a reality.



Kathy Wesley
katknits@cox.net

Fall Classes

Seeker Class on Hebrews



Tuesdays, on going

7:00 pm - 8:00 pm | Fellowship Center

Instructor: Rev. Dr. Mofid Wasef

Course Description:

Was the book of Hebrews a letter or a sermon? Who were the first audiences? Who is the author? What is the central theme of the Book of Hebrews? Why did the author refer to the Old Testament in many direct and indirect quotations? How does the author of Hebrews see Christ? Is the book of Hebrews still relevant to us today? Why is it essential to study the Book of Hebrews?

We will discuss and answer these questions and much more during our study. The Lord willing, we will be meeting every Tuesday from 7:00-8:00 pm. You are welcome to bring your Bible and join us.



Rev. Dr. Mofid Wasef

mofid@rbcommunity.org

To accommodate those unable to make a night class, an identical class on Hebrews will run Wednesday mornings at 10:00 am and will also be taught by Pastor Mofid.

Wednesdays

Seeker Class on Hebrews



Wednesdays, on going
10:00 am - 11:00 am | Fellowship Center
Instructor: Rev. Dr. Mofid Wasef

Course Description:

Was the book of Hebrews a letter or a sermon? Who were the first audiences? Who is the author? What is the central theme of the Book of Hebrews? Why did the author refer to the Old Testament in many direct and indirect quotations? How does the author of Hebrews see Christ? Is the book of Hebrews still relevant to us today? Why is it essential to study the Book of Hebrews?

We will discuss and answer these questions and much more during our study. The Lord willing, we will be meeting every Wednesday from 10:00-11:00 am. You are welcome to bring your Bible and join us.



Rev. Dr. Mofid Wasef
mofid@rbcommunity.org

To accommodate those unable to make a day class, an identical class on Hebrews will run Tuesday evenings at 7:00 pm and will also be taught by Pastor Mofid.

Fall Classes

Power in Praise Movement



Wednesdays, beginning September 13

11:15 am - 12:30 pm | Lower Fireside

Instructor: Suzie Wick

Course Description:

Welcome to a NEW good for YOU Class! “Power in Praise” (PIP) movement class will get you in the joy filled groove as you stretch, tone and dance with strength and good posture. Along with stretching, toning and balance a variety of methods are included such Yoga, Pilates, Tai Chi, Barre toning and Feldenkrais. Aerobics, Zumba moves, and Country Dance and Disco steps will keep you moving to the beat. Please wear appropriate shoes for dancing and moving and bring a Yoga mat. You will also need a thin bath towel, bathrobe tie or Yoga strap.

All levels are welcome.

Class size is limited so don't wait too long to sign up with Suzie.



Suzie Wick

somuchfun2b@gmail.com

Note: Participants will be asked to sign a release of liability form.

Between Parent and Adult Child



Wednesdays, August 23, 30, and September 6

6:30 pm - 8:00 pm | Fellowship Center

Facilitators: Nancy Hirst and Scott Wood;
Licensed Marriage and Family Therapists

Course Description:

The Parent and Adult Child Relationships class is back by popular request for 3 new classes.

These sessions are facilitated by marriage and family therapists Nancy Hirst, and Scott Wood, and will continue to explore issues that arise between parents and their adult children. The sessions will provide lecture and group discussion time. You do not need to have attended the previous sessions to join us for these sessions.

For more information or to register for the classes please contact Karen Kritzer.



Karen Kritzer
kkarenp@gmail.com

Sponsored by RB Community Church Marriage Enrichment Ministry

Fall Classes

Come and See



Wednesdays, September 13, 20, 27, October 4; resumes

October 25, November 1, 8, 15

5:30 pm | Fellowship Center

Contact: Kathy Wesley

Course Description:

Come and See is a Wednesday evening study patterned after a format used by some of our LifeGroups. The evening begins at 5:30 pm sharing a simple supper together. Following the meal each week is an episode from Season 3 of the series *The Chosen*. *The Chosen* is a dramatic video series about the life of Jesus from the point of view of those who met Him. Season 3 continues with Jesus interacting with His disciples as they go out with the tasks of healing, casting out demons, and preaching Jesus' word. There's more on the backstory of Matthew and the relationship with his father. This season includes Peter calling Jesus to walk on water. Plan to join us for Season 3 with dinner, great discussion and Mofid's insights. This is a great way to interact with others in a small group environment as we share lessons from scripture. Come and See how this series can bring scripture and community alive for you.

Even if you missed Seasons 1 and 2 you can still join us. These seasons are available online so you can view them at your convenience.

Supper: \$10 per adult weekly

Reserve your seat with payment online at rbcommunity.org or Sunday on the patio.



Kathy Wesley

lifegroups@rbcommunity.org

The Celestial Railroad



Wednesdays, October 11 and 18

6:30 pm - 7:30 pm | Fellowship Center

Instructor: Pastor Geoff Kohler

Course Description:

The Christian Classic “Pilgrim’s Progress” by John Bunyan has influenced believers for generations. However, it was written in a certain time period and sought to speak to a particular community of people of that time. So, getting into it has been a challenge for many, even when it was shifted to a modernized translation. Nathaniel Hawthorne, famous American writer of “The Scarlet Letter,” decided to use this ancient tale by not only updating the language, but the circumstance of the story. For two weeks we’ll consider his short version of the story (now a couple of hundred years old itself) which he entitled, “The Celestial Railroad.” Even if you are unacquainted with the original Pilgrim’s Progress, you will have no trouble engaging in this intriguing, thoughtful and stimulating story.



Geoff Kohler

geoff@rbcommunity.org

Fall Classes

Thursdays

Men @ RB Community Church



Thursdays

6:30 am | Zoom

Facilitator: Jim Thomas

Course Description:

All men are invited to attend this early morning group which focuses on supporting and encouraging men to study God's Word and to live out their faith each day. Various studies are covered throughout the year with the occasional breakfast for some face to face fellowship time. Contact Jim for more information and zoom link.



Jim Thomas

Jim@TopJim.com

(858) 848-5591

Fridays

Tied In Prayer: Sewing Whatever



Fridays, Sep. 8, 22, Oct. 27, Nov. 10, Dec. 8

9:30 am - 11:30 am | Skylight

Facilitator: Kathy Wesley

Course Description:

Join us as we create with a variety of fabrics from our sewing closet, while enjoying fellowship with others. This time can be used to work on one of our RB Community outreach projects or one of your own. All materials and basic supplies are provided for the various ministry projects or you can bring your own fabrics for your creations. All you need is a basic sewing knowledge and a willingness to relax and have fun.



Kathy Wesley
katknits@cox.net

Fall Classes

Saturdays

Heartstrings Knit and Crochet Group



First Saturday of month

10:00 am | Linda's home

Facilitator: Linda Tyler

Course Description:

Gather your knitting needles/crochet hooks and join us as we work on a variety of projects. Scarves, hats, afghans, etc. are created by members of this group for distribution to various local organizations in need. This group is open to all skill levels. Patterns and some supplies are provided.



Linda Tyler

llstyler@aol.com

Tied in Prayer Workshop



First Saturday of month

9:30 am - 1:30 pm | Skylight

Facilitator: Kathy Wesley

Course Description:

Join us as we create quilts and other craft items from the variety of fabrics in our closets. On these Saturdays, we will have more sewing time to allow for completion of quilts for distribution by our Deacons or donations for some of the RB Community mission projects. We also use this time for learning new techniques and skills. Patterns and materials are available, all that is needed is a basic knowledge of sewing, a sewing machine and a willingness to come relax and have fun. This is a great opportunity for sharing and fellowship.



Kathy Wesley

katknits@cox.net



LifeGroups - A Small Group Ministry

A LifeGroup can be the place to connect, build relationships, and be encouraged! These are groups of 4 – 12 people who want to get to know each other and celebrate what God is doing in their lives.

Some of the new interest based groups called Crazy Eights that started this summer are continuing to meet to share a meal and get better acquainted. For those interested in trying out a small group or sharing in fellowship with others the short-term Crazy Eight experience is a great opportunity. For more information on LifeGroups or Crazy Eights contact Kathy Wesley.



Kathy Wesley
lifegroups@rbcommunity.org

Spiritual Formation Team

Amy Wazny

Bob Lauer

Chuck Deckert

Deborah Kelly

Dee Puntenney

Irene Dunny

Karen Kritzer

Kathryn Homer

Kathy Wesley

Shirley Dahlberg

Pastor Mofid Wasef



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