

**LET'S
DO
LIFE
FALL 2020**



SILVER SPRINGS

Life Group:	Leader(s):	Day/Time:	Location:	Childcare?	Curriculum
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WOMEN

Angels On Earth Starts September 13	Jane Eggimann	Every other Sunday 10:45 AM	Cape First Church Room 119	Yes Kids Life	<i>Really Bad Girls of the Bible</i> by Liz Curtis Higgs
Wordshop	Rose Brothers Debbie Atchison	Wednesdays 12 Noon	Cape First Church Fireside Room	No	<i>Gospel of Mark</i> by Lisa Harper
Joy Gals Starts September 21	Kristi King	Mondays 5:30 PM	Cape First Church Room 143	No	<i>The Longing In Me</i> by Sheila Walsh
Stephanie Hodges Yoga Life Group	Stephanie Hodges	Wednesdays 7 PM	Cape First Church Gymnasium	Yes Kids Life	Christian Yoga Prayer & worship music throughout. Cost \$5
Feeding Your Temple	Debbie Atchison Cathy Cheek	Mondays 6 PM	Cape First Church Room 153	No	<i>The Armor Of God</i> by Priscilla Shirer
Jones' Womens Life Group	Sharon Jones	1st & 3rd Sunday 11 AM	Cape First Church Silver Springs Location	Yes Kids Life	<i>Fight To Flourish</i> by Jennie Lusko
Mighty Moms	Cathlin Hayes	Every other Saturday 9 AM	Call 573-450-3002 for location	No	<i>Best Yes</i> by Lysa TerKeurst
Wadley Womens Life Group	Ursulla Wadley	Mondays 7 PM	Cape First Church Silver Springs Location	No	<i>Get Out Of Your Head</i> by Jennie Allen

MEN

Men's Prayer Group	Nate Ammon	Mondays 6-7 AM	Cape First Church Fireside Room	No	Worship & Prayer
Kingdom Men	Jason Metheny Jerry Lynn	Every other Tuesday 6 PM	Cape First Church Silver Springs Location	No	<i>The Book of Matthew</i>
Fishing Life Group	David Urzi Bobby Newton	Every other Saturday 8-9:30 AM	Email: durzi@capefirst.org	No	Fishing interest-based
Mighty Men Of Valor	Larry Shafer	Wednesdays 7 PM	Cape First Church Room 132-134	Yes Kids Life	<i>The Wilderness</i> by John Bevere
Fishermen For Jesus	Mark Boone	Tuesdays 6:30 PM	Cape First Multipurpose Room	No	<i>A Look At Life From The Riverbank</i> by Steve Chapman
Ferguson Life Group (Monthly)	Benjie Ferguson	3rd Saturday 8:30-10:30 AM	(Rotate) Scott City Park & Jackson Litz Park	No	<i>Play The Man</i> by Mark Batterson (then play disc golf)
Model Man Starts September 24	Chad Fisher Josh Utchman	Every other Thursday 6:30 PM	Cape First Church Silver Springs Location	No	<i>Model Man</i> by Larry Stockstill



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FAMILY

Worship Life (During 11 AM Service)	Eric & Whitney Burton	Sundays 11:30 AM	Cape First Church Worship Landing Area	Yes Kids Life	For Worship Team and those interested in joining.
J.O.Y. Group Just Older Youth, 55+	Bob LeGrand	Tuesdays 10 AM	Cape First Church Room 132	No	Study of the Bible Book of Timothy
Burris Family Group	Darrek & Sonja Burris	Tuesdays 7 PM	118 Parkview Dr. Scott City, MO	No	Leader's Choice
Zumba With The Twins	Jean & Jan Fulton	Tuesdays 6 PM-6:45 PM	Cape First Church Gymnasium	Yes \$2 per child	\$3 Per Session. Children 9+ may attend. Devotional included.
Staying Fit In God's Word Starts September 12	April Tolliver	Saturdays 5:30 PM	Call 573-275-6002 for location	Kids welcome to stay with parents!	Memorizing scripture and fellowshiping
Financial Peace University	Julie Urzi	Wednesdays 7 PM	Cape First Church Front Office	Yes Kids Life	<i>Financial Peace University</i> by Dave Ramsey
Beautifully Blended	Jamin & Katie Schipers	Every other Saturday 9 AM	Call 573-987-7707 for location	No	Leader's Choice
Freedom Group	Gary Brothers	Wednesdays 7 PM	Cape First Chapel Silver Springs Location	Yes Kids Life	<i>Freedom Curriculum</i>
Bible Thumpers Starts September 16	Alan & Jani Williams	Wednesdays 6 PM	Cape First Multipurpose Room	No	Biblical Principles and Physical Awareness
Always More	Ben & Pam Ellis	Wednesdays 6:45 PM	Cape First Church Room 143	Yes Kids Life	Study of Revelation
Family Bible Study	Mike Givens	Wednesdays 7 PM	Cape First Church Room 119	Yes Kids Life	<i>Twelve Extraordinary Women</i> by John MacArthur

MARRIAGE

Second Wind Starts September 7	Jerry & Carol McGuire	1st Monday 7 PM	2047 N. Sprigg St. Cape Girardeau	No	Current Events & The Bible
Spratt Marriage Life Group	Aaron & Lisa Spratt	Wednesdays 7 PM	Cape First Church Room 138	Yes Kids Life	<i>From This Day Forward</i> by Craig & Amy Groeschel
Marriage Small Group Starts September 23	Bill & Cathy Cheek Dan & Nancy Johnson	Wednesdays 7 PM	Cape First Church Fireside Room	Yes Kids Life	<i>Fireproof</i>

To sign up for a Life Group, text **LIFE GROUP** to **888-111**.
For more information about Cape First Life Groups, visit
capefirst.org or call **573-334-4421**.

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YOUNG ADULTS

REMIX Young Adults	Ben & Kate Burton	Mondays 7 PM	Cape First Chapel Silver Springs Location	Yes	REMIX Service
REMIX Ladies Group	Kate Burton Myra Hughes Gabrielle Smith	Wednesdays 7 PM	Cape First Church Room 153	Yes Kids Life	Study of Job by Lisa Harper
REMIX Guys Football Group Starts September 17	Ben Burton Ben Schleigner	Thursdays 6:30 PM	Buffalo Wild Wings	No	Connecting and building relationship
Women's Hiking Life Group Ages 18-25	Amanda Schario	Every other Wednesday 5 PM	Call 573-270-4704 for location	No	Women's hiking group. Will meet up and carpool if necessary.
The Opposite Life Starts September 15	Hannah Mac	Tuesdays 7 PM	Call 989-859-5807 for location	No	The Opposite Life by Alex Seeley (The Belonging Co)
Eat. Pray. Love (young women)	Lexi Smith Whitney Burton	Every other Tuesday 6 PM	Meet at Cape First Church	No	Sharing a meal at different local restaurants
Tuesday Night Movie Group (guys)	Brandon Raterman Nick Smith	Tuesdays 6:30 PM	Marcus Theatre Cape Girardeau	No	Connecting and building relationship

YOUTH

Jr. High Grades 6-8	Tony Bartkoski Phil Wellin	Sundays 9 AM	Cape First Chapel Silver Springs Location	No	Jr. High Service & Life Groups
Sr. High Grades 9-12	Tony Bartkoski	Thursdays 7 PM	Cape First Chapel Silver Springs Location	No	Sr. High Service & Life Groups
ONE Night Grades 6-12	Tony & Kelly Bartkoski	3rd Sundays 7-9 PM	Cape First Chapel Silver Springs Location	No	Youth Service All Locations Combined

CHILDREN

Kids Life Preschool - 5th Grade	Nate & Katie Ammon & Team	Sundays 9 & 11 AM	Cape First Church Kids Life Chapel	Yes	Children's Service
Kids Life Nursery	Kids Life Nursery Team	Sundays 9 / 11 AM Wednesdays 7 PM	Cape First Church Kids Life Wing	Yes	Nursery Ministry for Infants - Age 2
Kids Life Unlimited Special Needs Ministry	Tana Cummins & Team	Sundays 11 AM Only	Cape First Church Kids Life Room 226	Yes	Fully equipped room. Creative teaching. Activities and worship.
Kids Life Wednesdays	Kids Life Team	Wednesdays 7 PM	Cape First Church Kids Life Wing	Yes	Children's Ministry Infants-5th Grade



Cape First Church
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📠 573.334.4425

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