

Education Opportunities

For Spiritual Formation and Community Building
WINTER 2026 · 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

Dear beloved people of God,

As one year gives way to another, Scripture invites us to reflect not merely on the passing of time, but on the faithfulness of our God. Throughout the history of God’s people, we see a clear testimony to His covenant faithfulness—His steady, enduring commitment to those He calls His own.

Covenant faithfulness means that God binds Himself by His promises and remains faithful across time—through years of obedience and failure, seasons of abundance and seasons of loss—until His redemptive purposes are fully accomplished. The passing of years does not diminish His promises; it reveals the faithfulness of God from generation to generation.

This faithfulness flows from God’s unchanging character. When the LORD revealed His name to Moses, He declared Himself to be “merciful and gracious... abounding in steadfast love and faithfulness” (Exod. 34:6–7). God does not change or lie (Num. 23:19). He keeps covenant to a thousand generations (Deut. 7:9). Even in times of suffering, His mercies are new every morning (Lam. 3:22–23). Years may change people, but our God remains the same.

From Scripture we learn that God carries His people according to His unfailing love. He carried Abraham through his life pilgrimage, led Israel year by year through the wilderness, and remained faithful through seasons of kingship, failure, exile, and restoration. Even in exile, God was present with His people in a foreign land. He never rejected or abandoned them; He disciplined them in love.

All of this faithfulness finds its fulfillment in Jesus Christ. In Christ, God “remembered His mercy” (Luke 1:54–55), and all His promises find their “Yes” in Jesus, (2 Cor. 1:20). His name is Emmanuel, God with us.

Winter 2026

For all who belong to Christ, covenant faithfulness becomes the foundation of hope for every new year. We will face new challenges—physical, spiritual, relational, and emotional—but God will carry us, His people, forward, completing the good work He has begun in us (Phil. 1:6). Let us begin this New Year together, trusting Him, learning from His Word, and rejoicing in His grace. As prophet Isaiah declares, let us “with joy draw water from the wells of salvation.”

In Christ,
Pastor Mofid Wasef



Rev Dr. Mofid Wasef
Associate Pastor

Introduction & Winter Classes

Winter 2026 offerings for our Spiritual Formation program are ready and waiting for you. Winter is a time of rest and contemplation. The busy summer is over and the fall harvest of new experiences fills our minds with much to ponder. As we look at God's presence in our lives we can see Spirit at work in our church family. There is new hope and much for which to be thankful. We have welcomed our new pastor, Jason. On Sunday mornings there are new faces to greet. And we are blessed by our dedicated teachers whose classes bring us new understandings and new energy to blossom in the spring. We are encouraged to take time to review our past year and to see God at work. In so doing we remember to let go of any difficulties we may have had and to let God guide us into our future. We feel hopeful as we trust. Our hope leads us to approach the people in our personal worlds with kindness and compassion. Sharing our experiences with this intention is the theme of one of our classes taught by Liz Virkler and Betsy Cook who are new teachers in our program. If the sermon sparked a question consider staying for Pastor Jason's Sunday class for more discussion and reflection. We welcome back our returning teachers who will offer us new ways to light our journey with kindness and hope.

Please look through this catalog and let God nudge you in the direction where you feel led.

Irene Dunny
Spiritual Formation Team Member

Sundays

Worship and Sermon Reflections



Sundays January 4, 11, 18, 25

11:15 am – noon | Fellowship Center

Instructor: Jason Ko

Course Description:

Ever leave the worship service wanting to share or discuss something you heard in the sermon, some new insight, a challenge and inspiration, or a question? Join others after church during the month of January to share and discuss the worship service. We will review the scriptures, share what you learned, what challenged you, what inspired you, and what made you question. Our new pastor, Jason Ko, will join us as we delve into the service together.

Consider the benefits of reflecting on the worship service, including the sermon together, that move us from passive to active participation with the sermon and worship.



Jason Ko

Jason@rbcommunity.org

Winter Classes

Tuesdays

Serendipity Women's Bible Study



Tuesdays, January 6

9:30 am – 11 am | Upper Fireside

Facilitator: Linda Allen

Course Description:

Join us Tuesday mornings for the continuing study - Isaiah: Trusting God in Troubled Times. New members are always welcome.

It is a time of major international crisis for the small kingdom of Judah - on the brink of being invaded by the superpower of the day - Assyria.

Isaiah is calling for a change of mind and heart - trusting in God. But was that practical? Our belief in God needs to make a difference in our lives. Life-changing trustfulness is the path. This study is written as fertilizer for that kind of trustfulness.

Visit on Tuesday mornings to see if this study is for you. We meet in Upper Fireside for an opening, then divide into three discussion groups (one being zoom) to discuss a lesson done at home.

Study guide: \$9.00



Linda Allen

lindainpoway@yahoo.com | (858) 487-1667

Arabic Women Bible Study



Tuesdays, on going

11:45 am – 12:45 pm | Phone Conference

Instructor: Rev. Dr. Mofid Wasef

Course Description:

Study the letter of 1 Corinthians.



Rev. Dr. Mofid Wasef

mofid@rbcommunity.org

Winter Classes

In Him, there is Yes!



Tuesdays, beginning February 3

7:00 pm – 8:00 pm | Fellowship Center

Instructor: Rev. Dr. Mofid Wasef

Course Description:

Saint Augustine of Hippo (354-430 AD), one of the most influential early Church Fathers, said, “The New Testament is concealed in the Old, and the Old Testament is revealed in the New.” But about three hundred years before Saint Augustine, Apostle Paul wrote, “For all the promises of God find their Yes in him [Christ]” (2 Cor. 1:20). All God’s promises in the Old Testament found their fulfillment in Christ. In this class, we will study a different promise from the Old Testament each time we meet and examine how it was fulfilled in Christ.

You are welcome to bring your Bible and join us as we study the word of God together.



Rev. Dr. Mofid Wasef

mofid@rbcommunity.org

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

Wednesdays

In Him, there is Yes!



Wednesdays, beginning February 4

10:00 am – 11:00 am | Fellowship Center

Instructor: Rev. Dr. Mofid Wasef

Course Description:

Saint Augustine of Hippo (354-430 AD), one of the most influential early Church Fathers, said, “The New Testament is concealed in the Old, and the Old Testament is revealed in the New.” But about three hundred years before Saint Augustine, Apostle Paul wrote, “For all the promises of God find their Yes in him [Christ]” (2 Cor. 1:20). All God’s promises in the Old Testament found their fulfillment in Christ. In this class, we will study a different promise from the Old Testament each time we meet and examine how it was fulfilled in Christ.

You are welcome to bring your Bible and join us as we study the word of God together.



Rev. Dr. Mofid Wasef

mofid@rbcommunity.org

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

Winter Classes

Wednesdays

Power in Praise Movement



Wednesdays, beginning January 7

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

Instructor: Suzie Wick

Course Description:

Enjoy an upbeat class that offers fitness, fellowship and fun to upbeat Christian music with other classics mixed in. This class will include:

- Stretching
- Toning
- Balance
- Dance
- Pilates
- Yoga
- & more!

ALL NEW participants will need to sign a release of liability form for RB Community Church and the instructor.

NEW and RETURNING participants...please contact Suzie to register.



Suzie Wick

somuchfun2b@gmail.com

Not a New Year's Resolution



January 7, 14, 21, 28, February 4, 11
6:30 pm – 8:00pm | Fellowship Center
Facilitators: Liz Virkler and Betsy Cook

Course Description:

God does not call on us to make New Year's Resolutions. He does, however, call on us to strive to be compassionate, kind, humble, gentle and patient with each other. Let's get the New Year off to a fresh start by exploring these virtues together in a six-week interactive workshop series on Wednesday nights. We'll remind ourselves how everyday people in the Bible manifested the virtues called out in Colossians 3:12-14 and share our own stories of how people in our daily lives have graced us with forgiveness and love. Each class will include a group project that reflects our discussions.

Come! Let's have fun and learn together!

“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all in perfect unity.” Colossians 3:12-14



Liz Virkler
liz@rbcommunity.org

Winter Classes

Come and See - Episodes 5-8 of Season 5 of The Chosen



Wednesdays, February 25, March 4, March 18, and March 25

5:30 pm – 8:00 pm | Fellowship Center

Contact: Kathy Wesley

Course Description:

Come and See is a Wednesday evening study that includes a meal and discussion of an episode of The Chosen. The evening begins at 5:30 pm sharing a meal together. Following the meal we will watch an episode from Season 5 of The Chosen. The Chosen is a dramatic series about the life of Jesus from the point of view of those who met Him. Season 5 features events from the final week of Jesus' ministry. Pastor Mofid will join us to provide additional background information. 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.

Supper: \$10 per adult weekly

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



Kathy Wesley

lifegroups@rbcommunity.org

What I Wish I Had Known



Wednesday, March 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, or parents and their adult children that will help you think about what you need to know when a loved one 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. Adult children benefit from this discussion also, 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

Winter 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

Arabic Bible Study



Thursdays, ongoing
8:30 pm - 9:30 pm | Zoom
Instructor: Rev. Dr. Mofid Wasef

Course Description:

Verse by verse the Gospel of John.



Rev. Dr. Mofid Wasef
mofid@rbcommunity.org

Winter Classes

Celebrate Recovery



Thursdays beginning January 8

6:30 pm | Skylight

Facilitator: Nancy Hirst

Course Description:

Celebrate Recovery is a safe place to find freedom for your hurts, hang ups and habits.

Celebrate Recovery is for anyone who struggles with substance abuse, codependency, unhealthy relationships, over involvement with things like unhealthy sexual habits, gambling, over involvement with social media or technology, overcoming hurts from the past or any other struggles you may have. Celebrate Recovery is for everyone.

This is an anonymous group, who will respect each other's privacy so that people feel safe. No one should have to face their pain alone.

Come and join a grace-filled community of strugglers who courageously enter this safe and beautiful space to get honest about our pain, and the negative ways we may see ourselves, God, and others. In this process, we may come to accept that some of the habits we have developed to escape our pain may have hurt us and those close to us.

It is a biblically based approach to help us achieve long lasting recovery by healing our hurts, guiding us toward new healthy truths, and developing life-giving habits.

New members are welcome.

For further questions or information contact Nancy Hirst



Nancy Hirst

nancyhirst4443@gmail.com

Fridays

Tied In Prayer: Sewing Whatever



Fridays, January 9, 23; February 13, 27; March 13, 27; April 10, 24

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 together. There are always RB Community Church outreach projects including prayer squares for distribution to various organizations and small tote bags for local school organizations. These projects are available to complete when we gather. This is also a time to work on items of your own. All materials and basic supplies are provided for the various ministry projects. All you need is a basic sewing knowledge and a willingness to relax and have fun.



Kathy Wesley
katknits@cox.net

Winter 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 last 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

Winter Classes

Community Bible Study

The Book of Psalms



COMMUNITY
BIBLE STUDY

The book of Psalms, also known as the Psalter, is a collection of poems, songs, and prayers inspired by the Holy Spirit. Each psalm expresses the highs and lows of life for the Israelites. Even today, they put words to the emotions God's people experience as they try to live for Him in the world. The word psalm in Hebrew means "praises" or "praise songs." These songs, often sung in community, have been the hymnbook of the faithful throughout the ages.

Written over centuries, the book of Psalms is filled with examples of honest, reverent, communication with God. This 30 week in-depth study reveals timeless truth. Deepen your trust, open your heart and your eyes in new ways to God's presence, power and character. Meet a relational God who receives and validates your struggles, fears, and longings. Through each lesson, you will learn how to use the Psalms as a powerful guide to everyday life.

The following classes on the book of Psalms are being offered at RB Community. New members are always welcome.

Monday Night Men's Class

Beginning January 5th | 6:55 pm to 8:30 pm | TBA

For more information or to register contact Steve Monis at 619-871-2820
stevemonis@hotmail.com or go to ranchobernardomeve.cbsclass.org

Monday Night Women's Class

Beginning January 5th | 6:55 pm to 8:30 pm | Chapel

For more information or to register contact Holly Dull at 760-519-8061 or
go to: ranchobernardofeve.cbsclass.org

Thursday morning Women's Class

Beginning January 8th | 9:15 am to 11:15 am | Chapel

For more information or to register contact Carol Wood at woodcarol4322@
gmail.com or go to: ranchobernardo.cbsclass.org

Winter Classes



Connections

Connections is a program providing multiple ways to get better acquainted with others in our church family. Several activities around common interests have been organized and you are encouraged to join one of them or set up your own. On the next page are some upcoming Connections events you may wish to attend as a way to make some new friends or reacquaint with some you may already know. For more information contact Kathryn Homer at homer.kathryn@gmail.com

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, but encouraging one another.” Hebrews 10:24-25a

Next Connections Luncheon

Friday, February 13 | 11:30 am | Fellowship Center

Mark your calendar for the next Connections luncheon which includes an informative presentation on Joyspan. We'll explore the art and science of thriving in life's second half with Pam Macias, retired Director of Training and Development at Point Loma Nazarene University. Discover the four essential actions to grow your joy. Enjoy a delicious lunch and make connections with others in our church community. All are welcome!

For more information contact Kathryn Homer at homer.kathryn@gmail.com.

Cost: \$15 for lunch

Connections Lunch Brunch

2nd Tuesday of month | 11:30 am | Local Restaurant

Do you like going out to lunch? Are you interested in getting better acquainted with others from our church family? Join us for a casual lunch and great conversation. There's always a seat at the table!

To have your named added to the future Lunch Bunch email invitations list contact Cynthia Pyle grammyp16@gmail.com

Spiritual Formation Team

**Dee Puntenney
George Samaan
Irene Dunny
Kathryn Homer
Kathy Wesley
Nancy Hirst
Tom Haley
Pastor Mofid Wasef**



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