

FRASER LANDS CHURCH

FRASER LANDS SMALL GROUPS 2022-2023



A TIME FOR...

SPIRITUAL GROWTH

CARING

PRAYER

FELLOWSHIP & FRIENDSHIP

PURPOSE

Do you know that our Lord has called us to a journey that is to be lived in community?

Many of us yearn to have close friends. The kind of friends who would understand and care about you, listen to you, accept and value you the way you are & with your best interests at heart. Do such people actually exist in the church?

The Small Group ministry provides an environment that you can cultivate Christian friendship and fellowship in Christ. It is about genuine and authentic relationships. It is about bearing one another's burdens. It is about sharing one another's joys. It is about building one another up in Christ.

It is our prayer that you will find deepened fellowship and spiritual growth in a small group and experience the blessings that God has planned for you. You will bless and be blessed by those around you.

"Over fifty times in the New Testament the phrase 'one another' is used to describe our relationship to other believers. We are instructed to love one another, encourage one another, pray for one another, accept one another, bear one another's burdens and build up one another."



WHAT IS A SMALL GROUP?

There are a number of small groups in our church. Typically each group consists of 10-12 people who regularly meet at various members' homes, church, or online. A typical meeting may consist of singing praises, studying the Bible, learning, serving, sharing, praying and refreshments. It is a common understanding amongst the group members to respect sharing in confidence. Many groups host special events and enjoy outings and retreats together.

There are different types of group settings to meet the diverse needs of our church. Please look through the group descriptions to find out more details. Small groups provide an opportunity for us to journey through life with people of all ages and various stages of life, giving a deeper experience of what it means to be the family of God together in this place.

HOW TO JOIN A GROUP?

You may join a small group anytime of the year. Enclosed are descriptions of the different groups available this year. Take your time to read through the material and find a group that meets your needs. Please fill out the online sign up form.

If you have any questions regarding Small Groups please e-mail our Small Group Coordinator, Pastor Ben Short at ben@fraserlands.ca

GROUP DESCRIPTIONS

The following are the small groups being offered this year:

1. LEB (Love EmBodied)
2. Soul Squad
3. GIC (Growing In Christ)
4. Life App
5. W5 (Welcome, Worship, Word, Work, Wellness)
6. PSG (People Seeking God)
7. LIFE (Living In Faith Everyday)
8. It's Complicated
9. Transformed
10. Kingdom Kouples
11. Polaris
12. Women of Faith
13. Cornerstone Fellowship
14. Starter Groups

Please note: In addition, there are college-aged small groups available for sign up within Souljourners Fellowship.

How do we fully embrace the highs and lows of life while giving God - and ourselves - access to the deepest parts of our souls? Come join us weekly as we practice living out our relationship with God as both broken and restored people. Our goal is to grow together vulnerably and courageously in community, inviting the Kingdom to break into our world and lives. As One body in Christ, inspired by Acts 2:42-47, we aim to cultivate a safe and brave space for learning, prayer, worship, serving and more!

Our gatherings will include topics such as Mental Health (eg. Sanctuary Mental Health), Identity, Spiritual Friendship, Spiritual Dependence, and Lament. We will meet in a large group and have smaller breakout pods. As we have a plan and desire to serve locally together once a month, we welcome those who are wanting to serve, and those who are currently serving. If you have questions, please feel free to contact us.

Topic: Walking with God and each other through the challenges of life

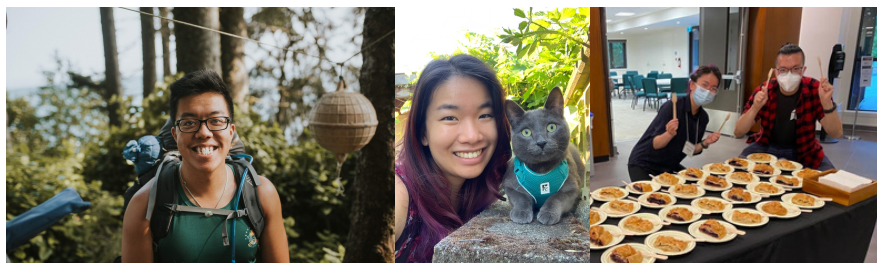
Group Leaders: Rachel Marr, Kan Cheung

Meeting Time: Every Thursday @ 6:30pm

Location: Hybrid (Online, Fraser Lands, Various Homes)

Participants: Post university, intergenerational

Group Status: Open to new members



SOUL SQUAD

Our group is focused on learning practices that help us draw closer to God. Our goal is to facilitate the space for people to see God in their everyday lives. The gatherings will include worship, sharing, prayer, bible study, hangouts, and going deeper in smaller groups. Each of these topics will be explored on a rotating basis. All ages are welcome.

Group Leaders: Matt Lowe, Christina Cheng, Estefani Maique, Vitaly Kan
Meeting Time: Every Friday @ 7pm-9:30pm
Location: Fraser Lands Church
Participants: Everyone welcome, intergenerational
Group Status: Open to new members



Our desire is to grow and develop as a community that is vulnerable and accountable to one another, spurring one and another on towards a common goal of desiring, experiencing and growing in Christ. In order to achieve this, we are hoping to be a group that is highly committed with a strong desire and willingness to be challenged in studying the Word, on our own spiritual walks, and serving the community. We will be studying Genesis and spending time in prayer on a weekly basis. We are also looking to serve together as a group. If you are interested in joining this group, please talk to Pat, Nina, Winston or Celine before signing up.

- Group Leaders:** Winston & Celine Lai, Pat & Nina Quon
- Meeting Time:** Every Friday evening @ 7pm-10pm
- Location:** Home in Central & North Burnaby
- Participants:** Anyone who desires and is willing to be challenged in their spiritual walk, intergenerational
- Group Status:** Open to new members



LIFE APP

Our mission is to encounter God through His Word while supporting one another through friendship and prayer. We will be using an app called WordGo as the basis of our study.



We welcome everyone, no matter where you are on your journey with God. Our vision is for you to come and let God guide you towards a greater wonder of Him and steadily surrender to His daily will for you as you apply His Word.

Topic:	The WordGo App offers topical studies such as Wisdom, Advent and Lent as well as books of the Bible such as John, Genesis, Acts.
Group Leaders:	Vincent & Lauren Tai
Meeting Time:	Every other Friday @ 7:30pm-9:30pm
Location:	Alternating between home (Cambie near QE Park) and Fraser Lands Church
Participants:	Everyone welcome, intergenerational
Group Status:	Open to new members

W5 WELCOME, WORSHIP, WORD, WORK, WELLNESS

We meet together to reflect on the Sunday sermons that will involve discussion, sharing, and application. We value the trust, transparency and openness of our group that have allowed us to develop very powerful connections with each other. We pray together and for each other. In doing so, we support each other in our life journeys and reinforce the blessings we continue to receive from God. We recognize that our testimonies have special meaning and we value each one of them. We have been meeting online but we also look forward to our face to face social gatherings. We love our food and treats that nourish our souls.



Topic:	Reflection on a chosen Sunday sermon
Group Leaders:	Peter Wong & Karen Chiang
Meeting Time:	2nd & 4th Saturdays @ 7pm
Location:	Various member homes as this becomes more viable and/or via Zoom as necessary
Participants:	Everyone welcome, intergenerational
Group Status:	Open to new members



Do you sense that there is more to life but you're not sure what? Feeling unsatisfied with who you are? Our group seeks to help our members answer such questions and more. How? We will be using YouVersion devotionals tailored to suit the group's needs. Members will be encouraged to participate in regular devotionals through self-study, prayer & group accountability.

Our desire is to have a healthy & vibrant relationship with God. Let's meet, encourage & have fun together on this journey.

Group Leaders: Wilford & Charlie Ang
Tombert & Joyce Chen
Meeting Time: 2nd & 4th Fridays @ 7:30pm-9:30pm
Location: Fraser Lands Church & various homes
Participants: Everyone welcome, intergenerational
Group Status: Open to new members



LIFE

LIVING IN FAITH EVERYDAY

We all have our own struggles and challenges in life. Facing life's difficult times together with God can help us grow and live in our faith. This small group is for those who want to study God's word together; share our life experiences & struggles with one another; support and encourage one another in love and in prayer as we walk in step for a deeper relationship with Jesus.

- Topic:** Sunday sermons, alternating with sharing/prayer and other activities. Members rotate in leading study, sharing/prayer.
- Group Leaders:** Jacqueline Tung, Kathy Cheng, Clara Leong
- Meeting Time:** Friday evenings @ 7:30pm (twice a month)
- Location:** Online via Zoom until further notice
- Participants:** Everyone welcome, intergenerational
- Group Status:** Open to new members



IT'S COMPLICATED

We live in a time where fundamental values are changing, boundaries are being challenged, and societal expectations are weighing on our shoulders. Whether it be issues to balance our budget, nuances of work, raising children in today's environment, caring for our parents, keeping relationships strong, all or more of them combined! It doesn't matter if you're younger or older, any of the above can apply in our "modern life". We need a village to support each other and the steadfast guidance from God. Join us to build a Christian family of support and to build stronger individual spiritual growth so we can apply it to every aspect of our complicated life.



- Topic:** This year, we will be studying Dr. Tim Kimmel's book "Grace Based Parenting"
- Group Leaders:** Wendy Chu & Frederick Lau
- Meeting Time:** Every other Friday alternating Zoom (7pm-9pm) and In-Person (6:30pm-9pm)
- Location:** Fraserview area home, church, and other members who open their homes
- Participants:** Families with children or couples who are considering children
- Group Status:** Open to new members



TRANSFORMED

Come gather with us who are journeying together seeking God's transformation. We gather for prayer, sharing, and fellowship. We are open to seasonal study topics, but we focus on fostering friendships between families.



Anyone welcome, but parents of grade school and pre-kindergarten aged children would find this group especially convenient as our group runs concurrent to the AWANA program on Saturday nights. Toddlers are also welcome.

- Topic:** Prayer and Fellowship
- Group Leaders:** Dat & Swan Wong
- Meeting Time:** Every other Saturday during AWANA time (7pm-9pm)
- Location:** Fraser Lands Church
- Participants:** Anyone is welcome to come for prayer, sharing and fellowship. Please note that the majority of the members will be parents of grade school kids.
- Group Status:** Open to new members

KINGDOM KOUPLLES

Life is full of ups and downs. At times, we can feel overwhelmed, but God calls each of us as His children on an incredible journey to experience His abundant grace and to become more like Jesus. Through the use of Southland Church's discipleship material called "The Way - Grow Character", we journey together to learn and hear from God, to grow in our character and become the Kingdom people God calls us to be.



Please note that the group is split by gender during study, sharing & prayer time. We will also have social nights as couples.

Group Leaders: Steve & Lachmi Ma

Meeting Time: Friday evenings @ 7:30pm (every two weeks)

Location: Fraser Lands Church

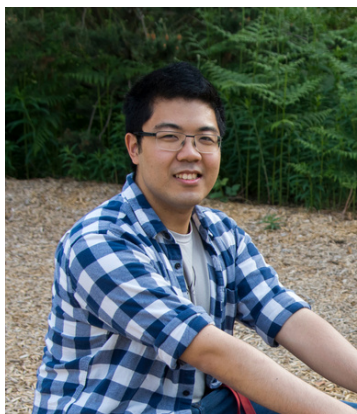
Participants: Married couples (generally those with teens/young adults attending Friday evening fellowship)

Group Status: Open to new members



POLARIS

Men are expected to be leaders, taking initiative in many aspects of life and society to solve problems, resolve injustices and to provide for their households. Unfortunately, we are not always taught the reasons and the ways to accomplish the goals that God has for men, and we observe and experience this fallout, even through the Bible. This small group aims to build each other



up, examine different topics, and discover together what it means to be a man of God. With God as our reference, what does it mean to “take up your cross and follow [Jesus]”?

Topic:	Men of God, based on Jesus Christ
Group Leader:	Choong Jin Ng
Meeting Time:	Three Fridays per month @ 7pm-9pm
Location:	Hybrid (church, restaurant, online, etc.)
Participants:	Young Adult Men
Group Status:	Open to new members

WOMEN OF FAITH

Join us as we study God's Word together, but more importantly, to support each other through life's ups and downs. Laughter guaranteed! All women are welcome.

Leading of bible study & prayer time will be rotated among group members.



- Topic:** "Over the Top: Discover God's Extravagant Love" from the Women of Faith Study Guide Series
- Group Leader:** Pauline Wong
- Meeting Time:** Saturdays @ 6pm (every two weeks)
- Location:** Home near Fraser Lands Church (assuming no new Covid restrictions. Zoom will be our alternate form of meeting)
- Participants:** All women, Christians & seekers
- Group Status:** Open to new members

CORNERSTONE FELLOWSHIP

We are an 'open' fellowship group of mature members who foster our three ministry areas of **Supporting, Encouraging, and Caring** by:



- A. Going Broader - to welcome people outside our group; and
- B. Going Deeper in our relationship with Christ and each other.

In general, the fellowship group will meet in person twice a month (approximately every two weeks) on Saturday afternoon from 2pm to 4pm at Fraser Lands Church. The fellowship group is also divided into several cell groups of 8-10 members. One of the two monthly meetings will be in a large fellowship group format. Activities for the large group will include guest speakers, singspirations, celebrations, and special events. The other meeting will be in a cell group format going through a book study. The topic of the book study is yet to be determined.

Fellowship

- | | |
|----------------------|---|
| Leaders: | Henry Luke, Nicholas Lai, Ken Lo |
| Meeting Time: | Twice monthly on Saturday from 2pm-4pm as a large fellowship group and cell group alternatively |
| Location: | Fraser Lands Church |
| Participants: | Age 50+ |
| Group Status: | Open to new members |

STARTER GROUPS

Can't find a small group to suit you? This year Fraser Lands is planning to do a **"Small Groups Starter Event"** on Saturday Sept. 24th at 10am-12:30pm. On that morning people will gather to learn about small groups. We will provide some teaching, followed by a process to organize and then start new trial small groups! At the end of this event you will be placed in a group and even have your first meeting on the morning of Sept 24th.

These new groups will be a six week trial with a "taste and see" philosophy. After the morning of Sept 24th, we will ask that you commit to your new group for six weeks. In this trial your small group will have the opportunity to see how it goes. We will provide all the materials and resources your new taster group needs to run for this trial period.

More details about how this will be done will be provided on Sept 24th. If you are hungry for meaningful community and deeper relationships then this small group starter event is for you. We look forward to seeing you there!





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