

FRASER LANDS CHURCH

FRASER LANDS SMALL GROUPS 2024-2025



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 where 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. Echo
2. Rooted
3. Soul Squad
4. Spiritual Habits
5. GIC (Growing In Christ)
6. Life App
7. It's Complicated
8. BELONG
9. Kingdom Kouples
10. Women of Faith
11. Cornerstone Fellowship

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



ECHO

⁵ I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. (John 15:5-8)

What does it look like to be an echo of Jesus in the world? Our group strives to learn how to reflect and stay rooted in God as we daily walk into the world.



Meetings will include devotional studies, discussion, and testimonies; this small group will emphasize applying spiritual learnings in our day to day, with a focus on supporting one another in spiritual growth. Everyone will also take on some part of the small group (fun team, icebreaker team, outreach team, worship, etc)!

We encourage anyone new who is interested in joining Echo to contact one of the leaders so that we can get to know you!

Topic: Living Christ-like lives daily

Group Leaders: Wilson Chau, Elizabeth Yang, Wonhu Choi

Meeting Time: Every Thursday @ 7pm

Location: Fraser Lands Church & various homes

Participants: Post University (ages 23-35)

Group Status: Open to new members

ROOTED

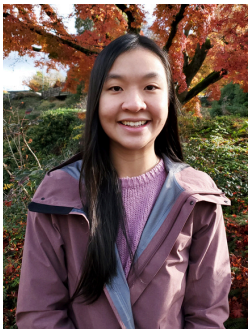
Rooted is a new weekly small group, designed for 8-12 people, dedicated to fostering intentional relationships and spiritual growth. We will explore God's Word through book studies, share personal testimonies, and enjoy fellowship together. We pray to be rooted in the soil of God's grace and love as He helps us to grow alongside each other in faith. This year we will begin by studying the book "The Pursuit of Holiness" by Jerry Bridges, where we will take turns preparing and facilitating discussions.

Each session includes ice breakers or worship, focused book discussions, and dedicated prayer time. As the year progresses, we look forward to encouraging each other through shared testimonies.

Furthermore, everyone will contribute to the group's dynamic through roles such as coordinating fun activities, ice breaker initiatives, outreach efforts, leading worship, and more.

Before signing up, please connect with Bowen or Michelle to learn more about us and our small group community! :)

- Group Leaders:** Bowen Liu, Michelle Lan
- Meeting Time:** Every Friday @ 7:30pm -10pm
- Location:** Fraser Lands Church
- Participants:** Post University / College & Early Career
- Group Status:** New small group, open to new members



SOUL SQUAD

Welcome to Soul Squad, an inclusive fellowship where everyone is welcome. Our purpose is to cultivate a community of disciple-making disciples, modeling Christ-like servanthood and hospitality as we grow in intimacy with Jesus. Our gatherings include worship, sharing, prayer, scripture reading, socials, and squad time. We will also be planning a retreat weekend and other activities to rejuvenate and reflect during the year. Join us in this transformative journey of faith and friendship!

- Group Leaders:** Christina Cheng, Austin Wang
- Meeting Time:** Fridays, 2-3 times a month @ 7pm-10pm
- Location:** Fraser Lands Church
- Participants:** Everyone welcome, intergenerational
- Group Status:** Open to new members



SPIRITUAL HABITS

In this group we will be seeking to grow through practicing the spiritual disciplines. There has been a revival of interest in the relationship between the shaping work the Holy Spirit does in our lives and the things that we do to create a life of obedience that keeps us in step with the Holy Spirit.

The Bible sets before us a set of practices that are gifts for us. In this small group we will be using the material created by Practicing the Way (www.practicingtheway.org), which walks us through nine different spiritual practices. For each practice we will spend four weeks studying what the practice is and seeking to implement it in our lives. Last year we studied Sabbath, Prayer, Fasting and Solitude.

We hope that people who join this group will be able to attend weekly and be eager to put teachings into practice.

Study Topic: Practices of Spiritual Formation

- Group Leaders:** Pastor Ben Short, Chiu Chan
Meeting Time: Every Thursday @ 7:15pm-9:15pm
Location: Fraser Lands Church & various homes
Participants: Everyone welcome, intergenerational
Group Status: Open to new members



Our desire is to grow as individuals and as a community that is open and accountable to one another, while encouraging each other towards a common desire to seek, experience, and grow in Christ. We are hoping to be a group that is highly committed with a desire and willingness to be challenged in studying the Word, on our own spiritual walks, fellowshiping and serving one another, and participating in the life of the small group.



Study Topic: Genesis

Group Leaders: Winston & Celine Lai
Meeting Time: Every Friday @ 7pm-10pm
Location: Home in Central Burnaby
Participants: Everyone welcome, intergenerational
Group Status: Closed (Full)

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 greater wonder of Him and steadily surrender to His daily will for you as you apply His Word.

Study Topic: The WordGo App offers topical studies as well as deep dives into various books of the Bible.

- Group Leaders:** Vincent & Lauren Tai
- Meeting Time:** Every other Friday @ 7:30pm-10pm
- Location:** Alternating between home (Cambie near QE Park) and Fraser Lands Church
- Participants:** Intergenerational. Everyone is welcome, no matter where you are on your journey with God.
- Group Status:** Open to new members (limited spaces)

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.

- Group Leaders:** Charlotte & Matthew Woo
Wendy Chu & Frederick Lau
- Meeting Time:** Twice a month, alternating ZOOM (7-9pm) and In-Person (6:30-9pm)
- Location:** Fraser Lands Church and members who open their homes
- Participants:** Families with pre-teen or younger children or couples who are considering children
- Group Status:** Closed (Full)



BELONG

Jesus said in Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest." As wanderers in life who have now added little ones in tow, we hope you can join our oasis where you can rest and BELONG.



Please note that the majority of the members will be parents of grade school & pre-k kids. Open to new members.

BELONG: a group with whom you can let go and know that He is God. With open arms, let us journey together seeking God's guidance through prayer, sharing, discussions, and fellowship.

Our focus is on fostering genuine friendships between families. We may have seasonal study topics and we may ask members in the group to share/lead as well.

Come to us with all your messes, burdens, and frustrations; let's try to make sense of this together! Anyone is welcome, but parents of grade school and prekindergarten children would find this group especially convenient as our group runs concurrently with the AWANA program on Saturday nights.

- Group Leader:** Esther Leung-Kong
Meeting Time: Every other Saturday during AWANA time (7pm-8:45pm)
Location: Fraser Lands Church
Participants: Anyone is welcome to come for prayer, sharing and fellowship.
Group Status: Open to new members

KINGDOM KOUPLLES

As we face day-to-day pressures, ongoing life challenges and disappointments, we often forget that God calls us to embrace a life of courage & freedom, to be part of His Kingdom, transformed by Him to become the person we were created to be. Our group aims to journey together as we study God's Word and support each other to take up the challenge to become Kingdom men and women.



Please note that the group is split by gender during study, sharing & prayer time. We will be going through the following two books in the respective gender groups:

- **“Wild at Heart: Discovering the Secret of a Man's Soul”**
by John Eldredge
- **“12 Daring Women of the Bible: Real Women, Real Trials, Real Triumphs”** by Lisa Harper & others

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)
Group Status: Closed (Full)

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.



Study Topic: "Praying Women: How to Pray When You Don't Know What to Say" by Sheila Walsh

Group Leader: Pauline Wong

Meeting Time: Saturdays @ 6pm (every two weeks)

Location: Home near Fraser Lands Church (Zoom as alternative)

Participants: All women, Christians & seekers

Group Status: Closed (Full)

CORNERSTONE FELLOWSHIP

We are 'open' cell groups of mature members who aim to Going Deeper in our relationship with Christ and each other.

In general, the fellowship groups will meet in person twice a month (2nd and 4th weeks) on Saturday afternoon at Fraser Lands Church or homes. **The groups will be self-facilitated by rotation amongst group members.** The topics of the Bible study or discussion are yet to be arranged but it will be determined by the groups and individual facilitating members when the groups are formed. However, the focus of the groups will be **personal, practical, and action oriented** in nature. The two groups will have joint activities from time to time on special occasions.

Leadership of the small groups are shared amongst members in planning and facilitation. Members should be prepared to take on certain leadership role and responsibilities to reach the group's goal.

Fellowship

- Leaders:** Dave & Grace Yu, Henry & Pam Luke
- Meeting Time:** 2nd & 4th Saturday afternoons
- Location:** Fraser Lands Church & various homes
- Participants:** Minimum age 55 - no upper limit
- 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 Oct. 5th at 10am-12pm. 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 Oct. 5th.

These new groups will be a six week trial with a "taste and see" philosophy. After the morning of Oct. 5th, 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 Oct. 5th. 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!



FRASER LANDS CHURCH

3330 S.E. Marine Drive | Vancouver, B.C., Canada V5S 4R8
Tel: (604) 451-5449 | www.fraserlands.ca