

Small Groups at a Glance 2025-2026

Fraser Lands Church

	Group Name	Group Leaders	Participants	Meeting Time	Location	Study Topics
1	Echo	Wilson Chau Ellizabeth Yang Wonhu Choi Gideon Wong	Post University (Ages 23-35)	Every Thursday @ 7pm	Fraser Lands Church & various homes	Living Christ-like lives daily
2	Renewing Your Mind	Winston Chou Gera Pak	Adults (Ages 23-35)	Fridays @ 7pm-10pm (bi-weekly)	Home in Burnaby (Edmonds area)	Book study TBD
3	Rooted	Bowen Liu, Katsy Wu, Franky Li, Michelle Lan	Post University (Ages 22-40)	Every Wednesday @ 7pm-9:30pm	Fraser Lands Church	Book study TBD
4	Refresh	Stephen & Megan Koo	Post University / College & Early Career	Every Friday @ 7pm-10pm	Home in North Burnaby + various homes and/or Fraser Lands Church	"Emotionally Healthy Spirituality" (Peter Scazzero)
5	Soul Squad	Austin Wang	Everyone welcome Intergenerational	Fridays, 2-3 times a month @ 7pm-10pm	Fraser Lands Church	Book study TBD
6	Spiritual Habits	Chiu Chan	Everyone welcome Intergenerational	Every Thursday @ 7:15pm-9:15pm	Fraser Lands Church and various homes	Practices of Spiritual Formation
7	Life App	Vincent & Lauren Tai	Everyone welcome Intergenerational	Every other Friday @ 7:30pm-10pm	Alternating home (Cambie near QE Park) and Fraser Lands Church	The WordGo App offers topical studies as well as deep dives into various books of the Bible
8	People Seeking God (PSG)	Tombert & Joyce Chen	Everyone welcome Intergenerational	2 Fridays per month @ 7:30pm-9:30pm	Fraser Lands Church and/or various homes	The Fellowship of Believers
9	Akoloutheo (Ako)	Justin & Fong Chan Jonathan & Tiffany Rose	Individuals currently serving at Fraser Lands Church	Every other Friday @ 7pm	Various homes in Richmond and Vancouver	"Growing Strong in God's Family" (Navigator's The 2:7 Series) & "Emotionally Healthy Discipleship" (Peter Scazzero)
10	It's Complicated	Charlotte & Matthew Woo Wendy Chu & Frederick Lau	Families with children or couples who are considering children	In-person bible study (twice monthly) + adult social (men/women alternate monthly)	Fraser Lands Church and members who open their homes	TBD
11	Kingdom Kouples	Steve & Lachmi Ma	Married couples (generally those with teens/young adults)	Friday evenings @ 7:30pm (twice monthly)	Fraser Lands Church	"Kingdom Men: God's Answers to Life's Difficult Questions" (Rick Warren); "Kingdom Women: Relaxed" (Megan Fate Marshman)
12	Cornerstone Fellowship	Sophia Chiam Darlene Woo	Age 55+	2nd & 4th Saturdays in the afternoon	Fraser Lands Church and various homes	Book study TBD

Registration starts on Aug. 10th. Deadline is Aug. 31st. Sign up online at our "Small Groups Ministry" link at our church website (fraserlands.ca). For detailed group descriptions, please view our online Small Groups Brochure. For more info, contact Pastor Joe Chan (joe@fraserlands.ca).



Scan QR for group descriptions, brochure, online sign up form, and more info or go to fraserlands.ca/smallgroups

Updated: 2025-08-09