## **Small Groups at a Glance 2025-2026**

## Fraser Lands Church

Updated: 2025-08-09

Group Name	Group Leaders	Participants	Meeting Time	Location	Study Topics
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
Renewing Your Mind	Winston Chou Gera Pak	Adults (Ages 23-35)	Fridays @ 7pm-10pm (bi-weekly)	Home in Burnaby (Edmonds area)	Book study TBD
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
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)
Soul Squad	Austin Wang	Everyone welcome Intergenerational	Fridays, 2-3 times a month @ 7pm-10pm	Fraser Lands Church	Book study TBD
Spiritual Habits	Chiu Chan	Everyone welcome Intergenerational	Every Thursday @ 7:15pm-9:15pm	Fraser Lands Church and various homes	Practices of Spiritual Formation
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
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
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)
					Healthy Discipleship"
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	Healthy Discipleship"
	Matthew Woo Wendy Chu &	children or couples who are considering	(twice monthly) + adult social (men/women	and members who open	Healthy Discipleship" (Peter Scazzero)
	Matthew Woo Wendy Chu &	children or couples who are considering	(twice monthly) + adult social (men/women	and members who open	Healthy Discipleship" (Peter Scazzero)
Complicated  Kingdom	Matthew Woo Wendy Chu & Frederick Lau	children or couples who are considering children  Married couples (generally those with	(twice monthly) + adult social (men/women alternate monthly)  Friday evenings @ 7:30pm	and members who open their homes	Healthy Discipleship" (Peter Scazzero)  TBD  "Kingdom Men: God's Answers to Life's Difficult Questions" (Rick Warren); "Kingdom Women: Relaxed" (Megan Fate
Complicated  Kingdom	Matthew Woo Wendy Chu & Frederick Lau	children or couples who are considering children  Married couples (generally those with	(twice monthly) + adult social (men/women alternate monthly)  Friday evenings @ 7:30pm	and members who open their homes	Healthy Discipleship" (Peter Scazzero)  TBD  "Kingdom Men: God's Answers to Life's Difficult Questions" (Rick Warren); "Kingdom Women: Relaxed" (Megan Fate
	Echo  Renewing Your Mind  Rooted  Refresh  Soul Squad  Spiritual Habits  Life App  People Seeking God (PSG)  Akoloutheo	Echo Wilson Chau Ellizabeth Yang Wonhu Choi Gideon Wong  Renewing Your Mind Winston Chou Gera Pak  Rooted Bowen Liu, Katsy Wu, Franky Li, Michelle Lan  Refresh Stephen & Megan Koo  Soul Squad Austin Wang  Spiritual Habits Chiu Chan  Habits Life App Vincent & Lauren Tai  People Seeking God (PSG)  Akoloutheo Justin & Fong Chan	Echo Wilson Chau Ellizabeth Yang Wonhu Choi Gideon Wong  Renewing Your Mind Winston Chou Gera Pak Adults (Ages 23-35)  Rooted Bowen Liu, Katsy Wu, Franky Li, Michelle Lan Post University (Ages 22-40)  Refresh Stephen & Megan Koo Post University / College & Early Career  Soul Squad Austin Wang Everyone welcome Intergenerational  Spiritual Habits Chiu Chan Everyone welcome Intergenerational  Life App Vincent & Lauren Tai Everyone welcome Intergenerational  People Seeking God (PSG)  Akoloutheo (Ako) Justin & Fong Chan Jonathan & Tiffany Rose  Individuals currently serving at Fraser	Echo   Wilson Chau   Elizabeth Yang   Wonhu Choi   Gideon Wong   Post University   (Ages 23-35)   @ 7pm   Pompton	Echo Wilson Chau Ellizabeth Yang Wonhu Choi Gideon Wong  Renewing Your Mind  Rooted Bowen Liu, Katsy Wu, Franky Li, Michelle Lan (Ages 23-35)  Refresh Stephen & Megan Koo College & Early Career  Post University / College & Early Career  Post University / College & Early Career  Post University / Career  Every Friday Promote Austin Wang Everyone welcome Intergenerational  Post University / Career  Every Friday Promote Austin Wang Everyone welcome Intergenerational  Post University / Career  Every Friday Promote Austin Wang Everyone welcome Intergenerational  Everyone welcome Intergenerational  Every Thursday Praser Lands Church  Fraser Lands Church  Fraser Lands Church  Fridays, 2-3 times a month Praser Lands Church  Every Thursday Praser Lands Church  Traser Lands Church  Every Thursday Praser Lands Church  Alternating home (Cambie near QE Park) and Fraser Lands Church  People Seeking God (PSG)  Akoloutheo Akoo Jonathan & Tiffany Rose  Individuals currently Serving at Fraser  Every other Friday Promote Promoth Praser Lands Church  Individuals currently Every other Friday Praser Lands Church  Refresh Stephen & Megan Koo Post University / College & Early Priday Praser Lands Church  Every other Friday Praser Lands Church  Every other Friday Praser Lands Church  Every other Friday Praser Lands Church  Individuals currently Praser Praser Lands Church  Every other Friday Praser Lands Churc

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