

FRASER LANDS CHURCH

FRASER LANDS SMALL GROUPS 2025-2026



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 Joe Chan at joe@fraserlands.ca

GROUP DESCRIPTIONS

The following are the small groups being offered this year:

1. Echo
2. Renewing Your Mind
3. Rooted
4. Refresh
5. Soul Squad
6. Spiritual Habits
7. Life App
8. People Seeking God (PSG)
9. Akoloutheo (Ako)
10. It's Complicated
11. Kingdom Kouples
12. 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!

Study Topic: Living Christ-like lives daily

Group Leaders: Wilson Chau, Elizabeth Yang,
Wonhu Choi, Gideon Wong

Meeting Time: Every Thursday @ 7pm

Location: Fraser Lands Church & various homes

Participants: Post University (ages 23-35)

Group Status: Open to new members

RENEWING YOUR MIND

Our Deepest Need

Our deepest need is to have a deep, personal, intimate relationship with our Father (Psalm 63:1). And Jesus is the way, and the truth, and the life (John 14:6). In this group, we are learning how to follow Him, and we are doing it together. You can impress people from a distance, but real impact happens up close.

Knowing God Through His Word

The way to know God is through His Word – this is how He speaks to us (Hebrews 1:1-3, 4:12). Scripture engages our minds, and we need to meditate on it all the time (Psalm 1:2). As we dive deeper into the Word, something begins to happen. We start to develop the mind of Christ. We begin to be transformed by the renewing of our minds (Romans 12:2). We begin to live differently – moving from knowing the truth to loving the truth, and loving God who is the source of that truth. As we grow in love for God, we also grow in love for one another (Matthew 22:37-40). His truth sanctifies us (John 17:17). We begin to grow into the likeness of Christ. We start to resemble Christ. His Word makes us more like Him.

“Nothing will change your life like hearing the voice of God through Scripture.” – Timothy Keller

How We Study

There is only one truth, but many applications. We focus less on “What does this mean to me?” and more on “What does this mean?” – the implications of the text. Then we trust the Holy Spirit to bring conviction and personalize it in His timing (John 16:13).

Scripture Interprets Scripture. The Bible was written by different authors, in various times and places – yet it tells one unified story, inspired by God. The meaning of each part becomes clear only when seen in light of the whole story. (We'll study the Bible the same way this description was written – connecting different passages to better grasp the meaning of the text).

- Group Leaders:** Winston Chou & Gera Pak
- Meeting Time:** Fridays @ 7pm-10pm (bi-weekly)
- Location:** Home in Burnaby (Edmonds area)
- Participants:** Adults (ages 25-35)
- Group Status:** New group, limited to 8 members



ROOTED

Rooted is a weekly small group, designed for 10-15 people, dedicated to fostering intentional relationships and spiritual growth. We will explore God's Word through studies, share personal testimonies, and hangouts to grow closer to one another. 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. For our studies, everyone will take turns preparing and facilitating discussions with leaders supporting throughout the process.

Each session includes ice breakers or worship, study 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.

Our group leaders will reach out to you to share more details about the small group if you choose to sign up. We look forward to connecting with you!

Group Leaders: Bowen Liu, Katsy Wu, Franky Li, Michelle Lan
Meeting Time: Every Wednesday @ 7pm-9:30pm
Location: Fraser Lands Church
Participants: Post University (ages 22-40)
Group Status: Open to new members



REFRESH

Our desire for this small group is to be a place of growth, fellowship and spiritual refreshment as we seek to be shaped by God's presence in our daily lives. We hope to cultivate a healthy spiritual life – through personal examination, shared meals, intentional discussion, and prayer.

Refresh is especially for those who are actively pursuing a life with God and want to integrate faith into their everyday rhythms. We hope to be a group that is transformed by His goodness and grows in intimacy with the Lord.

Study Topic: Book Study - Emotionally Healthy Spirituality (Peter Scazzero)

Group Leaders: Stephen & Megan Koo

Meeting Time: Every Friday @ 7pm-10pm

Location: Home in North Burnaby + various homes and/or Fraser Lands Church

Participants: Post University/College & Early Career

Group Status: New 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 Leader:	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 small group we will focus on practicing spiritual disciplines such as Sabbath, Generosity, Scripture, Solitude, Community. If you join us you will learn how to develop these into habits which can help us to anchor ourselves better into God.

If an activity is to become a habit it needs to be exercised regularly. In this group we learn, we practice, reinforcing the power of ordinary discipleship. We will also build a sense of community sharing our Highs and Lows, and growing together in Christ.

The Bible sets before us a set of Practices that are gifts for us. We will be using the material created by Practicing the Way (www.practicingtheway.org), which walks us through various Spiritual Practices. We will spend about four weeks studying and implementing each Practice in our lives.

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 Leader:	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



LIFE APP

Our mission is to joyfully encounter God through His Word while supporting one another through friendship, fun, and prayer. We take God seriously but we aim to have laughter which is good medicine! We will be using the WordGo App 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)



PEOPLE SEEKING GOD (PSG)

What does it take to be an authentic Christian? Join us as we delve into living out Acts 2:42-47. We aim to be a group that supports and encourages each other as we journey closer to God.

Study Topic: The Fellowship of Believers

Group Leaders: Tombert & Joyce Chen

Meeting Time: 2 Fridays per month; 7:30pm to 9:30pm

Location: Fraser Lands Church and/or various homes

Participants: Everyone welcome, intergenerational

Group Status: Open to new members



AKOLOURTHEO (AKO)

Akoloutheo means to follow, to accompany, and to assist as a disciple of Jesus. Our call is not just to blindly follow Him but to become engaged in the active work of the Gospel. Our focus is discipleship in our Fraser Lands Church community, equipping each other with tools and spiritual disciplines to continue His mission.

We are a new group open to individuals serving in ministries at Fraser Lands Church. There is an expectation to attend regularly, engage and complete the study material (1-2 hours a week) and be eager to put these skills into practice.

Together, we can expect to learn ways to regularly spend personal time with God through the Bible and in prayer, memorize and recite key verses and discover biblical principles to maintain a balanced and emotionally healthy Christian life.

Study Topic: “Growing Strong in God’s Family”
(Navigator’s The 2:7 Series) & “Emotionally Healthy Discipleship” (Peter Scazzero)

Group Leaders: Justin & Fong Chan
Jonathan & Tiffany Rose

Meeting Time: Every other Friday @ 7pm

Location: Various homes in Richmond and Vancouver

Participants: Individuals currently serving at Fraser Lands Church are welcome

Group Status: New group, 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.

- Group Leaders:** Charlotte & Matthew Woo
Wendy Chu & Frederick Lau
- Meeting Time:** In-person bible study (twice monthly) + adult social (men/women alternate monthly)
- Location:** Fraser Lands Church and members who open their homes
- Participants:** Families with children or couples who are considering children
- Group Status:** Open to new members



KINGDOM KROUPLES

As we face day-to-day pressures, ongoing life challenges and disappointments, we often forget that God calls us to be part of His Kingdom, embracing a life of courage & freedom as He transforms us 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 & 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:

- **Kingdom Men:** God's Answers to Life's Difficult Questions (Rick Warren)
- **Kingdom Women:** Relaxed (Megan Fate Marshman)

We will also have social nights as couples. Our SG meeting schedule will also accommodate members to attend the Marriage Course to be held at our church from January to March.

Group Leaders: Steve & Lachmi Ma
Meeting Time: Friday evenings @ 7:30pm (twice monthly)
Location: Fraser Lands Church
Participants: Married couples (generally those with teens/young adults)
Group Status: Limited space

CORNERSTONE FELLOWSHIP

We are an 'open' fellowship group of mature members who aim to Go Deeper in our relationship with Christ and each other.

In general, the fellowship will meet in person twice a month (2nd and 4th weeks) on Saturday afternoon at Fraser Lands Church or homes. The group 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 group and individual facilitating members. However, the focus will be personal, practical, and action oriented in nature.

Leadership of the fellowship is shared amongst members in planning and facilitation. Members should be prepared to take on certain leadership roles and responsibilities.

Contact Persons: Sophia Chiam & Darlene Woo

Meeting Time: Meet every 2nd and 4th on Saturday afternoon

Location: Fraser Lands Church & various homes

Participants: Minimum age 55 - no upper limit

Group Status: Open to new members with no limit on numbers



STARTER GROUPS

Can't find a small group to suit you? We plan to do a **"Small Groups Starter Event"** on Saturday Oct. 4th 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. 4th.

These new groups will be a 4 week trial with a "taste and see" philosophy. After the morning of Oct. 4th, we will ask that you commit to your new group for 4 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. 4th. 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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