

FRASER LANDS CHURCH

# FRASER LANDS SMALL GROUPS 2026-2027



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](mailto:joe@fraserlands.ca)

# GROUP DESCRIPTIONS

The following are the small groups being offered this year:

1. Echo
2. Renewing Your Mind
3. Spirit Filled
4. Rooted
5. Refresh
6. Soul Squad
7. Spiritual Habits
8. Life App
9. People Seeking God (PSG)
10. It's Complicated
11. Kingdom Kouples
12. Cornerstone Fellowship
13. Oasis
14. Harbour
15. One Whole Life
16. Steadfast
17. Women of the Word

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



# ECHO

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

John 13:34-35

What does it look like to echo the love of Christ to one another and the world? Our group strives to build deep spiritual friendships where we encourage and support each other in our walks with God.



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 spiritual community. Everyone will also take on some part of the small group (fun team, icebreaker 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:** Spiritual community and living Christ-like lives daily.

|                       |                                              |
|-----------------------|----------------------------------------------|
| <b>Group Leaders:</b> | Elizabeth Yang, Wonhu Choi, Genice Chan      |
| <b>Meeting Time:</b>  | Every Thursday @ 7pm                         |
| <b>Location:</b>      | Hybrid (Fraser Lands Church & various homes) |
| <b>Participants:</b>  | Post University (ages 23-35)                 |
| <b>Group Status:</b>  | 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. The Holy Spirit will remind us of the truth in His timing (John 14:26).



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.

**Our Typical Evening:** Dinner, Bible study, fellowship, and prayer.

**Group Leaders:** Winston Chou & Gera Pak  
**Meeting Time:** Fridays @ 6:30pm (bi-weekly)  
**Location:** Home in Burnaby (Edmonds area)  
**Participants:** Adults (ages 25-40)  
**Group Status:** Limited to 8 members



# SPIRIT FILLED

After the Holy Spirit was poured out at Pentecost, the church was born. The Spirit of God created a new community with new devotions (Acts 2:42).

## **Devoted to Scripture**

Spirit-filled Christians are devoted to Scripture. You cannot separate the Spirit of God from the Word of God. To be filled with the Spirit (Ephesians 5:18-20) is to be filled with the Word of Christ (Colossians 3:16). We are truly His disciples if we continue in His Word (John 8:31). To abide in Christ is to abide in His Word (John 15:4, 7).

"We cannot separate Christ from the Word, for in the first place, He is the Word." - Charles Spurgeon

## **Devoted to Fellowship**

Spirit-filled Christians are devoted to loving others. Koinonia means sharing life together, partnership, participation, closeness, caring for one another. The New Testament is filled with these "one another" commands: serve one another (Galatians 5:13), bear one another's burdens (Galatians 6:2), forgive one another (Ephesians 4:32), pray for one another (James 5:16), love one another (John 13:34).

The fruit of the Spirit is cultivated in real, sometimes messy, relationships. God uses His people to shape His people.

**Our Typical Afternoon:** Lunch, Bible study, fellowship, and prayer.

**Group Leader:** Gera Pak  
**Meeting Time:** Sundays @ 1pm-5pm (bi-weekly)  
**Location:** Fraser Lands Church  
**Participants:** Adults (Ages 25-40)  
**Group Status:** New group, limited to 8 members

# ROOTED

Rooted in His grace, abiding in His love, and bearing fruit together! 🍇

Rooted is a weekly small group, dedicated to fostering intentional relationships and spiritual growth. Our vision is to establish a safe space where we can all come to learn to live authentically according to what Jesus has called us to. Through topical Bible studies on relevant everyday challenges that we all face, we hope that we can reflect on how we can each in our own way become more aligned with God's purpose for us. Through giving time for testimony sharing, we will learn to be vulnerable with one another, as well as to support one another in the LORD. Through the participation of each member in these different capacities, we aim to cultivate a sense of community where trust can be built, genuine friendship can grow, and the whole body of Christ can be built up. For this purpose, we seek members who are committed to attending every week, participating actively, and doing their part in contributing to building and sustaining our core values.

Ephesians 3:17-19

**Group Leaders:** Felix Chan, Winnie Pang, Tony Li  
**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:** 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](http://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:** 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



# 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 KOUPLLES

As we face day-to-day pressures and ongoing life challenges, 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 discussions & prayer time. We will be going through the following two studies in the respective gender groups:

- **Kingdom Men:** Tame Your Thoughts (Max Lucado)
- **Kingdom Women:** Max on Life (Max Lucado)

We will have some combined meetings & social nights as couples.

**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 (2<sup>nd</sup> and 4<sup>th</sup> weeks) on Saturday afternoon at Fraser Lands Church or homes. The group will be self-facilitated by rotation amongst group members with five teams: Devotional, Caring, Singspiration, Refreshment, and Administration. The topics of the Bible study or discussion are yet to be arranged but it will be determined by the group in September. The focus will be personal, practical 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 2<sup>nd</sup> and 4<sup>th</sup> Saturday afternoon

**Location:** Fraser Lands Church

**Participants:** Minimum age 55 - no upper limit

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



# OASIS

Oasis is a young adults small group that seeks to cultivate a Christ-centred community where people can encounter God, be deeply known, and grow together as disciples of Jesus. Just as an oasis provides refreshment and renewal in the midst of a long journey, our hope is to be a place of rest, encouragement, and spiritual formation amid the busyness of life, work, ministry, and relationships. Through studying Scripture together, honest conversations, meaningful prayer, and genuine community, we seek to know God more deeply and encourage one another to follow Him faithfully.

We believe that meaningful community is built through consistent presence, authentic relationships, and a willingness to participate, be known, and grow together. Our prayer is that Oasis would be a place where God both refreshes us and transforms us, so that we might experience more of His presence, live in the joy of His delight, and faithfully serve Him wherever He calls us.

**Group Leader:** Joshua Chui  
**Meeting Time:** Every other Wednesday  
**Location:** Hybrid - Fraser Lands Church and offsite Burnaby area  
**Participants:** Early Career  
**Group Status:** New group, open to new members



# HARBOUR

Ships and wayward souls at sea always need a place to come home to, and whether you're fresh out of college or have been working for a while, we hope that Harbour can be a restful haven for when you come back to shore. Harbour is a service and community based small group for young adults between 22-30 that focuses on giving people a place to belong, equipping them to serve their community, and sending them back out to sea. If you're weary, drop your anchor with us and find rest at the Harbour.

**Group Leaders:** Jon Wang & Karlene Yeung, Wilson Chau, Seren Ho, Hannah Leung, Darren Fok

**Meeting Time:** Every Monday

**Location:** Various homes

**Participants:** Young Adults (Ages 22-30), prioritizing those coming out of college/finishing college and those just entering the workforce

**Group Status:** New group, open to new members



# ONE WHOLE LIFE

Is there a Monday version of you and a Sunday version? Most of us live with that divide without ever naming it. Faith in one compartment. Work, ambition, and relationships in another.

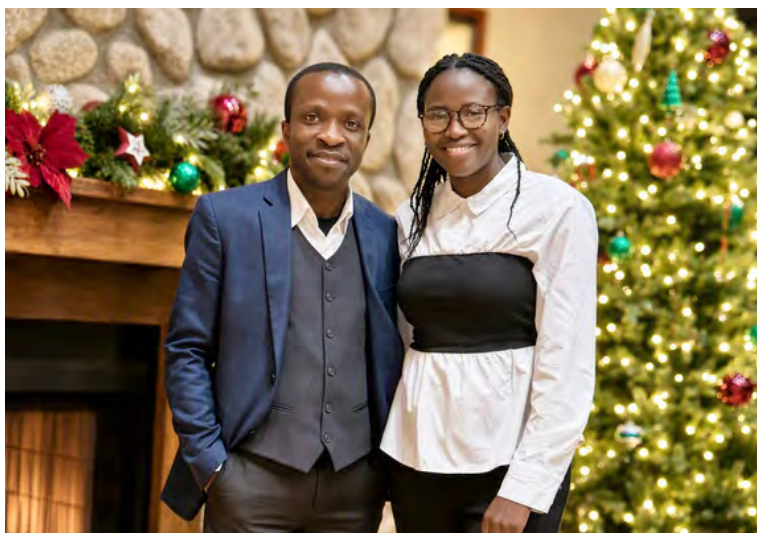
**One Whole Life** is a small group for people who want to close that gap. Together, we'll explore what it means to see our work, routines, and everyday decisions as part of one integrated life lived before God, rather than a faith and a life kept in separate rooms.

Through honest conversation, prayer, and mutual encouragement, we'll learn how to grow in character, pursue meaningful work, and live faithfully toward the people around us. Along the way, we'll engage with books such as **Every Good Endeavor** (Keller & Alsdorf), **The Call** (Guinness), and **A Long Obedience in the Same Direction** (Peterson), sharing thoughtfully and learning from one another as we go.

We'll meet online every two weeks for discussion and gather in person every other month for deeper connection and community.

This is not a course with a finish line, and none of us has it all figured out. It's simply a group of people wanting their calling and everyday life to tell one coherent story. If that resonates with you, we'd love to have you join us.

**Group Leaders:** Oloyede (Oye) & Kenny Odeyale  
**Meeting Day:** Saturdays  
**Online:** Every two weeks, 7pm-8:30pm  
**In Person:** Every other month, 7pm-9pm at Fraser Lands Church  
**Participants:** Early and Mid-Career Professionals  
**Group Status:** New group, open to new members



# STEADFAST

Looking for a group to do life and ask hard questions? Steadfast is a group meant to tackle those. We will be meeting together to work through some of the hard questions and situations in life with a goal of rooting ourselves in scripture so that when the difficult times come, we will gather to help each other stand firm in God's Word.

We'll be doing some study on Apologetics and Contemporary Theology Application studies to better equip ourselves as faithful followers of Christ, but also to become better equipped to serve in the church in various other ways.

**Group Leader:** Pastor Joe Chan  
**Meeting Time:** 1<sup>st</sup> and 3<sup>rd</sup> Fridays @ 7:30pm  
**Location:** Fraser Lands Church  
**Participants:** Everyone welcome, intergenerational  
**Group Status:** New group, open to new members



# WOMEN OF THE WORD

This is a women's group that focuses on practicing studying the Word of God using a guided inductive Bible study approach based on materials put together by Winnie. The exact passages to be studied will necessitate the studying of Old Testament passages and looking at how these are used by New Testament writers to deepen our theological understanding of how God is calling us to live for Him today and together we will pray into what we learn from our studies. Group members are welcome to suggest passages to study and to organize other activities and events to deepen the fellowship amongst the members.

**Group Leader:** Winnie Pang  
**Meeting Time:** Tuesdays @ 7pm-9pm (bi-weekly)  
**Location:** Fraser Lands Church or home  
**Participants:** Women (All ages)  
**Group Status:** New group, limited to 7 members





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