

FRASER LANDS CHURCH

FRASER LANDS SMALL GROUPS 2023-2024



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 that 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. LEB (Love EmBodied)
2. Real Life Fellowship
3. Echo
4. Soul Squad
5. Spiritual Habits
6. CIC (Growing In Christ)
7. Life App
8. PSG (People Seeking God)
9. LIFE (Living In Faith Everyday)
10. It's Complicated
11. Belong
12. Kingdom Kouples
13. Women of Faith
14. Cornerstone Fellowship

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



LEB LOVE EMBODIED

How do we fully embrace the highs and lows of life while giving God – and others – access to the deepest part of our souls? Come join us every other Thursday as we practice living out our relationship with God as both broken and restored people. Our goal is to grow together vulnerably and courageously in community, inviting the Kingdom to break into our world and lives. Inspired by Psalm 100, as sheep of His pasture we aim to know that the Lord is God, our identity in Him, and how to relate to one another as His people.

Our gatherings will surround topics of unity (eg. mind and heart, us and God, us and others), communication, and deepening spiritual friendships. We will meet 2-3 times a month, in a large group format or in smaller breakout pods. Note: Group members will not be expected to attend Real Life Fellowship (RLF), however, LEB and RLF are coordinated to be able to attend concurrently. If you have any questions, please feel free to contact us.

- Topic:** Walking with God and each other through the challenges/joys of life
- Group Leaders:** Rachel Marr, Josh Chui
- Meeting Time:** Every other Thursday @ 7pm
- Location:** Fraser Lands Church & Marpole Area
- Participants:** Post University
- Group Status:** Open to new members



REAL LIFE FELLOWSHIP

Real Life Fellowship is an interchurch fellowship and a subset of Navigators Canada with the goal of equipping young professionals to be effective Christ ambassadors. Together we will learn how to be Christ disciples but also disciple makers - missional in the marketplace, workplace, church, and community. This group is an oasis for Christians to be filled, learn, and



recharge. Each meeting begins with a potluck, followed by topical study/discussion. Every participant is required to bring a dish to the potluck. Join us as we journey together towards His heart, surrounded by spiritual friends from all over Greater Vancouver.

All young professionals are welcome to drop in at any time of the year, as topics will rotate - feel free to come by for a topic or two that piques your interest! Examples of plausible topics are: Hermeneutics, Apologetics, Relationships, Leadership, Communication, Evangelism, Holy Spirit, Conflict Resolution, and more. Each topic will be studied for 3-6 months. Please feel free to contact Rachel anytime to find out what topic(s) are on the roster. Note: One does not have to be a part of LEB to join RLF.

- Group Leaders:** Rachel Marr, Vitaly Kan
Meeting Time: Every other Sunday @ 5:30pm
Location: Fraser Lands Church
Participants: Post University Young Professionals
Group Status: Open to new members

ECHO

“¹Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship.

²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — His good, pleasing and perfect will.”
Romans 12:1-2

What does it look like to be an echo of Jesus in the world? Our small group strives to learn how to reflect God by reflecting on ourselves and the presence of God within.



Meetings will include devotional studies, discussions, small/smaller group hangouts and testimonies; this small group will emphasize self-reflection and sharing 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 members who are interested to contact one of the leaders so that we can get to know you :)

Topic: Reflecting, encouraging, and challenging one another to strengthen our relationship with God and live Christ-like lives.

Group Leaders: Wilson Chau, Elizabeth Yang, Bowen Liu
Meeting Time: Every Thursday @ 7pm
Location: Fraser Lands Church & various homes
Participants: Post University
Group Status: Open to new members

SOUL SQUAD

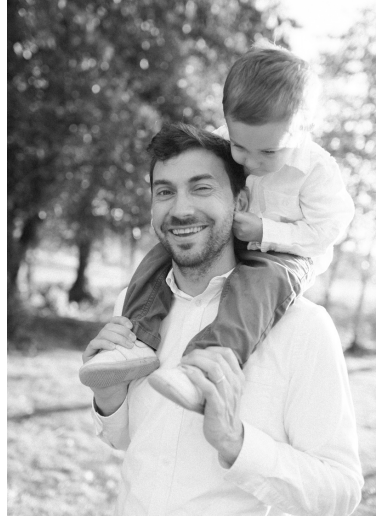
Welcome to Soul Squad, an inclusive fellowship where everyone is welcome. Our purpose is to cultivate a community of disciples, modeling Christ-like servanthood and hospitality. Our gatherings include worship, sharing, prayer, scripture reading, socials, and squad time. We'll go through the Book of Romans this year. While we meet weekly, we've also included intentional breaks and a retreat weekend to rejuvenate and reflect during the year. Join us in this transformative journey of faith and friendship.

- Group Leaders:** Matt Lowe, Christina Cheng, Vitaly Kan
- Meeting Time:** Fridays, 2-3 times a month @ 7pm-10pm
- Location:** Fraser Lands Church
- Participants:** Everyone welcome, intergenerational
- Group Status:** Open to new members (limited spaces)



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 in our lives.

Pastor Ben hopes people that 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: Pastor Ben Short
Meeting Time: Every Wednesday @ 7pm-9pm
Location: Fraser Lands Church & various homes
Participants: Everyone welcome, intergenerational
Group Status: Open to new members

Our desire is to grow and develop as a community that is vulnerable and accountable to one another, spurring one and another on towards a common goal of desiring, experiencing and growing in Christ. In order to achieve this, we are hoping to be a group that is highly committed with a strong desire and willingness to be



challenged in studying the Word, our own spiritual walk, serving the community and accountability. We will be studying the Book of Genesis and spending time in prayer on a weekly basis and looking to serve together as a group.

If you are interested in joining this group, please talk to Winston or Celine before signing up.

- Group Leaders:** Winston & Celine Lai
Meeting Time: Every Friday evening @ 7pm-10pm
Location: Home in Central Burnaby
Participants: Anyone who desires and is willing to be challenged in their spiritual walk, intergenerational
Group Status: Open to new members

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 to let God and His Word guide us toward greater wonder of Him, resulting in steadily surrendering to His daily will.

Study Topic: The WordGo App offers topical studies such as Wisdom, Christ's Life and Work, as well as books of the Bible such as Hosea, Jonah, Philippians, and Lamentations.

- Group Leaders:** Vincent & Lauren Tai
- Meeting Time:** Every other Friday @ 7:30pm-9:30pm
- Location:** Mostly Fraser Lands Church and sometimes at home (Cambie near QE Park)
- Participants:** Everyone welcome, intergenerational
- Group Status:** Open to new members (limited spaces)

PSG PEOPLE SEEKING GOD

We are "People Seeking God" in all areas of life. Our current group is mostly comprised of married couples but welcome all. This year, we will be studying Michele Cushatt's book, "A Faith That Will Not Fail". Our aim is to "Strengthen your confidence in God's presence and build a faith strong enough to endure any season." We are a group that tries to enhance our daily lives by improving our relationship with our Heavenly Father. We alternate between social events, physical activities, and book studies.

We encourage participation through sharing, praying, hosting, leading worship and/or facilitating book studies.

- Group Leaders:** Wilford & Charlie Ang
Tombert & Joyce Chen
- Meeting Time:** Every Friday @ 7:30pm-9:30pm
- Location:** Fraser Lands Church & various homes
- Participants:** Everyone welcome, intergenerational
- Group Status:** Open to new members



LIFE

LIVING IN FAITH EVERYDAY

We all have our own struggles and challenges in life. Facing life's difficult times together with God can help us grow and live in our faith. This small group is for those who want to study God's word together; share our life experiences & struggles with one another; support and encourage one another in love and in prayer as we walk in step for a deeper relationship with Jesus.

Study Topic: John Stott Beatitudes study, sharing/prayer meetings and other activities. Members rotate in leading study and/or sharing/prayer meetings.

Group Leaders: Jacqueline Tung, Kathy Cheng, Clara Leong

Meeting Time: Twice a month, alternating between Friday evenings (7:30pm) & Sunday afternoons (12:30pm)

Location: Online via Zoom on Fridays & In-Person at Fraser Lands Church on Sundays

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:** Every other Friday alternating Zoom (7pm-9pm) and In-Person (6:30pm-9pm)
- Location:** Fraserview area home, church, and other members who open their homes
- Participants:** Families with pre-teen/teenager children or couples who are considering children
- Group Status:** Open to new members (limited spaces)



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



be still. Come to where you 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. We may have seasonal study topics, but our focus is on fostering genuine friendships between families. 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 pre-kindergarten children would find this group especially convenient as our group runs concurrently with the AWANA program on Saturday nights. Toddlers are also welcome.

Group Leaders: Dat Wong & Swan Lee

Meeting Time: Every other Saturday during AWANA time (7pm-9pm)

Location: Fraser Lands Church

Participants: Anyone is welcome to come for prayer, sharing and fellowship. Please note that the majority of the members will be parents of grade school & pre-k kids.

Group Status: Open to new members

KINGDOM KOUPLLES

Tired of dragging yourself from work to home to church to bed and back again, just going through the motions? God created us for something much bigger, much more exciting than just “settling”. . . He calls us to be part of His Kingdom, transformed by Him to become the person we were created to be. We aim 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:

Kingdom Man by Dr. Tony Evans

Kingdom Woman by Dr. Tony Evans & Chrystal Evans Hurst

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

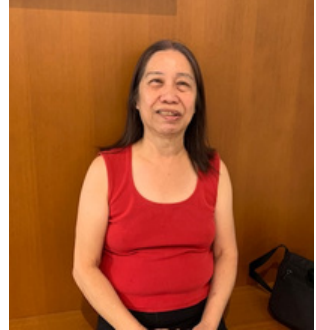
Participants: Married couples (generally those with teens/young adults attending Friday evening fellowship)

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.



- 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:** Open to new members

CORNERSTONE FELLOWSHIP

We are an 'open' fellowship group of mature members who foster our three ministry areas of **Supporting, Encouraging, and Caring** by:

A. Going Broader - to welcome people outside our group; and

B. Going Deeper in our relationship with Christ and each other.



In general, the fellowship group will meet in person twice a month (2nd and 4th weeks) on Saturday afternoon from 2pm to 4pm at Fraser Lands Church. The fellowship group is divided into two smaller groups (Group One and Two) going through a book study. The topic of the book study is yet to be determined. The two smaller groups will have joint activities from time to time on special occasions.

Leadership of the small groups are shared amongst members in leading the book study and other activities. Members should be prepared to take on certain leadership role to reach the group's maximum potential in the three ministry areas.

Fellowship

Leaders: Nicholas Lai, Ken Lo
Meeting Time: 2nd & 4th Saturdays @ 2pm-4pm
Location: Fraser Lands Church
Participants: Age 55+
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 Sept. 23rd at 10am-12:30pm. 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 Sept 23rd.

These new groups will be a six week trial with a "taste and see" philosophy. After the morning of Sept 23rd, 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 Sept 23rd. 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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