

# fraser lands small groups



**a time for...**

building

a caring

community

**2019-2020**

spiritual growth

prayer

accountability

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. Finally, 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. 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 fellowship and journey through life with people of all ages and various stages of life, giving a deeper and more profound 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 call or e-mail our Small Group Coordinators.

Pastor Josh Koh (604) 451-5449 ext. 112  
josh@fraserlands.ca

Pastor Ben Short (604) 451-5449 ext. 108  
ben@fraserlands.ca

For further details and small group information updates please check out our church website at [www.fraserlands.ca](http://www.fraserlands.ca)

# Group Descriptions

The following are the small groups being offered this year:

## Small Groups

1. GIYA (Godly Inspired Young Adults)
2. ABIDE
3. Missional Community
4. Perspective
5. It's Complicated
6. Catalyst
7. W5 (welcome, worship, Word, work, wellness)
8. GIC (Growing in Christ)
9. PSG (People Seeking God)
10. LIFE (Living in Faith Everyday)
11. Kollao
12. Wholy Fit
13. Women of Faith
14. Transformed
15. REIGNITE!
16. Kingdom Kouples Hearing God
17. Cornerstone

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



# 1. GIYA (Godly Inspired Young Adults)

Our primary focus in GIYA is building strong relationships both with God and with each other as a community of young adults. This year, we are looking to continue deepening our relationships with one another, and by doing so, look to support one another in our individual walks with God as we develop deeper and intentional relationships with Him. Our typical meetings will comprise a time of worship, sermon study/bible study (with topics TBD) and a time of prayer in dedicated prayer groups. We will also dedicate time to fellowship and share our testimonies with one another.

Group Leaders: David & Melissa Au  
Richard & Nancy Kwan

Meeting Time: Every other Wednesday @ 7:30 pm  
(6:30 pm when we share a meal together)

Location: Various homes

Participants: Post-College / Young Adults

Group Status: Open to new members



## 2. ABIDE

We are a community of believers wrestling together on a journey of identity in Christ and surrender to God. We will engage in a vulnerable and supportive process of discovering God's power, healing, and transformation. There will be testimony sharing, prayer, book, and bible studies. One of the books we will be covering is "Soul Care" by Rob Reimer.

**Topic:** Identity in Christ

**Group Leaders:** Allison Chen, Vitaly Kan,  
Wayne & Clara Niou  
Lester & Esther Marr

**Meeting Time:** 3 Fridays per month @ 7 pm

**Location:** Home in Burnaby (near Patterson St.)

**Participants:** Post-College / Young Adults  
Commitment to regular attendance preferred

**Group Status:** Open to new members





### 3. Missional Community

A missional community (MC) is a group of people seeking to live out the mission of God in a particular place. God has decided to give his mission over to ordinary people like you and me. An MC takes seriously the call of God to be his presence in the locations that we are. We need to learn more Spiritual Dependence to work out God's mission.

This year, Ben and Kelsey will start a new small group that will emphasize what it means to live out the gospel in the everyday stuff of life. This group will seek to live out three dimensions of the Christian life: Up (worship), In (community) and Out (mission). That is, our life together will seek to do three things in different contexts. We will gather to learn about God and worship. We will grow as disciples together. We will seek to bring the good news about Jesus Christ to the dark places of the world. If you are interested in learning what a missional lifestyle is, please consider joining!

This MC will have a few different seasons. We will begin with a season of teaching about mission, gospel and community. We will seek to understand these themes in the larger biblical picture. After that we will begin to pray together that God would help us lean into a missional lifestyle together. This will involve prayer walks, people of peace and a lot of fun. Hopefully the group will evolve to have a rhythm of mission and rest. We hope that the MC will develop to have both planned and spontaneous social spaces.

Group Leaders: Ben & Kelsey Short  
Meeting Time: Wednesdays, twice a month  
Location: Home in Vancouver  
Participants: Everyone welcome, intergenerational  
Group Status: Open to new members



## 4. Perspective

Have you ever wondered what God has to say on issues like the environment, homosexuality, and politics? What about world religions and how they differ from the Christian faith? As Christians we need to understand God's truth about controversial and polarizing issues, and equally important, to be able to communicate them with love and respect to those around us.

Join us to explore and discuss the issues that matter in today's society. We welcome people in all stages of life and spiritual journey, from non-believer to experienced Christian. If you're ready to be challenged to grow in your faith, engage in meaningful conversation with those in your community, and build deeper relationships with other group members, we invite you to join us!

- Group Leaders: Fritz & Tracy Baylen  
Meeting Time: 2 Fridays per month @ 7 pm - 9 pm,  
one of which will include a potluck  
Location: Various homes  
Participants: Everyone welcome, intergenerational  
Group Status: Open to new members





## 5. 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 an inter-generational 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: Wendy Chu, Steve & Berlinda Chan

Meeting Time: 2<sup>nd</sup> & 4<sup>th</sup> Fridays @ 7 pm - 9 pm  
Optional 5:30 pm potluck / takeout dinner

Location: Alternating between homes in Marpole and Fraserview

Participants: Everyone welcome, intergenerational

Group Status: Open to new members



# 6. Catalyst

A Missional Community is a group of Christians seeking to reach a particular neighborhood or network of relationships with the ultimate goal of sharing the good news of the Kingdom of God. Our vision this year is to be a spiritual family on mission together. Through a video series, we will learn together what it means to be a Missional Community and in the new year, apply concepts we learned. Our meetings will also consist of lunch potlucks, prayer and fellowship. Every group member is needed to be an active and committed participant and share the work of the community.

**Topic:** How to be a Missional Community

**Group Leaders:** Ian & Larissa Chan  
CK & Belinda Wong

**Meeting Time:** 3 Sundays per month @ 3 pm - 5 pm  
with alternating lunch potlucks starting at 1:30 pm

**Location:** Homes in South Burnaby & East Vancouver

**Participants:** Everyone welcome, intergenerational

**Group Status:** Open to new members



## 7. W5 (welcome, worship, Word, work, wellness)

We will meet together to reflect on the Sunday sermons that will involve discussion, sharing, and application.

Group Leaders: Nicholas & Jamie Lai  
Bill & Helen Mar

Meeting Time: 2<sup>nd</sup> & 4<sup>th</sup> Saturdays @ 7 pm

Location: Various homes

Participants: Everyone welcome, intergenerational

Group Status: Open to new members



## 8. GIC (Growing in Christ)

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 1 John 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 Pat, Nina, Winston or Celine before signing up.

**Topic:** Walking by the Spirit

**Group Leaders:** Winston Lai, Celine Lai, Pat & Nina Quon

**Meeting Time:** Every Friday evening @ 7 pm

**Location:** Home in North Burnaby

**Participants:** Anyone who desires and is willing to be challenged in their spiritual walk

**Group Status:** Open to new members



## 9. PSG (People Seeking God)

*"If we live in the Spirit, let us also walk in the Spirit."*  
(Galatians 5:25 KJV)

**Topic:** "Soul Care: Seven Transformational Principles for a Healthy Soul" by Dr. Rob Reimer

Dr. Reimer challenges us to "engage in an interactive, roll-up-your-sleeves and get messy process - a journey of...discovering yourself in true community and discovering God as He pierces through the layers of your heart."

**Group Leaders:** Tombert & Joyce Chen  
Richard & Susan Chai

**Meeting Time:** Every Friday @ 7:30 pm

**Location:** Various homes in Richmond or other locations when available

**Participants:** Everyone welcome

**Group Status:** Open to new members





## 10. LIFE (Living In Faith Everyday)

Challenges & problems are a constant thing in our lives. Facing life's difficult times together with God in our lives will help us grow and live in our faith. This small group is for those who want to study God's Word together; to share our life experiences and struggles with one another; and to support and pray for one another.

**Topic:** This year we'll be studying the Book of Philippians, alternating with sharing / prayer and other activities. Members rotate in leading studies and bringing snacks.

**Group Leaders:** Esther Ng, Jacqueline Tung, Kathy Cheng

**Meeting Time:** Friday evenings @ 7:30 pm  
Twice a month

**Location:** Various homes (mainly in Vancouver)

**Participants:** Everyone welcome

**Group Status:** Open to new members



## 11. Kollao

*“Two are better than one, because they have a good return for their labor...Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” Ecclesiastes 4: 9, 12*

Marriage is one of the closest bonds between two humans. But how does our spiritual bond with God fit into our marriage? Using the primary study material, “Marriage Spirituality” by R. Paul Stevens, Kollao will explore spiritual disciplines for married couples to practice together. Some topics include how to pray, serve, and rest in ways that are glorifying to God. Through peer-led small group times, our group will also develop leadership skills and grow in our fellowship time.

Group Leaders: Joseph & Maggie Yuen  
Jeff Liu & Dorcas Lee

Meeting Time: Sunday afternoons, bi-weekly

Location: Various homes or Fraser Lands Church

Participants: Married Couples (with or without children)

Group Status: Open to new members





## 12. Wholy Fit

This small group welcomes ladies of all ages. We will meet two Wednesday evenings a month, generally at a home location.

Our aim is to encourage members to live a healthy lifestyle - physically and spiritually. Alongside of that, we seek to cultivate Christian friendship and fellowship.

Meetings will alternate. One meeting, members will enjoy some moderate physical activity (expect a bit of sweat) and in the other meeting, there will be fellowship, Bible study and yummy food.

We will continue in our book study from this current 2018/2019 year "Survival Guide for the Soul" by Ken Shigematsu, which will take us to December. In January, we will start a new book study (TBA).

Note: Each chapter of our current book study is complete in itself. Taking earlier book studies are not a prerequisite to join.

This is a full participation small group. All members will have the opportunity to lead and organize.

Group Leaders: Wendy Shuen & Lila Sze  
Meeting Time: Wednesday evenings  
Twice monthly  
Location: Various homes  
Participants: Women of all ages  
Group Status: Open to new members



## 13. 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.

**Topic:** "Giving God Your All" from Women of Faith study guide series

Group Leaders: Pauline Wong & Hedda Chan  
Meeting Time: Saturdays @ 7 pm  
Twice monthly  
Location: Home near Fraser Lands  
Participants: All women,  
Christians & seekers  
Group Status: Open to new members



## 14. Transformed

*“Do 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 12:2 NIV)

We know that we are transformed by God. We seek for Him to continue to transform us into the likeness of his Son. And it’s a blessing that we get to do so together, as family. Come and join us!

**Topic:** Food, fellowship, and prayer.

**Group Leaders:** Lawrence & Esther Kong  
Dat Wong & Swan Lee

**Meeting Time:** Every other Saturday @ 6:30 pm - 9 pm

**Location:** Fraser Lands Church

**Participants:** All are welcome but time / location catered to families with Awana children

**Group Status:** Open to new members



# 15. REIGNITE!

A place to connect with our brothers & sisters: to encourage, fellowship & support one another in our spiritual walk; and grow deeper in our faith.

**Topic:** We will be studying “Deep Faith” by Rob Reimer. Cost of book is approximately \$20/book.

**Group Leaders:** Sin & Serene Kwong  
Jason & Serena Woo

**Meeting Time:** Saturday evenings @ 7 pm  
Twice a month - one bible study & one prayer/fellowship time.

**Location:** Fraser Lands Church

**Participants:** All are welcome but time / location catered to families with Awana children

**Group Status:** Open to new members



## 16. Kingdom Couples Hearing God

Tired of just going through the motions of life, we have been journeying together to take up the challenge of becoming Kingdom men & women. This year, we want to support & encourage one another towards personal renewal and spiritual transformation in our daily lives through regular Bible reading as well as conversing with God. We want to **hear God's voice and connect deeper with Him as we listen to what He tells us about His character, His names, and His promises.**

Please note that the group will be split by gender for the sharing & prayer time meetings. We will also have social nights as couples.

Group Leaders: Steve & Lachmi Ma  
Dave & Jan Tam

Meeting Time: Friday evenings @ 7:30 pm, twice a month

Location: Fraser Lands Church

Participants: Married Couples (generally those with teens going to Friday evening fellowship)

Group Status: Open to new members





## 17. Cornerstone

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.

Typically, we meet on the 1st and 3rd Saturday evenings of the month at various homes. We will be using LifeGuide Bible Study by John Stott to study the Sermon on the Mount – the greatest sermon ever preached. John R. W. Stott (1921-2011) has been known worldwide as a preacher, evangelist and communicator of Scripture.

In our study we will dig deep into this startling and challenging message by Jesus. Come join us for this exciting journey!

Group Leaders: Dave & Grace Yu, Grace Yue, Sophia Chiam

Meeting Time: 1<sup>st</sup> & 3<sup>rd</sup> Saturdays @ 7 pm

Location: Various members' homes

Participants: Age 50+

Group Status: Open to new members



## **Anam Cara Groups**

An Anam Cara is the Celtic phrase for "soul friend". We would like to suggest that in place of our discipleship groups we will be developing Anam Cara Groups (AC Groups). We all need spiritual friendship in our lives and for those who would like more intentional friendships we invite you to sign up for a single gender group.

Anam Cara Groups will likely be one facilitator with a maximum of 3 other participants. An ideal group would be intergenerational and meet at their own pace (likely once every two weeks) and centre their times around personal sharing about one's spiritual journey with God along with doing some shared spiritual practices that foster a deeper connection with God.

Sign ups will run at the same time as small group sign ups (August 25 - September 18). Space is limited as these groups are a new concept and developing leaders might take some time. Again all the groups will be either all men or all women.

If you have more questions please do not hesitate to contact Pastors Ben or Josh.

“May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face;  
the rains fall soft upon your fields and until we meet again,  
may God hold you in the palm of His hand.”



**Fraser Lands Church**

3330 S.E. Marine Drive, Vancouver, B.C. V5S 4R8  
Tel: (604) 451-5449 | [info@fraserlands.ca](mailto:info@fraserlands.ca) | [www.fraserlands.ca](http://www.fraserlands.ca)

Updated: August 16, 2019

