

Life Groups

New Life Foursquare Church



Making Disciples
Who Make Disciples

Note from Pastor Dave

Dear Friend,

Whether you want to study the Bible, get your finances under control, strengthen your marriage, run, or just hang out, there is a group for you at NLFC.

Of all of the aspects of the church family, small groups have made the largest impact on my life. For example, I became a follower of Jesus in a small group. Changed lives, becoming more like Jesus and continuing his ministry, best happens in relationships with a few committed friends. Nothing else gives us courage and faith like a healthy small group! At New Life, we call them life groups.

One of the easiest ways to connect to a life group is to find people who share something in common, along with a desire to become a deeper disciple of Jesus. Through a shared interest, a common purpose or stage of life, life groups provide a place where you can belong and grow with a group of friends. Life groups are being changed and formed each trimester, have a non-threatening atmosphere, and meet weekly for about 1 ½ hours, usually in homes, but also in classrooms, offices and hiking trails!

I personally urge you to participate in a life group, as Karen and I do, and enjoy the friendships you will make as you grow in your discipleship with others.

Pastor Dave Metsker

The Focus: Making Disciples

What is a disciple?

New Life Foursquare Church is people who make disciples who make disciples who make disciples . . . A **DISCIPLE** is:

D aily	How often we connect with God
I ntentional	Hands – doing (obedience)
S piritual	Spirit-filled and Spirit formed
C ompassionate	2 nd commandment – we love people
I ntegrous	Heart – being (more like Jesus)
P ayerful	1 st commandment – we worship God
L earning	Head – thinking (study)
E xample	How we serve (make disciples)

What are life groups?

At New Life we have found that Life Groups are the best place to make disciples. Simply, Life Groups are a biblically based and Spirit-directed community of approximately 12 to 20 people who emphasize head, heart and hands for life-transformational discipleship, becoming more like Jesus (Rom.8:29) and continuing his ministry (John 14:12, 20:21). Therefore, small groups are not merely a program of church; they are the church. Both the large and small gatherings are essential. At New Life as often as possible:

- we participate in the large group (weekend services) and
- we participate in a small group.

In a healthy Life Group you can experience family-like relationships, build authentic friendships with a few others, and grow together for life-changing discipleship. These groups:

- Include all kinds of people (we have intergenerational groups as well as groups for children, youth, young adults, seniors, singles, married couples, men, women, etc.);

- Focus on a large range of interests (e.g., applying the message given during the weekend services, sharing highlights from daily devotions, recovering from poor habits, studying a book of the Bible, building financial stability, strengthening marriages, learning effective parenting, and sewing quilts);
- Gather in many different locations; meet on various days of the week, and at different times of the day.

When do they start and stop?

Most groups meet on a trimester basis from September-November, January to May (some meet January to March and April to May), and June to August. Others are ongoing. You can try a group out for a short time, or complete a trimester and then switch to another group (for example, switching from a group focusing on marriage with start and stop dates to a group sharing from their daily devotions). Some groups run continuously, but you are free to leave at any time, especially at the end of a trimester.

How can I find a life group that is right for me?

To help you more easily get involved in a group, this brochure lists many of the available groups in four sections: Recovery, Men's, Women's, and All Other (the latter are then listed according to the day of the week that they meet). Each has relevant contact information for you. Simply select a group or two that interest you, visit the groups, and then make a choice. Before visiting a group, simply contact the group facilitator. For the most updated list, visit our website at www.canbyfoursquare.com.

Can I start a new group or host a group?

We are starting more groups now. For information on orientations and how easy it is to start a new group or host one, contact Pastor Dave, dmetsker@canbyfoursquare.com or call 503-266-4444 X36.

Recovery Groups

Safe and Confidential

The Genesis Process for Men

When: Monday, 6:00 PM | Sept. 15–May 18, 2015

Where: NLFC Building #2

Facilitator: Mike Cushing, mygodrocks1@gmail.com

About: The Genesis Process (www.genesisprocess.org) focuses on healing from hurts, habits and hang-ups in the past, equipping for the present, and gaining hope for the future. Weekly homework and prayer for one another

Cost: \$30 Workbook

The Genesis Process for Women

When: Monday, 6:00 PM | Sept. 15 – May 18, 2015

Where: NLFC Building #6

Facilitator: Laurie Cushing, mygodrocks1@gmail.com

About: The Genesis Process (www.genesisprocess.org) focuses on healing from hurts, habits and hang-ups in the past, equipping for the present, and gaining hope for the future. Weekly homework and prayer for one another

Cost: \$30 Workbook

Grief Share

When: Wednesday, 6:30 – 8:00 PM | Sept. – Dec.

Where: NLFC Building #6 Conference Room

Facilitator: Sammy Jamison, sjamison@canbyfoursquare.com

About: The passing of one or more loved ones can be a very painful experience. This group is structured to help you effectively deal with the stages of grief and recovery from loss in a very safe, loving, Christ-centered environment.

Cost: \$15 Workbook

Men's Groups

Men's Bible Study

When: Tuesday, 6:00 – 7:00 AM

Where: NLFC Building #6 Conference Room

Facilitator: Brian Youd, youd.brian@gmail.com

About: You can meet with other guys for coffee, study a passage in the Bible and apply it to your life, build friendships, and pray together.

33 THE SERIES- Vol. 2 *Coming in January*

When: Wednesday, 6:30 – 8:00 PM | Jan. 7 – Feb. 11

Where: NLFC Patio

Facilitator: Joel Guthrie, jguthrie@canbyfoursquare.com

About: Provides men with a biblical perspective of their own story, equipping them as men to embrace how their past has affected their present and prepares them to deal with their future.

Cost: \$10 Workbook

Men's Devotional Group

When: Friday, 6:30 – 7:30 APM

Where: NLFC Building #6 Conference Room

Facilitators: Ken Hostetler, Cell 503-860-0157, Home 503-266-5752

Rich Birkermeier, 503-313-1308

About: You are invited to meet with a group of friendly guys to study a portion of the Bible together and pray for one another.

REAL Men Saturday

When: Saturday, 7:00 – 8:30 AM | 1st week | Oct. – Mar.

Where: NLFC Patio

Facilitator: David Wanous, adventureroofing@centurylink.net

About: Meet with other guys for breakfast and then listen to a guest speaker share from his experience how to overcome the tremendous challenges men face in our culture.

Women's Groups

Finding Our Identity in Christ

When: Monday, 7:00 – 8:30 PM | Oct. 20 – Jan. 19

Where: Home in Canby

Facilitator: Rauline McCoy, raulinemccoy@gmail.com

About: This transformational study focuses on shame, perfectionism and all of the things that keep us from knowing how much our Father loves us. Walk with others in the group through the book by Brene Brown, *I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough."*

Tuesday AM Women's Connection

When: Tuesday, 9:00 AM | Follows Canby School Year

Where: NLFC Main Sanctuary

Facebook: New Life Women

Facilitator: Annette Swor, raswor@canby.com

About: We are currently going through the Beth Moore study "Children of the Day" which focuses on 1 & 2 Thessalonians. The Café is open for business at 8:30 AM, so feel free to come and hang out for coffee beforehand.

Cost: \$20 Workbook

Childcare: Yes – birth thru preschool, available at 9:00 AM

Wednesday PM Women's Connection

When: Wednesday, 6:30 PM | September – May

Where: NLFC Building #5

Facilitators: Laura Wrede, wredeco@q.com
Holli Shrum, khshrum@yahoo.com

About: We are currently going through the Beth Moore study "Children of the Day" which focuses on 1 & 2 Thessalonians.

Cost: \$20 Workbook

Childcare: Yes – classes through grade 6

All Other Groups

Canby Bible College

When: Tuesday-Friday 8:00 AM – Noon | September – April
Tuesday & Thursday 6:30 – 8:30 PM | September - April

Where: NLFC Building #5

Facilitator: Angie Wiggins, awiggins@canbybiblecollege.org

About: Mission Statement: Canby Bible College is dedicated to the work of “Equipping Laborers for the Harvest.” Pick up a 2014-2015 Catalog available in the wall pockets. Or visit the website: canbybiblecollege.org.

Mondays

Prime Timer’s Coffee

When: Monday, 10:00 AM

Where: Cutsforth’s Thriftway, 222 NE Second, Canby (café area)

Facilitator: Wayne & Judy Stanley, jstanley12@juno.com

About: Share your journey with friends.

Wednesdays

How To Survive the Holidays – A Grief Share Class

When: Wednesday, 6:30 – 8:00 PM | Nov. 26

Where: NLFC Building #6 Conference Room

Facilitator: Sammy Jamison, sjamison@canbyfoursquare.com

About: The prospect of facing the holidays without a loved one may cause anxiety and dread. Participating in this study can help you discover practical, stress-reducing ideas that will help you face the holiday season.

Wenesdays (cont.)

School of Life

When: Wednesday, 6:30 – 8:00 PM | Sept. 17 – Jun. 3

Where: NLFC Building #2

Facilitator: James Walton, jwalton@canbyfoursquare.com

About: A Bible study during which you can discuss, learn and grow using material prepared by Pastor James.

Pathways

When: Wednesday, 6:30 – 8:00 PM | Oct. 1 – Jun. 3

Where: NLFC Building #1

Facilitator: Emily Fry, efry@canbyfoursquare.com

Age: 7th Grade – Young Adult

About: Pathways has a six-week cycle. Students gather weekly with a mentor and talk about prayer, journaling and reading the Word. Discipleship is not a destination, it's a life-long journey.

Love & Respect Building Blocks

When: Wednesday, 6:30 – 8:00 PM | Oct. 29 – Dec. 10

Where: NLFC Patio

Facilitator: Joel Guthrie, jguthrie@canbyfoursquare.com

About: This six-week Building Blocks DVD study features Dr. Emerson Eggerichs unpacking five of the life changing principles he presents at the Love and Respect conferences. This study is a fantastic follow up for those who have read the book or attended a conference, but also serves as an excellent introduction to the Love and Respect message.

Cost: \$10 Workbook

Parenting Class *Coming in January*

When: Wednesday, 6:30 – 8:00 PM | Jan. 14 – Mar. 4

Where: NLFC Building #6 Conference Room

Facilitator: Christina Hostetler, chostetler@canbyfoursquare.com

Financial Peace University *Coming in April*

When: Wednesday, 6:30 – 8:00 PM | Apr. 1 – Jun. 3

Where: NLFC Patio

Facilitator: Chuck DeSeranno, cdeseranno@canbyfoursquare.com

About: Financial Peace University is a life-changing program that teaches you how to make the right decisions with your money. You will be empowered with the practical skills and confidence needed to achieve your financial goals and to experience true financial peace! Each of the nine lessons deals with a different topic that will change the way you think about personal finance. Through video, Dave Ramsey teaches about how to save money, live on a budget, communicate about money, eliminate debt, find bargains, and experience the joy of giving.

Cost: \$125

FPU The Legacy Journey *Coming in September*

When: Wednesday, 6:30 – 8:00 PM | Sep. 16 – Nov. 18, 2015

Where: NLFC Patio

Facilitator: Chuck DeSeranno, cdeseranno@canbyfoursquare.com

About: If you have completed Financial Peace University (FPU), you can participate in this seminar to learn more about investing, estate planning, purposeful living, safeguarding your legacy, building wealth and giving generously. Each session of the Legacy journey (www.DaveRamsey.com) includes a video teaching by Dave Ramsey, discussion and prayer for one another. In addition, each participant may take advantage of financial coaching provided by Chuck DeSeranno.

Cost: \$125

Thursdays

Home Group

When: Thursday, 6:30 PM | Every other week

Where: Home in Oregon City

Contact: Gary & Cathy Anderson, garyandcathy@live.com

Ages: Adults – Older Children Only

Activities: Meet for fellowship, study, prayer, praise, and dessert.

Parents of Teens *Coming in January*

When: Thursday, 7:00 – 8:30 PM | Apr. 1 – Jun.

Where: NLFC Patio

Facilitators: Dave & Christina DeRosa, climbit5@gmail.com

About: Meet together with other parents of teens to study materials and discuss how to better parent your teens, and pray together.

Foursquare Quilters *Coming in February*

When: Thursday, 6:00 – 9:00 PM | 2nd week | Feb. 12 – May 14

Where: NLFC Patio

Facilitator: Marlys Carter, marlys@canby.com

About: This quilting group is open to you, whether you are experienced at quilting or have never tried it.

Saturdays

Veteran's Ministry

When: Saturday (TBA)

Where: NLFC Patio

Facilitator: Randy Wrede, rwrede@canbyfoursquare.com

About: We have activities and provide resources for veterans.

Fine Arts Ministry

When: Saturdays, 10:00 – 12:00 PM

Where: Building #1

Facilitators: Caleb Erdmanczyk cerdmanczyk@canbyfoursquare.com

Lindsey Miller lindsey374@msn.com

Jessica Powell jpowell@canbyfoursquare.com

About: Fine Arts is a small group of students and young adults who want to use their gifts of performing arts to glorify God and draw others closer to Him. This group is focused mainly in the development of skills for both on and off the stage.

Sundays

PrimeTimer's (55+) Worship and Potluck

When: Sunday, 11:30 - 1:30 PM | 2nd and 4th week | Sept. - May

Where: NLFC Patio

Facilitator: Wayne & Judy Stanley, jstanley12@juno.com

About: If you are a senior, plan to meet with other seniors for worship, encouragement, friendship, food and fun in our fireside room. Please bring a main dish to share.

Home Group

When: Sunday, 1:00 PM | 1st and 3rd week | Fillis Home in Winter

Where: Home in Canby

Contact: Carl & Kathy Hanson, katcar@canby.com

Ages: Adults Only

About: Meet for potluck snacks, fellowship, worship, study and prayer for one another.

Home Group

When: Sunday, 1:00 PM | 1st and 3rd week | Hanson Group in Winter

Where: Home in Canby

Contact: Art & Pat Fillis, alfillis@earthlink.net, pfillis@earthlink.net

Ages: Adults Only

About: Meet for potluck snacks, fellowship, worship, study and prayer for one another.

Home Group

When: Sunday, 6:30 PM | 1st and 3rd week

Where: Home in Canby

Contact: Doug & Krysti Bellmore, dbellmore@canby.com

Ages: Adults Only

About: Meet for snacks, fellowship, worship, study and prayer for one another.

11/14/2014

New Life Foursquare Church

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www.canbyfoursquare.com

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