

# LIFE GROUPS

## at gateway community church

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FALL 2025

WINTER 2026

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**DISCOVER A  
LIFE OF BEING**

**BIBLICALLY Serious  
COMMUNITY Driven  
Relentlessly MISSIONAL**

*while deepening meaningful relationships  
centered on God's Word and prayer*

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at gateway community church

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There is space **for you!**  
[gatewaycrc.org/grow/lifegroups](https://gatewaycrc.org/grow/lifegroups)

## A WORD FROM OUR PASTORS

## LIFE GROUPS at gateway community church



PASTOR ADAM VAN DOP



PASTOR JUSTIN CARRUTHERS

**T**he Summer of 2025 is nearing a close. I'm sorry to remind you, once again, of that reality. Yes, in an official way, we still have a few more days of the summer months, as the season doesn't shift to the fall until Monday night, September 22. So, we can hang on to the feelings of long days (now quickly shortening), warm(ish) evenings, and outside BBQ's, all the while re-establishing patterns of getting kids off to school, navigating regular work patterns, and facing greater levels of local traffic as all these rhythms find their balance once again.

The author of the fascinating Old Testament book, Ecclesiastes, is often understood to be King Solomon, who was perhaps one of the wisest ancient Israelite kings. As he sought to understand life's complexities, "under the sun," he explores what really matters in life, and how as children of God, we're called to live on planet earth. He opens up the third chapter, with these words:

*"For everything there is a season, and a time for every matter under heaven."*

Ecclesiastes 3:1 | ESV

Earlier, Solomon was writing about toil, or, work. Putting the shovel in the soil and getting our hands dirty. He also writes about the joys of eating and drinking. Solomon reflects on how these moments sometimes feel meaningless in the scheme of life. However, he articulates that we need to see and experience both of these aspects of life as gifts from God. Which we often take for granted.

As we begin to interact with chapter three, we see that God has invited us to lean into, and ultimately enjoy, these patterns of life. There will be work, and there will be pleasure. Solomon continues to write that poem, that the 1960's band, "The Byrds" famously turned into song, "Turn! Turn! Turn!" Its chorus sings:

*“To everything, turn, turn, turn  
There is a season, turn, turn, turn  
And a time to every purpose under heaven.”*

While Pete Seeger wrote and sang this song as a protest against all the wars and civil unrest in the 1960's, singing that there is

*“a time for peace, I swear it's not too late.”*

The song invites us to consider the invitation to turn our perspective – just as Solomon does. While there is,

*a time to be born, and a time to die;  
a time to plant, and a time to pluck up what is  
planted;  
a time to kill, and a time to heal;  
a time to break down, and a time to build up;*  
Ecclesiastes 3:1b-2 | ESV

There is also  
a time to rest, and a time to work,  
a time to stop, and a time to go,  
a time to withdraw, and a time engage.

Summers' patterns in the valley, as we live them are generally about this rest, these times to stop, and moments of withdraw as we relax from the fullness of the fall, winter, and spring. In those months, we focus on exploring God's world, taking time to travel with friends and family, and so much more. However, we cannot exist fully in those patterns, can we? I mean, we might desire to, but the reality is that our kids need to learn, adults need to work, farms still need attention, offices still seek productivity. And in those patterns, our faith must still find places to grow and be nurtured.

Our lives must find that balance that Solomon was discovering between toil and pleasure, but knowing that the Lord desires to be at the center of both. The seasonal change from summer to fall, invites us once again to once again, to turn our perspective and see, and to pursue the Lord.

As our calendars fill once again with soccer

and hockey practice, piano and dance lessons, meetings at the office, events in our communities, regular work patterns, and all the busyness that comes with life, we must also consider the importance of answering God's invitation to be involved within our church community.

At Gateway, there's so much we have going on for all ages – Sunday School, GEMS & Cadets, EDGE and Summit youth, Young Adults, Friendship, and worship services every week – the list seems to go on with many amazing opportunities to journey with people to deeper places in our faith, to connect with fellow Christians, and to serve the Lord with our gifts.

Gateway Life Groups seek to help us see the Lord in our work and in our play.

Life Groups are where we discover our calling to be students of scripture, and disciples of Jesus. We're **BIBLICALLY SERIOUS**.

Life Groups are where we deepen our desire to be and exist in community. We're **COMMUNITY DRIVEN**.

Life Groups are where we are challenged to consider our neighbors, friends, and family members who do not know Jesus, as our mission. We're **RELENTLESSLY MISSIONAL**.

Perhaps now is the time for you to make this *turn* in your journey of faith, and to join a group; taking that plunge to grow your heart and soul towards developing **MEANINGFUL RELATIONSHIPS, CENTERED ON GOD'S WORD AND PRAYER**.

Flip through the following pages and get to know all the ins and outs of this ministry and be sure to approach either of us with any question you might have. Our contact information is on page 17.

*Blessings to you, in your journey of faith.*

Pastors Adam and Justin.



## FREQUENTLY ASKED QUESTIONS

## LIFE GROUPS at gateway community church

### WHAT IS A LIFE GROUP?

A Life Group is a home fellowship made up of 10 to 14 adults who meet weekly to share, study, and support one another. A trained facilitator and host lead each group.

### HOW LONG DO THEY LAST?

Each meeting typically last 1.5-2 hours meets for 9 weeks. At the end of each season, you will have the choice of staying in the same group, trying a new group, or taking a break. Making this commitment is the key to a strong Life Group. You have the first three weeks to attend the group to make sure it's a good fit for you.

### WHAT WILL WE STUDY?

We cherish the idea that our congregation is on a journey together discussing the same biblical themes, therefore, our groups are based on the previous weekend's message. These "sermon-based" Life Groups are built on what we call a "lecture-lab" model. Imagine the weekend message as a lecture on Christian living, and the Life Group as a lab where you get to roll up your sleeves and discuss how the weekend's message works in real life.

We are excited that in this season we'll be talking further about God's faithfulness to our church

for the last 75 years, and from there we'll dive back into the Psalms and Proverbs until the season of Advent begins. Learn more about these upcoming series on pages 8-9.

Every week we provide sermon outlines, so you can take notes and fill in blanks during the weekend messages. During Life Group seasons, inside the same handout, we provide all our Life Groups with a discussion guide which contains the same questions for each group to further explore the themes from the weekend's message. We encourage you to prepare for your group meeting by working through the questions ahead of time.

### ARE THERE GROUPS FOR TEENAGERS & YOUNG ADULTS?

Our Edge & Summit Youth Groups are for students who are in Middle & High School. These ministries include organized small groups for students, called "mentor groups." Although they are not included in this catalogue, they are very important to our church! For more information about these ministries, please contact the church office, or go online:

[gatewaycrc.org/ministries](http://gatewaycrc.org/ministries)





## HOW IMPORTANT ARE LIFE GROUPS?

Here at Gateway, we envision Life Groups to be the hub of our adult ministry. They are the place where real ministry of the church takes place as we study God's Word, while supporting and sharing our lives with one another, and serving our community.

## HOW DO I CHOOSE A GROUP?

When selecting a group, we strongly recommend you start by trying a group based on its leadership team, rather than its location. We have found that groups do best when members share a common station in life and other interests with their facilitators, hosts, and other group members. In the end, if you do need to travel great distances to meet your group, we trust that you will find it is worth the drive!

If you have any questions about which leadership team fits your station in life the best, do not hesitate to ask! Find the selection of groups that are eager for you to be a part, starting on page 10.

## WHEN IS THE BEST TIME TO REGISTER FOR A GROUP?

As the proverbial saying goes, "*the early bird gets the worm*," sign up as soon as registration opens! That will happen online and in person on September 14 for the Fall season, and December 28 for the Winter season.

## WHAT HAPPENS IF THE GROUP I WISH TO JOIN IS ALREADY FULL?

First, take a moment to consider an alternative group. Perhaps arrive at registration with two options for yourself. Second, if the groups you wanted are full, please let us know, as we are more than happy to help!

## WHAT IS THE REQUIRED COMMITMENT?

Our groups meet weekly for nine weeks. The Fall semester begins meeting the week of September 28, and the Winter semester begins meeting the week of January 18. Life Group meetings typically last 1.5-2 hours (sometimes more).

As you arrive at your Life Group meeting, come as prepared as you can! Please have spent some time considering how you would answer the provided questions found in our weekly sermon guides. That way, you can contribute to your discussions with well thought out responses and added questions!

## WHERE DO I SIGN UP?

Either in person in the church lobby before or after our worship services in September and January, or online during the same months:

[gatewaycrc.org/grow/lifegroups](http://gatewaycrc.org/grow/lifegroups)



There is space for you!  
[gatewaycrc.org/grow/lifegroups](http://gatewaycrc.org/grow/lifegroups)

## UPCOMING SERMON SERIES

## LIFE GROUPS at gateway community church

At Gateway we are **BIBLICALLY SERIOUS**. We will know the Word, read the Word, love the Word, and when we are cut we will bleed the Word of God.

Putting it simply, we love the Bible. From it, we seek to learn how we are called to live, and to receive its challenges each week. We explore the Bible primarily through exegetical preaching, and never shy away from any conversation scripture encourages us to have.

This winter, we invite you to join us as we wrap up one series, and then engage in a new one that will encourage and challenge us as followers of Jesus. Our Life Groups will be tracking alongside these series, giving us the chance to take what we hear on Sundays and put it into practice *together*.



### FIRST SERIES: THE KINGDOM IS NEAR

Coming out of the advent series, where we explored how the Kingdom of God was coming to earth through the birth of Jesus Christ, the corner turns in the Gospel of Matthew as Jesus is baptised by John the Baptist, and begins His earthly ministry in Matthew 3. In chapters 3 and 4, as this small segment of the Matthew Series wraps up, we'll see again how Jesus was the true Israel in how He comes out of the wilderness ready for mission, and we'll see too, the kind of people He surrounds himself with.

### SECOND SERIES: THE SERMON ON THE MOUNT

As Matthew begins to record the ministry life of Jesus, we interact with what is famously known as the "Sermon on the Mount." We'll explore in depth, Jesus' instructions for His followers to live in this new kingdom that He has initiated. While He teaches, we'll take note of how He is the fulfilment of all the Old Testament laws, and calls His followers to embody a new depth of understanding of the instructions and guides that His listeners have interacted with since they received the Torah.

### RESOURCES TO FOLLOW?

There are two great resources that you can use to engage yourself further in this study. The first is a book, "**MATTHEW FOR YOU**" by Tim Chester, it's available on Amazon and Indigo. The second is a two-part video by "the Bible Project." On YouTube, simply search for, "**THE BIBLE PROJECT MATTHEW**."



January 4-18, 2026



January 25-March 22, 2026



## GROUPS WAITING FOR YOU!

## LIFE GROUPS at gateway community church



### DRAAISTRA/BREUKELMAN

**\*\*NEW GROUP w/ Young Adult Focus\*\***

Facilitator: Daniel Draaistra  
Host: Sarah Breukelman  
Day/Time: Monday, 7.00pm  
Status: **OPEN**



### ARENDS

**\*\*NEW GROUP\*\***

Facilitator: Trevor & Chantelle Arends  
Host: Trevor & Chantelle Arends  
Day/Time: Tuesday, 7.00pm  
Status: **OPEN**



### DYKSHOORN/ARENDS

Facilitator: Steve & Katy Dykshoorn  
Host: Shawn & Shawna Arends  
Day/Time: Tuesday, 7.30pm  
Status: **Full**



### MULDER/CARRUTHERS

Facilitator: Justin & Cheryl Mulder  
Host: Justin & Julie Carruthers  
Day/Time: Monday, 7.30pm  
Status: **Full**





### **GORTER/LUYMES**

Facilitator: Nathan & Shena Gorter  
 Host: Brad & Amanda Luymes  
 Day/Time: Monday, 7.30pm  
 Status: **Full**



### **VAANDRAGER/VAN DOP**

Facilitator: Tim & April Vaandrager  
 Host: Adam & Pam Van Dop  
 Day/Time: Thursday, 7.15pm  
 Status: **Full**



### **VISSCHER/MULDER**

Facilitator: Kevin & Melanie Visscher  
 Host: Allan & Diane Mulder  
 Day/Time: Sunday, 7.00pm  
 Status: **OPEN**



### **HILDERMAN**

Facilitator: Nathan & Leanne Hilderman  
 Host: Nathan & Leanne Hilderman  
 Day/Time: Sunday, 7.00pm  
 Status: **Full**



## GROUPS WAITING FOR YOU!

## LIFE GROUPS at gateway community church



### BEUKEMA/KIERS

Facilitator: Betty Beukema  
Host: Jeff & Karen Kiers  
Day/Time: Sunday, 7.00pm  
Status: **OPEN**



### LANGELAAR/VERHAGEN

Facilitator: Winnie Langelaar  
Host: Yolanda Verhagen  
Day/Time: Sunday, 7.00pm  
Status: **OPEN**



### UNRAU

Facilitator: Les & Ineke Unrau  
Host: Les & Ineke Unrau  
Day/Time: Wednesday, 7.00pm  
Status: **OPEN**



### ROOS

Facilitator: Hank & Alice Roos  
Host: Hank & Alice Roos  
Day/Time: Thursday, 7.00pm  
Status: **Full**



### **BAARS/DEJONG**

Facilitator: Gerard & Debbie Baars  
 Host: Wayne & Marlene DeJong  
 Day/Time: Sunday, 7.00pm  
 Status: **Full**



### **VAN DOP/MAARHUIS**

Facilitator: John & Theresa Van Dop  
 Host: Jason & Chris Maarhuis  
 Day/Time: Sunday, 7.00pm  
 Status: **Full**



### **WARDROPE**

Facilitator: Bruce & Linda Wardrobe  
 Host: Bruce & Linda Wardrobe  
 Day/Time: Thursday, 10.00am  
 Status: **OPEN**



### **FEENSTRA/BEERDA**

Facilitator: Minke Feenstra  
 Host: Edith Beerda  
 Day/Time: Thursday, 10.00am  
 Status: **OPEN**



**I**t does not take a long exploration of God's word to see that there is a clear mission associated with being a disciple of Jesus. From Christ's own mouth in Matthew 28:19, He gives us the "GO" in the great commission. We see that call developed through the words of other New Testament authors:

Peter writes, *"each [one of you] has received a gift, use it to serve one another"* (1 Peter 4:10).

Paul writes, *"do not use your freedom as an opportunity for the flesh, but through love serve one another"* (Galatians 5:13).

James writes, *"someone will say, 'You have faith and I have works.' Show me your faith apart from your works, and I will show you my faith by my works"* (James 2:18).

A vital component of our Life Group ministry is that each Life Group **serves** with one another, shoulder to shoulder, within our city of Abbotsford and in the Valley we call home. Therefore, we seek as communities of faith to feed and nourish the hungry, clothe those who are cold, and provide care for creation.

We believe God has placed us right here in the Fraser Valley for a specific reason, to love and serve this area, at this time, for the purpose of growing His kingdom. Right here. Right now.

That means that we will prioritize mission endeavors and the establishment of Kingdom partnerships first in Abbotsford, and second, beyond into the Valley. We want to be a church that is for our city!

**#gatewaylovesabbotsford**

Turn to page 16 to see a list of arrangements we have already made of organizations with whom we wish to nurture long lasting relationships. Leaders will have access to registering for one of the options starting as registration for the semester opens.





## SERVE PROJECT FAQ's

## LIFE GROUPS at gateway community church

### WHEN ARE THESE HAPPENING?

All serve projects happen during the Life Group season. In the Fall 2025 semester, between September 28 and November 29. In the Winter 2026 semester, between January 18 and March 21.

### WHEN DO THEY CLOSE?

All sign-ups should be in at least two weeks before the event and no later than September 30, and January 31.

### HOW WILL I KNOW IF A SITE IS ALREADY BOOKED?

We try our best to keep the website up to date. As SERVE sites are booked, it will be indicated on the serve site. These sites are secured on a first come, first served basis, so don't take your time in sorting out an option for your group.

### WHAT IF THERE ISN'T A POSTED DATE FOR THE EVENT?

This means that the serve site is open to having your team serve when it works best for your group. Pastor Adam will be in contact with the Life Group HOST shortly after the site is picked and coordinate with the SERVE site the best time for your group.

### ARE THERE MORE DETAILS ON EACH SERVE SITE?

Yes, look online you will see a much fuller description of the requirements for each SERVE site, or connect with Pastor Adam. Turn the page to see all the current options.

### CAN I POST PICTURES OF MY GROUP SERVING?

Yes, PLEASE DO!!! We love it when our Life Groups post about their activities together. Just make sure that everyone in your group and the organization you are serving are okay with it. Then post your pictures to either Facebook or Instagram! Be sure to post with the hashtag #gatewaylifegroups and #gatewaylovesabbotsford. If you are not able to post your pictures, but still wish to share them, please email, or text them to Pastor Adam.

### WHAT IS THE STEP-BY-STEP PROCESS?

1. Look over the various SERVE options, in this catalogue and online.
2. Send Pastor Adam an email with your Host name and the name of the Serve Project you wish to sign up for.
3. Pastor Adam will contact the Host to confirm and share any further details about the SERVE Project.
4. Arrive at your location at the agreed upon time and enjoy the time together!

### WHERE DO I GET A SERVE SHIRT?

Once our new inventory arrives, on any given Sunday, find the HUB host in the main lobby, and ask for help finding the right size off the shelves there for you at the HUB. From here, the shirt is yours! Please wear it at your serve site, and at other times when serving our city with our church!

## FALL 2025 SERVE PROJECT SITES

## LIFE GROUPS at gateway community church



**LIFE RECOVERY HOME**  
Serve this local women's recovery home as there are always indoor and outdoor maintenance projects to complete. They rely on

the broader community to assist the leadership and clients.

**DATE: Flexible**



**STORMTROOPERS**  
Serve the city of Abbotsford by painting on the iconic yellow fish near drains that lead water run off to our local streams and rivers.

**DATE: Flexible**



**INVASIVE WEED REMOVAL**  
Serve our city within local parks removing invasive weeds like blackberries and other such problem species.

**DATE: Flexible**



**ARCHWAY FOODBANK**  
Our local foodbank is in need of assistance in sorting all the donated food. When your group serves, be sure to bring a bag of your own donations!

**DATE: Thursday, Jan 29, 5.00-7.00pm**  
**Tuesday, Feb 3, 5.00-7.00pm**  
**Friday, Mar 20, 5.00-7.00pm**



**FRASER VALLEY MOUNTAIN BIKE ASSOC.**  
Serve with Rocky Blondin and the FVMBA on trail maintenance projects on various hiking and biking

trails in the valley.

**DATE: Flexible**



**LIFE RECOVERY STORE**  
Serve this local thrift store as there are always indoor cleaning and outdoor maintenance projects to complete.

**DATE: Flexible**



**MARKER MAINTAINENCE**  
Serve at one of our five local city owned cemeteries, cleaning off grave markers. It's a large, but very rewarding task.

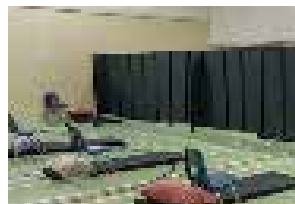
**DATE: Saturday, Feb 21, 10.00am-Noon**  
**Saturday, Mar 21, 10.00am-Noon**  
*Repeat groups can arrange their own time*



**CYRUS CENTER MEAL**  
Our city's local shelter for youth is always in need of meals for their clients and staff. For each 4 members of your group, arrange to bring a

meal one evening.

**DATE: Flexible**



**EMERGENCY WEATHER SHELTER**

Serve within our Gateway EWS, make and serve a meal for the guests in attendance, or commit a time frame to help

clean and sanitize the facility.

**DATE: Flexible**



**FUN&FAITH "Date Night Comedy Event"**

Serve at our church facility to host this rental event, collecting tickets, setting up the lobby, etc.

**DATE: Monday, February 9, 6.30-10.00pm**

## COORDINATING TEAM

## LIFE GROUPS at gateway community church



**PASTOR ADAM VAN DOP** serves to support both our facilitators and hosts in their leadership roles through writing the sermon guides and providing leadership guides. He also sets up the serve sites, and takes care of our Life Group webpresence.

adam@gatewaycrc.org  
604.309.5858



**PASTOR JUSTIN CARRUTHERS** is constantly observing our Life Group ministry to be sure that it is fulfilling our objective to see that our church family is gathering in circles, as well as in rows. He also loves recruiting new facilitators and hosts.

justin@gatewaycrc.org  
778.201.8144



**CAROL CONWAY** is not only our Office Administrator, but also, she desires to see that all Life Group members are accounted for within their groups, and that our data is always up to date.

office@gatewaycrc.org  
604.859.5908



There is space for you!  
[gatewaycrc.org/grow/lifegroups](http://gatewaycrc.org/grow/lifegroups)



Our Life Groups meet for nine consecutive weeks, on the specified day that your leaders have selected. Compare the week day to your calendar within the following weeks of this **SAMPLE** calendar. As you look at your calendar, consider how important it is for you to immerse yourself in your faith community!

Week 1	September 28-October 4	Potluck
Week 2	October 5-11	Bible Study
Week 3	October 12-18	Bible Study
Week 4	October 19-25	Bible Study
Week 5	October 26-November 1	Serve Project
Week 6	November 2-8	Bible Study
Week 7	November 9-15	Bible Study
Week 8	November 16-22	Social Event
Week 9	November 23-29	Bible Study
Week 10	November 30-December 6	Optional Social Event

## SIGNIFICANT FALL 2025 DATES

Sunday, September 7	Gateway Fall Festival 2025
Tuesday, September 30	National Day for Truth and Reconciliation
Monday, October 13	Thanksgiving Day
Sunday, November 2	Daylight Savings Time <i>**clocks fall back**</i>
Tuesday, November 11	Remembrance Day
Sunday, November 30	First Sunday of Advent

## WINTER 2026 CALENDAR

## LIFE GROUPS at gateway community church

Take note that special events within our season can happen at any point. Your leaders will work with your group to see when best to plan the **SERVE** project or the **SOCIAL** event. We also invite our groups to consider gathering for a final week 10 as a social to close and celebrate the journey travelled throughout the semester.

Potluck	January 18-24	Week 1
Bible Study	January 25-31	Week 2
<b>Serve Project</b>	February 1-7	Week 3
Bible Study	February 8-14	Week 4
<b>Social Event</b>	February 15-21	Week 5
Bible Study	February 22-28	Week 6
Bible Study	March 1-7	Week 7
Bible Study	March 8-14	Week 8
Bible Study	March 15-21	Week 9
Optional Social Event	March 22-28	Week 10

### SIGNIFICANT WINTER 2026 DATES

Valentines Day	Saturday, February 14
Family Day	Monday, February 16
Daylight Savings Time <i>**clocks spring ahead**</i>	Sunday, March 8
Good Friday	Friday, April 3
Easter Sunday	Sunday, April 5

There is space **for you!**  
[gatewaycrc.org/grow/lifegroups](http://gatewaycrc.org/grow/lifegroups)

Will you **join one?**



**GATEWAY**  
COMMUNITY CHURCH

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604.859.5908