

LIFE GROUPS

at gateway community church

FALL 2026

WINTER 2027

**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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LIFE GROUPS

at gateway community church

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A WORD FROM OUR PASTORS

LIFE GROUPS at gateway community church



PASTOR JUSTIN CARRUTHERS



PASTOR ADAM VAN DOP

There is something about the arrival of fall that has a way of reminding us that life moves in seasons.

The long days of summer begin to give way to cooler mornings. School is back in session. Work picks up its regular rhythm. The routines that seemed so distant in July suddenly return—and before long, our calendars are full again.

But there is something else we hope happens this fall.

We hope that, in the midst of all the routines and responsibilities of a new season, you make room to walk more closely with Jesus.

This fall at Gateway, we'll continue our journey through the Gospel of Matthew in our series, **Walking with Jesus**. As we make our way through Matthew's Gospel, we're not simply

trying to learn more about Jesus. We want to walk with Him—to listen to His teaching, watch the way He lives, understand more about His kingdom, and increasingly become the kind of people who follow Him.

And we believe Life Groups are one of the best places for that kind of journey to not just find it's beginning, but also find new depths.

There is something powerful about moving from sitting **in rows** on Sunday to gathering **in circles** during the week. In a Life Group, we have the opportunity to open God's Word together, ask questions, wrestle with what we're learning, pray for one another, encourage one another, and share the joys and challenges of following Jesus in everyday life.

Life Groups are places where we become more **BIBLICALLY SERIOUS**, learning to take God's

Word seriously and allowing Scripture to shape the way we think and live.

Our Life Groups are places where we become more **COMMUNITY DRIVEN**, building meaningful relationships with people who will walk alongside us through the ordinary and extraordinary seasons of life.

And they are times and places where we become more **RELENTLESSLY MISSIONAL**, encouraging one another to see our families, neighbours, workplaces, schools, and communities as places where we can live out and share the good news of Jesus.

This year, we have some exciting news to share – at the time of this writing:

We have 20 Life Groups available this fall!

That is a record for Gateway! **It's three more groups than we have ever had before.** Even more exciting, **200 people have already signed up to be part of a Life Group this fall.**

We celebrate that, and thank the Lord for His provision as He has called leaders to lead, and many of you to follow! All this tells us that people in our church family are hungry for community. They want to grow. They want to know Jesus more deeply. They want to walk with others as they follow him.

But there is still room for **you**.

We currently have approximately **70 spots still available**, and we are confident that we can help you find a group that will be a good fit for you.

Maybe you've been part of a Life Group for years. We hope you'll continue to invest in those relationships and invite others into them.

Maybe you've tried a group before and wondered whether it was really for you. We encourage you to give it another try.

Or maybe you've never been part of a Life Group at all. If that's you, this might be the time to take the plunge! In fact, we'd love to challenge you to give Life Groups a 3-week test drive. If, after 3 weeks of being in a group you find it's not for you, we won't hound you. We will just be glad you gave it a try.

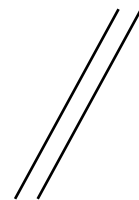
We are so excited about what God is doing through Life Groups at Gateway. Twenty groups. Two hundred people already committed. Seventy more opportunities for people to find a place to belong, grow, and walk with Jesus together.

As you look through this catalogue, we invite you to prayerfully consider where you might fit.

This fall let's keep Walking with Jesus, not just on Sunday mornings, but together, throughout the week.

Blessings to you in your journey of faith,

Pastors Justin and Adam



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 diving back into the "Walking With Jesus" series, from

the Gospel account of Matthew, looking through chapters 10-21. Which will bring us to the season of Advent when begins in late November. Learn more about our current and 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?

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



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 13 for the Fall season, and January 3 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 27, and the Winter semester begins meeting the week of January 17. 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



There is space for you!

gatewaycrc.org/grow/lifegroups

UPCOMING SERMON SERIES

LIFE GROUPS at gateway community church

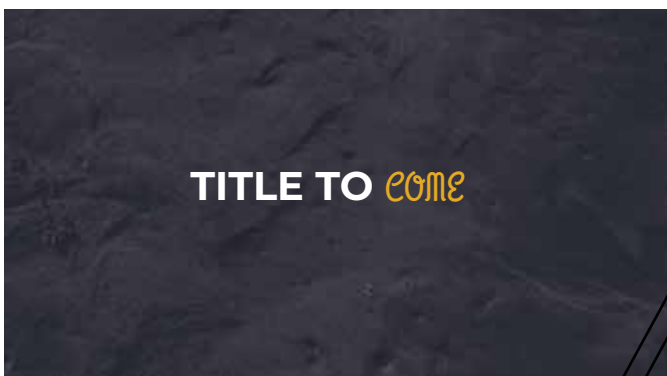
At Gateway we are **BIBLICALLY SERIOUS**. We will know the Word, read the Word, love the Word, and when we are cut we will bleed the Word of God.

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 fall and coming winter, we invite you to join us as we continue our journey through the Gospel of Matthew, looking within it for Christ's encouragement and challenges for us as His followers. Our Life Groups will be tracking these times of teaching, giving us the chance to take what we hear on Sundays and put it into practice *together*.



September 6-November 22, 2026
Matthew 8-21



January 3-March 21, 2027
Matthew 22-27

There is space **for you!**
gatewaycrc.org/grow/lifegroups

Turn the page to find where ...



DRAAISTRA/VANWOERDEN

****Young Adults****

Facilitator: Daniel Draaistra

Host: Maria VanWoerden

Day/Time: Monday, 7.00pm

Status: **OPEN**



McCULLOUGH/BAARS

****Young Adults****

****New Group****

Facilitator: Thomas & Elena McCullough

Host: Faith Baars

Day/Time: Monday, 7.00pm

Status: **OPEN**



ARENDS

Facilitator: Trevor & Chantelle Arends

Host: Trevor & Chantelle Arends

Day/Time: Tuesday, 7.00pm

Status: **Full**



DYKSHOORN/ARENDS

Facilitator: Steve & Katy Dykshoorn

Host: Shawn & Shawna Arends

Day/Time: Tuesday, 7.30pm

Status: **Full**



MULDER

Facilitator: Justin & Cheryl Mulder

Host: Justin & Cheryl Mulder

Day/Time: Monday, 7.30pm

Status: **OPEN**



JANSONS/FEENSTRA

****New Group****

Facilitator: Stephen & Dara Jansons
 Host: Matthew & Heather Feenstra
 Day/Time: Monday, 7.30pm
 Status: **OPEN**



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: **OPEN**



HILDERMAN

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



NICHOLSON/HITCHCOCK

****New Group****

Facilitator: Greta Nicholson
 Host: Spencer & Lesley Hitchcock
 Day/Time: Wednesday, 7.00pm
 Status: **OPEN**



MENG

****Chinese (Mandarin) Group****

Facilitator: Mandy Meng
 Host: Mandy Meng
 Day/Time: Thursday, 7.00pm
 Status: **OPEN**



CARRUTHERS

****Men's Group****

Facilitator: Pastor Justin Carruthers
 Host: Pastor Justin Carruthers
 Day/Time: Thursday, 7.00am
 Status: **OPEN**



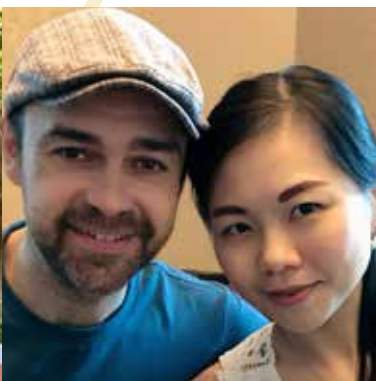
KIERS/MCNABB

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



LANGELAAR/VERHAGEN

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



UNRAU/S-C

Facilitator: Les & Ineke Unrau
 Co-Leaders: Chris S. & Felicia C.
 Day/Time: Wednesday, 7.00pm
 Status: **Full**



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

Facilitator: John & Theresa Van Dop
 Host: John & Theresa Van Dop
 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**

It 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 2026 semester, between September 27 and November 28. In the Winter 2027 semester, between January 17 and March 20.

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 online. 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?

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 2026 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: Friday, Oct 23, 6.00-8.00pm
Tuesday, Nov 10, 6.00-8.00pm
Wednesday, Dec 16, 6.00-8.00pm



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.

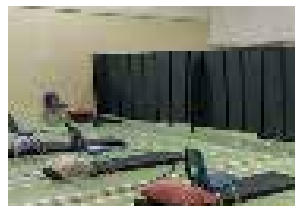
DATE: Saturday, Oct 3, 10.00am-noon
Saturday, Nov 7, 10.00am-noon
Repeat groups can arrange their own time



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 with Sparrow Ministries as they oversee the shelter from November through March. Make and serve a meal

for the guests in attendance, or commit a time frame to help clean and sanitize the facility.

DATE: Flexible



ALPHA DINNERS
As our church hosts an ALPHA course this fall, we want to invite all groups to consider preparing a meal for their Tuesday night sessions. Sign

up and more info online:

gatewaycrc.org/grow/serve-projects

DATE: Every Tuesday, September thru November

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

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 27-October 3	Potluck
Week 2	October 4-10	Bible Study
Week 3	October 11-17	Bible Study
Week 4	October 18-24	Bible Study
Week 5	October 25-31	Serve Project
Week 6	November 1-7	Bible Study
Week 7	November 8-14	Bible Study
Week 8	November 15-21	Social Event
Week 9	November 22-28	Bible Study
Week 10	November 29-December 5	Optional Social Event

SIGNIFICANT FALL 2026 DATES

Sunday, September 20	Gateway Fall Festival 2025
Wednesday, September 30	National Day for Truth and Reconciliation
Monday, October 12	Thanksgiving Day
November 2026	Daylight Savings Time <i>**clocks NO longer fall back**</i>
Wednesday, November 11	Remembrance Day
Sunday, November 29	First Sunday of Advent

WINTER 2027 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 17-23	Week 1
Bible Study	January 24-30	Week 2
Serve Project	January 31-February 6	Week 3
Bible Study	February 7-13	Week 4
Social Event	February 14-20	Week 5
Bible Study	February 21-27	Week 6
Bible Study	February 28-March 6	Week 7
Bible Study	March 7-13	Week 8
Bible Study	March 14-20	Week 9
Optional Social Event	March 21-27	Week 10

SIGNIFICANT WINTER 2027 DATES

Valentines Day	Sunday, February 14
Family Day	Monday, February 16
Daylight Savings Time <i>**clocks NO longer spring ahead**</i>	March 2026
Good Friday	Friday, March 26
Easter Sunday	Sunday, March 28

There is space **for you!**
gatewaycrc.org/grow/lifegroups

Will you **join one?**



GATEWAY
COMMUNITY CHURCH

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office@gatewaycrc.org
604.859.5908