

Small Groups.

Overview

Our Motive: To promote healthy relationships that empower people to reach, serve and grow.

Our Method: Our groups operate under a free-market philosophy that gives qualified leaders the freedom to develop groups based on the leader's interest, talents or needs. Leaders receive ongoing training, support and encouragement through a relational leadership structure. When, where and how often a group meets is initially determined by the leader and members are free to attend whatever group suits their interests.

Groups meet on a trimester schedule with the current trimester ending in August. We will follow with a 2017 Fall Trimester (September - December) and Spring Trimester (March - May). Each trimester will provide an opportunity for new leaders and new groups to start. Members may choose a new group each trimester or recommit to a previously attended group.

Our Means: You! We believe God has called each of you to have a part in influencing others toward Christ. We believe there are divine connections, Holy Spirit inspired ideas and powerful ministry opportunities within each of you that can change our entire community. If you can facilitate a group that brings spiritually formative relationships, then you are a potential small group leader. Please prayerfully consider this opportunity.

Thinking about being a small group leader?

If you are considering small group leadership, please register for the next orientation session. ***Please note: As a prerequisite to attending the Small Group Leader Orientation, you must have completed or be committed to completing the Faith Family Church membership process. Our upcoming orientation classes are listed below.***

Sunday | 08/13 | 11:00a – 12:30p | Room 203

Sunday | 11/12 | 11:00a – 12:30p | Room 203

Pastor Melissa Gerke

618.277.0232

smallgroups@faithfamilyshiloh.org

FAQs

What is a small group?

A small group is a group of three or more persons meeting for a set period of time with the objective of meeting a felt need or sharing a common interest.

Why should I join a small group?

We are designed by God to live life in relationship with others. Positive life change happens best when we are surrounded by Christian friends who support, encourage and challenge us.

How do I join a small group?

Contact the leader for more information. If no registration is required, just show up at the time and place mentioned.

Who can join a small group; can I join a small group even if I'm not a regular attendee of FFC?

Absolutely. Anyone can join a small group, even if you are not a regular attendee of FFC. We'd love that!

Do I have to take any classes before I can join a small group?

None at all. You can jump right into almost any group.

Do I have to join a small group to be a part of FFC?

No, but small groups provide a great place for you to develop meaningful friendships as well as providing a way for a large church to be a community.

Can I join more than one small group?

Yes, but we believe you will have the best experience if you are committed to only one or two.

Can I switch to a different small group?

Yes, most small groups are open for you to join at any time. Simply contact the leader and let them know you are interested and then check it out. We also have a Connection Fair three times each year (Spring, Summer and Fall). The Connection Fair is an entry point for new leaders and an opportunity for groups to launch new curriculums.

How often do small groups meet?

Each small group is different. Some meet weekly, some bi-weekly and some meet once a month. You can choose a group that best fits your schedule.

Is every small group a Bible study?

No, there are all kinds of groups: activity groups, special interest, Bible studies, outreach teams, sports teams, or just about anything that may interest you.

Who should I contact if I have a question about a specific group?

Please call or email the group leader directly. Their contact information is listed with their group information.

Is childcare available for my group?

Each small group is different and we attempt to accommodate the needs of all participants. Please contact the group leader directly for more information.

Are minors allowed to attend small groups?

Minors are only allowed to attend if accompanied by a parent or guardian and at the discretion of the group leader unless otherwise specified.

Activity & Special Interest Small Groups

ATHLETIC TEAMS

Athletic teams provide an avenue for fun and friendship in a competitive sports setting. League play includes competing with other churches and teams within the local community. Contact leaders for seasonal registration.

Requirements: Entry fees vary by sport

BASKETBALL | Men's Competitive Winter League

Lamont Haynes

618.365.1980

lamont.haynes@wfadvisors.com

SOFTBALL | Men's Competitive & Recreational Ages 18 & up

Cathy Harrawood

618.277.0232

charrawood@faithfamilyshiloh.org

DO HARD THINGS RUNNING GROUP

Our group meets on Saturday mornings to train for something hard, such as a triathlon, full or half marathon, or just to be more healthy. Whatever the physical goal might be, our ultimate goal is to love and honor our Savior, Jesus Christ, by learning to seize the day through dedication and commitment of accomplishing a goal that might seem beyond our capability.

Steve Dowling

618.304.4772

sdowling08@yahoo.com

Saturday | 7:00a | Begins 06/17

O'Fallon Sports Complex, 301 Obernuefemann Road

Requirements: Good running shoes, water and great attitude; if under age 18, must be accompanied by a parent

GETTING HEALTHY WITH THE EDEN DIET PLAN

It's been called the biblical anti-dieting plan for weight loss. If you're tired of the yo-yo diet syndrome and would like to get healthy once and for all, then this is the group for you. Based on the book *The Eden Diet* by Rita M. Hancock, we'll learn about a different way to view food, hunger and dieting. Together we will learn how God designed us to eat and that no food is off limits! Yes, you can eat treats, enjoy food and lose weight.

Katey Chu

618.304.0067

kdchu92@gmail.com

Every other Saturday | 10:00a | Begins 06/24 | Room 212

Requirements: Age 18 and older; purchase the book and workbook *The Eden Diet* by Rita M. Hancock

IRON DISCIPLES | Motorcycle Group

This is a group for people who love Jesus and enjoy riding motorcycles. We ride on the 1st Sunday of the month with some Saturday rides as well. Invite your friends and family. It's a great way to shine the light of Jesus to the world with fellow Christian riders.

Tamy Vinyard

618.616.8768

tamy_vinyard@yahoo.com

1st Sunday | 12:30p | On-going | FFC S. East parking lot

Requirements: Ages 16 & up; know how to ride; bring your own motorcycle

IRON SHARP MUSCLE & FITNESS

This fitness group is for any level of physical activity. Develop a healthier way of living and create friendships through workouts and fellowship.

Omar Acosta | Leader Trish Fournie | Co-Leader
618.402.7718 618.972.2791
ptomaracosta@gmail.com fourknee1@charter.net

Saturday | 10:00a | On-going
715 Lake Pointe Center Drive, Suite 115 & 117, O'Fallon

Requirements: Jump rope; light weights; bottled water

LADIES IN THE LOU | Exploring St. Louis

This ladies group explores wonderful landmarks and some of the unique attractions in the greater St. Louis area. We'll meet on a Saturday morning in the church parking lot and carpool to our destination.

Janice Bonapart
719.648.3306
jbonapart@aol.com

Saturday | 10:00a | Dates TBD
Locations vary

Requirements: Women age 18 & up; money for lunch and personal spending

MINISTRY OF MOTHERHOOD | MOMS

Mothers of young children, join us at different area parks this summer for fellowshiping and enjoying God's goodness, while our children play.

Ranae Wood
618.977.2648
rwnchrist@yahoo.com

Tuesday | 9:30a | Begins 06/13
Various area parks | Contact leader for details

Requirements: Bring a sack lunch for you and your child

SINGLES SOARING IN CHRIST

If you are single, with or without children, no matter what your age; you love Jesus, food, fellowship and fun group activities, then this is the group for you. Join us for monthly dinners, picnics, float trips, camping, hiking, lunches, as well as service projects. Children are welcome.

Rick Bevers | Leader Theresa Beamon | Co-Leader
618.920.2105 618.628.2446
ffcsingles@gmail.com beamon_21@yahoo.com

2nd Friday | 6:00p | Begins 07/14 | East Café

Requirements: Singles; a dish for potluck meals; fees for some off-campus activities

WALK THE WALK | Ladies Walking Group

Join us for 30 minutes of walking either outside in the church parking lot, or inside the church if the weather is bad. Afterwards we meet for a short devotional and discuss our Life Journals. Any journal is acceptable.

Linda Fishback
618.531.5901
lmfishback@yahoo.com

Wednesday | 6:15p | Begins 06/28 | Room 201

Requirements: Women only; walking shoes; water bottle; Bible; journal

VIPs | Ages 40 & Up

This fellowship group enjoys dinners, recreational activities, special events, and an annual trip that includes a spiritual and educational focus. This is a great opportunity for you to strengthen friendships and build new ones as we bring out the youthfulness and fun in everyone!

Kent & Debbie Ohlendorf
618.709.2917 or 618.709.2921
kohlendorf@charter.net or dohlendorf@charter.net

VIPs | Ages 40 & Up (con't)

Friday | 6:00p | Various Dates | East Café

Dates: 06/30; 07/28; 08/25; 09/29; 10/27; 11/17; & 12/15

Requirements: Adults 40 & up; a dish for potluck dinners; fees for some off-campus activities

Discussion Groups

ACCOUNTABILITY TO BE AWESOME

Do you have a list of goals that keep being put off due to words like *can't, shouldn't, won't, difficult, failure, or impossible*? Have you struggled to meet goals due to lack of motivation or accountability? Now is the time to take that big jump into the glorious life God has in store for you. We will create our own personal set of goals and steps to achieving them in a timeline that works for each of us. Let's grow together and watch our progress as God blesses us in different ways.

Hannah Tolan

618.779.7257

hltolan@gmail.com

Tuesday | 7:00p | Begins 06/20

216 Erin Lee Street, Apt 2B, O'Fallon

Requirements: Single women age 23 and up

FAITH FRIENDS

We take a fresh approach to faith in God by using the Bible and looking to God to reveal himself as Father, Son & Holy Spirit. There are three sessions which are titled: Father God & Me; Jesus & Me; The Holy Spirit & Me. This is not a difficult in-depth study. We'll just be using the Word of God to direct us to faith in Him.

Walt & Sue Yeoman

618.225.0525 & 618.726.7724

ws1958@sbcglobal.net

FAITH FRIENDS (con't)

Monday | 7:00p | Various Dates | East Café

Dates: 06/12; 06/26; & 07/10

Requirements: Bible; pen

FUNDAMENTALS OF THE CHRISTIAN FAITH

Part 1

1 Peter 3:15 says that we should always be prepared to give an answer to everyone who asks us to give a reason for the hope that we have. Upon completion of this study group, you will be able to do just that. You will also be able to answer questions such as: Why were animals sacrificed? Is the Bible really God's Word? Where did the devil come from? Plus numerous other questions will be answered. Without a doubt, you will learn something new every time we meet.

Paul Clawson

618.363.5893

paul@allthewiser.com

Monday | 7:00p | Begins 06/12 | Room 206

Requirements: Bible

FUNDAMENTALS OF THE CHRISTIAN FAITH

Part 2

This study group covers more topics on some of the subjects that were learned in *Part 1*. You'll learn even more about God, Jesus, and the Holy Spirit. We'll cover topics such as God's will and timing; the miracles and parables of Jesus; faith; action; marriage; money; spiritual warfare; and who you are in Jesus Christ.

Paul Clawson

618.363.5893

paul@allthewiser.com

Tuesday | 7:00p | Begins 06/13 | Room 206

Requirements: Bible; completed Part 1

HEALING THE WOUNDED HEART

This ladies group is based on the book *Healing the Wounded Heart: The Heartache of Sexual Abuse & the Hope of Transformation* by Dan Allender with Traci Mullins. From a Christian perspective and with great compassion, Dan Allender offers hope for victims of sexual abuse. He exposes the raw wounds that are left behind and clears the path toward wholeness and healing through the power of Jesus Christ.

Tammy Lewin
618.514.2541
tammy.lewin29@gmail.com

Wednesday | 6:30p | Begins 06/14 | Room 212

Requirements: Women age 18 & up; purchase the book *Healing the Wounded Heart: The Heartache of Sexual Abuse & the Hope of Transformation* by Dan B. Allendar with Traci Mullins; workbook will be provided

KEEP YOUR LOVE ON | KYLO

KYLO is a movement to establish healthy, thriving relationships marked by a loving connection, respectful communication, and well-defined boundaries. We will watch the DVD lessons from Danny Silk based on his book *Keep Your Love On*, and then discuss.

Scott & Ranae Wood
618.977.2648
rwnchrist@yahoo.com

Friday | 7:00p | Begins 06/23
1005 Coneflower, O'Fallon

Requirements: Married couples only

P121 | Community for 20s-30s

Our stories are all so different, but in many ways, our answers to questions about life are the same. Together we will find those answers through different studies.

P121 | Community for 20s-30s (con't)

Chris Cox
618.402.7773
coxchris112@gmail.com

Wednesday | 6:30p | Ongoing | Zone

Requirements: Ages 18 to 30-something

SEARCH FOR SIGNIFICANCE

This DVD-based study by Robert McGee will help us learn how deeply we are loved, forgiven, pleasing, accepted, and complete in Christ, plus how to apply His truth to everyday life.

Ranae Wood
618.977.2648
rwnchrist@yahoo.com

Sunday | 9:00a | Begins 06/25 | Room 205

Requirements: Purchase the book/workbook *Search for Significance* by Robert McGee at the first class for \$10

TREASURED VESSELS

This group focuses on who we are in Jesus Christ. We will develop a greater understanding of how to be deeper and quieter in meditation in the presence of God. Also how powerful and important your words and thoughts are in creating your world. Watch your image change as we look into the Word of God.

Wanda Harding
618.344.3091 (preferred method of contact)
kwhar@att.net

Friday | 9:00a | Ongoing
409 Merrell, Collinsville

Requirements: Bible; notebook; pen

Life Coaching Groups

DIVORCE CARE

This DVD series includes discussion and support to help you discover hope for the future and experience God's healing. Group members may start at any time; however, we highly encourage everyone to commit to attend the entire series in order to fully benefit from the group.

Bonnie Webb
618.531.9542
yvonne.webb@sbcglobal.net

Tuesday | 6:30p | Ongoing | Classroom A

Requirements: Workbook can be purchased in class for \$16

GRIEF SHARE

This group helps people who are grieving the loss of a loved one to focus on their relationship with the Lord through the healing process. There is a video presentation by professionals plus ordinary people who have been through the grieving process. We will share practical ways to deal with the painful situations that arise during that difficult time.

Margie Murphy 618.741.6421 margiemurphy@att.net	Tina Sieferman 815.275.3260 tc4man@gmail.com
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Wednesday | 7:00p | Begins 07/05 | Room 205

Requirements: Workbook can be purchased in class for \$16

HARMLESS

This group is for women who have or are currently struggling with self-harm. We encourage one another as well as learn tools for recovery from self-harm and healthy coping skills.

Dawn Koester
618.610.5514
dawnkoester543@yahoo.com

2nd & 4th Sunday | 11:00a | Ongoing | Room 201

Requirements: Women only; parental permission required for young women under 16 years of age

LIFE RECOVERY BELIEVERS GROUP & AA Addictions & Co-Dependency

This is a recovery group for people with addictions of any kind, plus a support group for their families, combined with an AA/Alanon meeting. We will learn God's truth and desires for each one of us to live in freedom and serve one another.

Karen Westbrook
618.670.7503
karen.westbrook@yahoo.com

Tuesday | 7:00p | Ongoing | Room 213

Requirements: Ages 16 & up; a desire to stop your addiction

MEN OF PURITY

The world is flooded with images that make it challenging for men to stay free from sexual temptation. Our purpose is to provide men with fellowship and equip them with tools to help maintain sexual purity. We will read through the book *Proven Men: A Proven Path to Sexual Integrity* by Joel Hesch to guide our discussion.

Brent Hemrich
618.751.1091
bhemrich@gmail.com

Monday | 6:30p | Begins 06/19 | Room 201

Requirements: Men only; purchase the book *Proven Men: A Proven Path to Sexual Integrity* by Joel Hesch

Prayer Groups

FFC MISSIONS GROUP

A mission focus is part of the Great Commission “to go and preach the Gospel.” FFC supports individuals who are doing just that. The group meets to talk and pray for the missionaries our church supports. We also provide an opportunity to meet with our missionaries when they are in town.

Franz & Fran Karnuth
618.719.6182
fkarnuth@hotmail.com

3rd Sunday | 10:45a | Ongoing | Room 212 or 210

Requirements: None

HOSTING THE PRESENCE

Are you hungry for an encounter with Jesus? Want to make a difference in the world? In this eight-week DVD study based on best-selling author Bill Johnson's book *Hosting the Presence*, discover what it means to welcome God's indwelling, respond to the Holy Spirit, and unleash God's love. Prepare to encounter God like never before and transform the world around you by hosting His presence!

Thomas Warwick
314.313.8451
thomasjonathonjackson@gmail.com

Wednesday | 7:00p | Begins 06/14 | Room 203

Requirements: Bible; notebook; pen

KINGS & PRIESTS

As we close the gap between where we are in life and His presence, we find that His love becomes our love and His hatreds become our hatreds. The axe for working becomes sharpened without even noticing it. If you desire to be in the presence of God and know Him better, then this small group is for you.

John Muchison
618.406.4432
jmuch2007@charter.net

2nd & 4th Monday | 6:30p | Begins 06/12 | Room 203

Requirements: Bible

WOMEN WARRIORS

We will be using the DVD study by Kenneth Copeland, *Seven Steps to Prayer That Bring Results*. Topics include the scriptural basis of prayer; how to apply your faith; how to stop doubt and fear; how to meet the needs of someone else; and more.

Sheri Lang
618.830.1053
slang3360@gmail.com

Tuesday | 7:00p | Begins 06/13
3248 Roan Hill, Belleville

Requirements: Women only; notebook; pen

WORLD WIDE PRAY-ERS

Are you concerned about America? Does God have a plan for America? Join us as we participate in a weekly online prayer gathering with World Wide Pray-ers, led by Billye Brim, live from Prayer Mountain in Branson, Missouri. A wide variety of topics are covered and prayers are in English as well as our spiritual language.

Louise Hinrichs
618.980.1885
louise.hinrichs@charter.net

Wednesday | 12:00p | Ongoing | Room 206

Requirements: None