

FRC Groups

Following Jesus is a journey that takes us deeper and wider, rooted in Christ and connected to one another. The FRC Groups listed below are a place to grow in faith, build meaningful relationships, and take next steps as a disciple of Christ. We invite you to find a group and step in. Indicate your interest at frcoc.org/groups or fill out a form at the Welcome Center.



Sunday Late Afternoon Adult Group (Sara Burmakow)

- **Day & Time:** Sunday, 4:00 PM; 2x a month (1st & 3rd)
- **Leader & Location:** Sara Burmakow at her house
- **Who:** Women and men of any age
- **Description:** This small group is for both men and women, no matter where you are in your faith walk. Together, we will encourage each other while we dig deeper into God's word. In this group, we will create a safe space where we can share our struggles in confidence, encourage one another in our growth, and remind each other that nobody has to walk their faith journey alone.

Sunday Evening Adult Group (Gary & Julie Hegstad)

- **Day & Time:** Sunday, 6:45 - 8:00 PM; 1x a month (1st) (subject to change based on group preference)
- **Leaders & Location:** Gary & Julie Hegstad at their house
- **Who:** Adults of any age or life stage
- **Description:** This group will walk through "Unshakable Hope" by Max Lucado together, creating space to encourage one another as we anchor our lives in God's promises. In a world where overwhelm is common and hope can feel fragile, we will explore twelve of God's most significant promises, supporting each other as we learn to trust God's declarations over life's changing circumstances.

Sunday Evening Adult Group (Dave & Bonnie Poppen)

- **Day & Time:** Sunday, 6:45 - 8:00 PM; 2x a month (2nd & 4th)
- **Leaders & Location:** Dave & Bonnie Poppen at their house
- **Who:** Adults of any age or life stage
- **Description:** A big welcome to anyone who is seeking to grow in faith and have stronger connections with people. Join us as we use a short video, discuss and pray together, and learn more about our Lord and one another. Let's dig deeper together and support each other in the process through prayer and discussion. Our first study will be five sessions for lent: "He chose the Nails" by Max Lucado. The cross is rich with God's gifts of grace, and as we unwrap them, we will hear him whisper, "I did it just for you."

Wednesday Evening Adult Group (Les & Cindy Cleveringa)

- **Day & Time:** Wednesday, 6:30 - 7:30 PM; 2x a month (2nd & 4th)
- **Leaders & Location:** Les & Cindy Cleveringa at church (2nd) & their house (4th)
- **Who:** Adults of any age or life stage
- **Description:** This adult group is centered on prayer, Scripture, and meaningful conversation. Together, we will share prayer concerns, spend time in God's Word, engage with short videos, and have open discussions, allowing space to support one another, grow in faith, and build authentic community.

Sunday Late Afternoon Young Couples' Group (Aaron & Allie Eckmann)

- **Day & Time:** Sunday, 4:00 PM; 2x a month (1st & 3rd) (subject to change based on group preference)
- **Leaders:** Aaron & Allie Eckmann at their house
- **Who:** Young couples - dating, engaged, or newly married
- **Description:** We're excited to be starting a small group Bible study for young couples who are dating, engaged, or newly married and want to build relationships centered on Christ. Together, we'll explore what Christ-like love looks like in everyday life, dive into love languages, and grow in becoming Godly partners to one another. Our hope is that this group helps couples learn how to walk in unity, strengthen their relationships, and work together to further God's Kingdom.

Sunday Evening Couples' Group (Jeff & Niccie Kliegl)

- **Day & Time:** Sunday, 5:00 PM; 2x a month (1st & 3rd)
- **Leaders & Location:** Jeff & Niccie Kliegl at their house
- **Who:** Couples of any age or life stage
- **Description:** This group is for couples who want to grow in their understanding of the Bible. We'll use a consistent, inductive study method to help new and seasoned readers dig deep into Scripture context and how to apply it faithfully to their lives.

Sunday Evening Empty-Nesters' Group (Rik & Amy Dahl)

- **Day & Time:** Sunday, 6:45 - 8:00 PM; 2x a month (1st & 3rd)
- **Leaders & Location:** Rik and Amy Dahl at their house
- **Who:** Couples who have recently (or not so recently) launched their children into the adult world
- **Description:** For the first two decades of our children's lives, we primarily serve as caretakers and discipliners. But once our offspring reach adulthood, our role as parents must change. This can be a hard transition, but with a little training and practice, quite freeing. Join us as we learn together the art of keeping our mouths shut and the welcome mat out.

Sunday Noon Family Group (Matt & Rachel Honken)

- **Day & Time:** Sunday, 12:00 PM; 2x a month (1st & 3rd)
- **Leaders & Location:** Matt & Rachel Honken at church, lower level
- **Who:** Families with kids
- **Childcare:** Children play together while parents talk
- **Description:** This group is for families with kids who want to grow together in faith while building meaningful community. We take turns preparing a simple meal to share and spend time in conversation and prayer. Expect a welcoming space, real-life sharing, and encouragement for busy families. (This is an existing group interested in new members.)

Sunday Afternoon Family Group (James & Laura Jeltema)

- **Day & Time:** Sunday, 3:00 or 4:00 PM; 2x a month (1st & 3rd) (subject to change based on group preference)
- **Leaders & Location:** James & Laura Jeltema at their house
- **Who:** Families with kids
- **Childcare:** Children play together while parents talk
- **Description:** This group is designed for couples with children, from babies through elementary school. We'll walk through topical studies that speak to this season of life, focusing on areas like parenting, marriage, and everyday faith, using a variety of resources. Together, we'll encourage one another, share real-life experiences, and grow as families rooted in Christ.

Sunday Late Afternoon Family Group (Taylor & Mindy Stichka)

- **Day & Time:** Sunday, 4:00 - 5:30 PM; 2x a month (2nd & 4th) (could be adjusted depending on group need)
- **Leaders:** Taylor & Mindy Stichka at their house
- **Who:** Families with kids
- **Childcare:** Children are welcome, but no childcare will be provided.
- **Description:** A low-key small group for busy families in a similar season of life. We desire to be a welcoming small group focused on building genuine community and relationships through fellowship, encouragement, support, and prayer. We will share life and pray for and with one another. Occasionally, our group will share a meal.

Thursday Evening Women's Group (April Beaver)

- **Day & Time:** Thursday, 7:00 - 8:00 PM; 2x a month (1st & 3rd)
- **Leader & Location:** April Beaver at her house
- **Who:** Women of any age or life stage
- **Description:** This group is for women who want to grow in God's Word while being supported through prayer and community. We'll engage in short teaching, share in discussion, and spend time praying for one another. Expect honest conversation, encouragement, and a place to be known.

Tuesday Morning Men's Group (Galen Kleinwolterink & others)

- **Day & Time:** Tuesday, 6:30 - 7:30 AM; weekly
- **Leaders & Location:** Galen Kleinwolterink, Ken Oldenkamp, & Jeff Otto at the church library
- **Who:** Men of any age or stage of life
- **Description:** This men's group meets to grow as disciples of Christ through thoughtful discussion and reflection. The group often builds on Sunday's message, focusing on how to apply what is learned to everyday life. With rotating leaders guiding the conversation, men are encouraged to support one another and pursue spiritual growth and faithful living. (This is an existing group interested in new members.)

Wednesday Evening Men's Group (Pastor Mark Haverdink)

- **Day & Time:** Wednesday, 6:30 - 7:30 PM; weekly
- **Leader & Location:** Pastor Mark Haverdink at the church library
- **Who:** Men of any age or stage of life
- **Description:** This men's group gathers to build meaningful relationships while growing in faith together. Through shared discussion, reflection, and encouragement, men support one another in their walk with Christ and learn how to live out their faith in everyday life. (This is an existing group interested in new members.)

Ready to take the next step? Indicate your interest in an FRC Group at frcoc.org/groups or by filling out a form at the Welcome Center.



Come to the Table Intercessory Prayer

LUNCH | TEACHING | PRAYER

MONDAYS @ 12 - 1 PM
FEBRUARY 16 - MARCH 30

LED BY NICCIE KIEGL &
LORI BLOEMENDAAL
IN NICCIE'S HOME



RSVP AT [FRCOC.ORG/PRAYERGROUP](https://frcoc.org/prayergroup)