



WINTER 2019



Life Groups are the foundational element of **spiritual growth**, **care giving**, and **kingdom impact**, at Mountain Life Church. Thus, all of our church ministries will encourage and rely on Life Group participation. We offer a variety of different groups, from women's groups, to men's groups, to life stage groups, to mixed groups.

grow • care • impact

Spiritual Growth • occurs as we adopt rhythms and practices, centered around the Five Essentials (Experience Community, Encounter Jesus, Engage the Word, Enter Service, Enjoy Life), guided by the Holy Spirit which foster spiritual maturity.

Care Giving • occurs as we pursue a common life together, journeying with one another through vulnerability, listening to one another, and providing for one another.

Kingdom Impact • occurs when we effectively embody and share the Gospel of Jesus Christ wherever God has placed us.



Contents

•Welcome Letter	4
•Base Camp Experience	5
•Co-Ed Life Groups	6
•Men's Life Groups	12
•Women's Life Groups	14
•Supplemental Opportunities	18

Register for a Life Group today!
www.mountainlife.org



As we begin 2019, none of us have the ability to control, let alone predict, what this year will hold for each of us. For some of us, it will be the best year of our lives, but for others, we will be faced with the harsh reality of pain of suffering.

In the midst of these circumstances, Scripture tells us that we are to “rejoice with those who rejoice; mourn with those who mourn” (Romans 12:15). We are reminded that in every circumstance, we are never alone. Not only does Jesus meet us in every circumstance, we as Christians are commanded to come alongside each other, in both the good and the bad.

At Mountain Life we believe that the best way to make sure you have other Christians around you, whatever befalls you this year, is through joining a Life Group. We firmly believe that a Life Group is the best place for all of us to receive the care we need as we journey through this year. In a Life Group, you are surrounded by other believers with whom you can share your burdens, and have them help you along the way.

We offer many options for you to choose from—men’s groups, women’s groups, stage of life groups and intergenerational groups. The choices can be overwhelming, so please do not hesitate to contact the church for help.

As 2019 begins, let us all prayerfully consider joining a Life Group in order to find rest for our bodies and souls along the journey no matter what circumstances come our way.

To learn more about Life Groups, or if you would like help in selecting a group, please contact Andrew Camp, Spiritual Growth Pastor | andrew@mountainlife.org | 435.647.5855



The availability of Life Groups changes throughout the year. Go to our website at www.mountainlife.org or stop by the Next Steps Kiosk for our most up-to-date listing.



Base Camp Life Group Experience

Sunday Morning MLC Base Camp—Your Starting Place at Mountain Life

6 Sundays, starting on January 27 from 9:00-10:15 am

Mountain Life Church, Room 104

Facilitated by: Andrew Camp; andrew@mountainlife.org | 435.647.5855

Base Camp is a great place to jump-start your Life Group journey with us. It is a six-week Life Group experience where you will learn what matters most to us here at Mountain Life. You'll hear about our vision, values and beliefs; and discover how to be involved in Life Groups and in serving at Mountain Life.

Register here: <https://mountainlife.ccbchurch.com/goto/forms/194/responses/new>

MLC Base Camp is for you....

- *If you are a **newcomer**, MLC Base Camp is the best place to learn about us and start your journey with us.*
- *If you are interested in **membership**, MLC Base Camp is required as the first step in our membership process.*
- *If you want to **lead** a Life Group or ministry, MLC Base Camp is the required first step in the process of becoming a leader.*



Co-Ed Life Groups

Sunday Afternoon Heber/Midway Life Group (meets every other week)

Sunday, January 27, ongoing, 3:15-5:15 pm

Home of Andrew & Claire Camp, 249 E Acord Way, Heber City

Facilitated by: Andrew Camp - andrew@mountainlife.org | 714.328.7145

Study: The Psalms

This Life Group is committed to growing and caring for one another in all ages and stages of life both physically and spiritually. There is a strong emphasis on sharing personal stories about how God has spoken to us through Jesus and how we can continue to grow in our love for Jesus. Childcare provided.

Sunday Evening Park City Life Group

Sunday, January 27, **NEWLY FORMED**, 6:00 -7:30 pm

Home of John & Holly Caley, 1211 Pinebrush Dr., Park City

Facilitated by: John & Holly Caley - hollydaycaley@gmail.com | 714.396.7721

Study: Community by Andy Stanley

This new Life Group is composed of people newer to the church who are hungry for God's Word and love to pray. Childcare provided.

Sunday Evening Pinebrook/Jeremy Ranch Life Group

Sundays, January 27, ongoing, 5:00-7:00 pm

Home of John & Shelby Hladon, 6970 Canyon Drive, Pinebrook

Facilitated by: John & Shelby Hladon - shelbyhladon@gmail.com | 619.459.2723

Study: To Be Determined

This Life Group is intended to be a safe place where we can gather to learn more about God, grow in our faith, and establish great relationships. This Life Group is specifically geared towards families with children six and older. Children welcome.



Co-Ed Life Groups

Sunday Evening Promontory Life Group

Sunday, January 27, ongoing, 7:00-8:30 pm

Home of Jay & Lisa McEntire, 3289 Tatanka Trail, Park City

Facilitated by: Jay & Lisa McEntire - jmcentire@m2capital.com | 512.426.4612

Study: To Be Determined, but typically a book of the Bible

This is a great option for couples who wish to connect with one another in meaningful ways. The goal of this Life Group is to encourage us as individuals and as a corporate body in our spiritual growth and relational issues.

No childcare provided.

Sunday Evening Rotational Life Group (meets every other Sunday)

Sunday, January 27, ongoing, 6:30-8:00 pm

Rotates homes among members (call Cheryl Wood for latest information)

Facilitated by: Greg & Cheryl Wood - gcwood@pacbell.net | 650.387.0099

Study: To Be Determined

This Life Group consists mainly of couples who are mature in their faith and have a heart for Christ and the world. No childcare provided.

Sunday Evening Heber/Midway Life Group

Sunday, January 27, ongoing, 6:00-8:00 pm

Home of Rick & Jannelle McDonnell, 4917 Arabian Circle, Heber City

Facilitated by: Rick & Jannelle McDonnell - rick_mcdonnell@yahoo.com | 435.714.9301

Study: Genesis

This Life Group is a casual, friendly, learning environment, including food and drink. We have a time of fellowship afterwards with brief sharing of prayer requests. No childcare provided.



Co-Ed Life Groups

Rotational Life Group (Day & Location Vary)

Sunday, January 27, **NEWLY FORMED**

Rotates homes among members (call Soozie Redkey for latest information)

Facilitated by: Soozie Redkey - campredkey@gmail.com | 435.503.5828

Study: To Be Determined

This Life Group consists of couples and singles in various stages of their faith journey. Regardless of where you are at, this Life Group seeks to guide people closer to Christ as the center of their lives. No childcare provided.

Monday Evening Family Life Group (meets 1st and 3rd Monday of month)

Monday, February 4, ongoing, 6:00-7:30 pm

Mountain Life Church, Room 105

Facilitated by: Chris & Angie Lampert - angeladawnlampert@gmail.com | 913.219.4780;

Todd Skrypek & Anna Laskowska - todd@moorhousecoating.com | 435.640.5823;

Study: Love Does by Bob Goff

This Life Group is specifically geared towards families with elementary-aged kids and younger. The purpose is to connect as parents as we all seek to raise children whose faith sticks. We will meet at the church for brief fellowship before breaking into round tables to discuss the study. Childcare provided.

Tuesday Evening Singles Life Group

Monday, January 29, ongoing, 6:00-8:00 pm

Rotates homes: Please contact Laura Behnke for meeting place

Facilitated by: Laura Behnke - laura@mountainlife.org | 435.640.2757

Study: Trusting God by Jerry Bridges

This Life Group is for singles who want to fellowship with other singles grow in your walk with the Lord, and serve in our community. We also get together through the month to do fun activities together. Children welcome.



Co-Ed Life Groups

Tuesday Evening Wanship Life Group

Tuesday, January 29, ongoing, 6:30-8:00 pm

Home of Brent & Kim Peters, 315 Fox Run Hollow, Wanship

Facilitated by: Brent & Kim Peters - bpeters2213@gmail.com | 978.303.7475

Study: Gospel of John

This Life Group is comprised of empty nesters who desire to study Scripture together, have meaningful fellowship and support one another. No childcare provided.

Thursday Career-aged Adults Life Group (20's & 30's, singles & married)

Thursday, January 31, ongoing, 6:30-8:00 pm

Mountain Life Church, Loft

Facilitated by: Mitch Vande Guchte - msvandeg@gmail.com | 919.302.2612

& Allison Baurichter - allisonbaurichter@gmail.com | 410.591.0707

Study: Acts

The objective of this group is to create a welcoming and encouraging environment for those who are seeking a deeper relationship with Jesus, exploring Christianity, looking to meet young adults and build relationship, and/or want to be connected in a loving faith community. No childcare provided.

Thursday Evening Salt Lake Life Group

starting in February (call/email for the date), ongoing, 6:00-8:30 pm

Home of John & Natalie Spurrier, 462 E Vine St., Murray

Facilitated by: John Spurrier - spurrier03@gmail.com | 770.265.7168

Study: God Built by Steve Farrar

The heart of the group is outreach to our sphere of influence with the hope and love of Jesus. Each week we encourage one another in God's Word and through prayer and sharing one another's needs, concerns and answers to prayer. No childcare provided.



Co-Ed Life Groups

Friday Evening Spanish Speaking Life Group (meets every other week)

Friday, February 1 , ongoing, 6:00-8:30 pm

Mountain Life Church

Facilitated by: Franco Pedraza & Zulema Espinoza - zulyemtz@yahoo.com.mx | 435.513.2297

Study: Everybody Always by Bob Goff

This intergenerational Life Group is for Spanish speakers who want to gather and learn more about what being a Christian means. Childcare provided.

"It Takes a Village" Family Life Group

NEWLY FORMED, meeting times & locations vary—text Gator Wood

Facilitated by: Gator & Cullen Wood - gatorsjca@gmail.com | 408.406.3375

Study: To Be Determined

This Life Group is focused on service projects and discussion topics for families with elementary-aged children. We strive to meet twice a month for service projects or a discussion. We have a Facebook group so if you'd like to see what we've done text or email us and we will group you into the group. No commitment necessary; just join us when you can! Childcare provided when we meet at Mountain Life.



Co-Ed Life Groups



Men's Life Groups

Tuesday Morning Men's Life Group

Tuesday, January 29, ongoing, 7:00-8:00 am
Mountain Life Church, Room 101

Facilitated by: Brad Kramer - jazzbro1@msn.com | 801.866.3440 & Stan Morken
Study: To Be Determined

This is an ongoing group whose primary purpose is to help men learn to absorb and apply God's Word to all the challenges and obstacles confronting us. Please join us for a rich time of fellowship and growth. No childcare provided.

Thursday Morning Men's Life Group

Thursday, January 31, ongoing, 7:00-8:15 am
Hugo Coffee, 1794 Olympic Pkwy, Park City

Facilitated by: Henry Johnson - henryajohnson2@aol.com | 435.729.9437
Study: TBD

This Life Group is designed to share our life's journey, build friendships and glean wisdom from God's Word, with a view toward relevance and application to our lives. No childcare provided.

Friday Morning Men's Life Group

Friday, February 1, ongoing, 7:00 am
Location: Mountain Life Church, Room 105

Facilitated by: John Flanders - flandolini@hotmail.com | 435.513.1328
Study: TBD

We meet weekly to study God's Word and to find new ways to apply it in our lives, families and community. We are a Christian Band of Brothers who love Jesus Christ, who want to share His Good News with the world, and who believe that Bible study and fellowship are a great way to grow in faith and love. No childcare provided.



Men's Life Groups

Friday Men's Heber Life Group

Friday, February 1, ongoing, 12:00 pm (Noon)

Home of Robert Hosale, 1544 South 3600 East, Heber City

Facilitated by: Robert Hosale - robert.hosale@gmail.com | 831.246.2595

Study: Romans

This group is an opportunity for the men who live in Heber Valley to gather weekly, get to know one another better and develop a better understanding of God's word. We are currently finishing the Gospel of John and will be starting Romans in February. No childcare provided.



Women's Life Groups

Monday Evening Women's Life Group—Paula/Jill

Monday, January 28, ongoing, 6:45-8:30 pm

Home of Jill Story, 3742 Sunridge Drive, Pinebrook

Facilitated by: Paula Larson - larsonpaula3@gmail.com | 612.281.5030

& Jill Story - jillrstory@gmail.com | 801.860.4936

Study: Revelation by N.T. Wright

Empty Nesters or soon to be empty nesters that enjoy each other's company and learning how to incorporate Christ in our daily living. We do topical studies as well as in depth studies of the Bible. No childcare provided.

Tuesday Morning Women's MOPS Life Group

2nd & 4th Tuesdays of each month, February 12, ongoing, 9:00-11:00 am

Mountain Life Church, Room 105

Facilitated by: Paige Koch - jpmhl@sbcglobal.net | 847.436.2831 &

Susan Primo - susanprimo@gmail.com | 949.533.7665

Study: Trusting God by Jerry Bridges

This Life Group is for MOPS members and other mothers of young children who want to study the Bible and deepen their faith in this joyful but challenging season of life. Members are encouraged to come as you are with free babysitting, no homework, and mentor moms facilitating the group. Childcare provided.

Wednesday Morning Women's Life Group

Wednesday, January 30, ongoing, 7:00-8:30 am

Mountain Life Church, Room 105

Facilitated by: Lorie Schumacher - lorieschumacher@comcast.net | 435.640.6049

Study: 1 Peter by Jenn Wilkins

This group of women want to know Jesus better by studying and doing the gospel. We are committed to learning, prayer, and living it in the world with each other's support. No childcare provided.



Women's Life Groups

Thursday Morning Women's Life Group—Brandy

Thursday, January 31, ongoing, 9:00-11:00 am

Mountain Life Church, Room 105

Facilitated by: Brandy Rasmussen - brandy@creeksidekids.net | 435.901.4199

Study: Revelation

This is a year-round Life Group that is warm and friendly and a wonderful place to connect. There is a strong emphasis on both God's word and on fellowship. We study a book of the Bible in depth with the big question as to how the Word intersects with our everyday life. It is open to all ladies from beginner Bible students to advanced. Everyone is welcome! Childcare provided.

Thursday Morning Women's Life Group—Lynette

Thursday, January 31, ongoing, 9:00-11:00 am

Mountain Life Church, The Loft

Facilitated by: Lynette LeMaster - lynnettemaster@yahoo.com | 406.212.0786

Study: Gideon by Priscilla Shirer

Great discussion and fellowship are an ongoing part of this group that is open to all women in any stage of life; single, married, widowed, mothers and grandmothers. We choose relevant Bible studies for women, by women. Childcare provided.



Women's Life Groups

Thursday Morning Women's Life Group—Jeanne

Thursday, January 31, ongoing, 9:30-11:30 am

Home of Phyllis Rehn, 12351 Ross Creek Dr., Hideout

Facilitated by: Jeanne Fine - revfine@msn.com | 435.513.9333 &

Phyllis Rehn - pahrn@hotmail.com | 435.659.8324

Study: Balancing Life's Demands by Chip Ingram

We are women of all ages that meet to encourage, support and learn from each other. We have a strong emphasis on applying biblical principles we are learning. We love to pray, we love to share, and we really love to laugh. We welcome and embrace all newcomers at any point in the study. No childcare provided.

Thursday Morning Women's Life Group—Candy

Thursday, January 31, ongoing, 11:00am-12:30pm

Mountain Life Church, Room 101

Study: Faithful, Abundant and True

Facilitated by: Candy Morken - candystan@gmail.com | 609.870.4829

This Life Group is for those women who are interested in becoming better equipped to be faithful in difficult times, to discover how God's ability empowers our faithfulness, and how we need to learn to trust the Holy Spirit to enable us to determine what is true and what is false. No childcare provided.





Supplemental Growth Opportunities

While Life Groups are the foundational element for spiritual growth, care giving & kingdom impact at Mountain Life, we also offer opportunities to supplement your Life Group experience.

Financial Peace University

Sundays, January 27—March 31 (9 weeks), 5:30-7:30 pm

Mountain Life Church, Room 105

Facilitated by: Brandy Rasmussen - brandy@creeksidekids.net | 435.658.3884

Financial Peace University is a 9-session life changing small group experience on personal finance. It is designed to empower people to manage their money better, eliminate debt and build wealth. The cost for materials is \$119 and is well worth it! Take-home materials include audio CD's, envelope system and workbooks. All material is biblically-based and taught via an entertaining video by Dave Ramsey. Register online at <https://fpu.com/1078497>

2 Becoming 1 Marriage Bible Study

Sundays, January 27 (9 weeks), 6:00-8:00 pm

Home of Darren & Cindy Yager, 1383 Whileaway RD E, Park City

Facilitated by: Darren & Cindy Yager - darren.yager@expresslocations.com | 801.860.1098

God designed marriage...He can make it work! This is a gospel-centered marriage study, learning how to apply the gospel in our marriage and our family. Move from a performance based relationship to a faith based relationship. Too few marriages actually experience the complete joy God intended for marriage. Whether your marriage is compromised, good, or good enough, learning then putting these principles into action will lead you on a journey into a far more satisfying marriage where love and harmony reign. Cost is \$45 per couple. No childcare provided.



Supplemental Growth Opportunities

While Life Groups are the foundational element for spiritual growth, care giving & kingdom impact at Mountain Life, we also offer opportunities to supplement your Life Group experience.

Women's Precept Study—Kings & Prophets

Thursdays, started January 10, 9:00-11:00 am

Mountain Life Church, Room 106

Facilitated by: Cindy Yager - cindylyager@gmail.com | 801.860.1105

This nine-week study uses the inductive Bible study method. This is a great method to read, study and understand the Bible for yourself. Cost of the workbook is \$20. Childcare provided.

Isaiah 62 Prayer Group

Wednesdays, January 30, 1:30-2:30 pm

Mountain Life Church, Room 101

Facilitated by: Jane Howard - ejaneh33@icloud.com | 435.649.7007

We pray for Jews in Israel and all over the world to know Jesus as Messiah. We praise and thank God that His redemptive plan grafted us Gentiles into the olive tree as wild olive branches. We thank Him for His natural branches and together we worship the one True God who has redeemed us through His Anointed One, Messiah, who has fulfilled and is fulfilling the prophecies of His word. He is our blessing and God's blessing to the world. No childcare provided.



Mountain Life Church is an authentic Christian community that exists to bring people into a life-changing relationship with Jesus and develop in them a heart full of *Passion for God & Compassion for People*

the 5 essentials



Register for a Life Group today at www.mountainlife.org!