



FALL 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 10
- Women's Life Groups 11
- Supplemental Opportunities 14

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



Who am I? Probably the most profound question all of us wrestle with throughout our lives, whether we are 22 and just starting a career or we are 65 and recently retired. The difficulty of the question is compounded by the fact that culture screams at us to find our identity in what we do, what we own, where we live, who we associate with or don't associate with. The list could go on and on and on.

But as believers in Jesus Christ, we believe that Jesus is remaking us from the inside out. As Paul writes, "If anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!" (2 Corinthians 5:17)

At times; we struggle with this new creation. We don't always feel like we are being made new.

That is why in God's great wisdom, He has not left us to figure out our identity alone, but in community with other believers. At Mountain Life, we think Life Groups are a great way to be in community with other believers as we wrestle with and continue to live into our new identity in Christ.

Whether you are new to Mountain Life, or have been journeying with us for years. Whether you are new to the faith, or have been walking with Christ for decades, we think all of us benefit from being in a Life Group. Please look through the catalog, and find a Life Group that is right for you.

And let's all seek to live more fully into our Christ-identity this fall.

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 September 29 from 10:45 am-12:00 pm

Mountain Life Church, Room 101

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/223/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, September 15, 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 Afternoon Park City Life Group

Sunday, September 15, **NEWLY FORMED**, 4:30 – 6:30 pm

Home of Shawn & Raquel Gage, 74 Ridge Crest Drive., Park City

Facilitated by: Shawn & Raquel Gage - shawngage@me.com | 214.924.0452

Study: Crazy Busy by Kevin DeYoung

This Life Group is for a mix of singles and couples that simply want to grow and become their best following principles of Christ's leadership as we all try to balance the stresses this busy culture throws our way. A warm, casual setting where we can all share and care with and for each other while tackling one of Satan's greatest weapons: busyness. Food, drink and childcare provided. We will work from, *"Crazy Busy,"* by Kevin DeYoung. Rick Warren says, *"You can't afford to miss what DeYoung says here in Crazy Busy!"* Books will be provided.

Sunday Evening Rotational Life Group (meets every other Sunday)

Sunday, September 15, ongoing, 6:30-8:00 pm

Rotates homes among members (call Suzanne Carpenter for latest information)

Facilitated by: Suzanne Carpenter - fourcarps@tds.net | 269.491.7055

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.



Co-Ed Life Groups

Evening Family Life Group (either Monday or Thursday)

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: Who Am I? Finding Our True Identity

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

Tuesday, September 17, ongoing, 6:00-8:00 pm

Rotates homes: Please contact Ed or Kirsten for meeting place

Facilitated by: Ed Harris - turfpower@silverstar.com | 307.699.8123 &

Kirsten Fagerback - kirsten.arina@gmail.com | 469.323.3913

Study: To Be Determined

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.

Wednesday Evening Marriage Life Group

Wednesdays, September 18, **NEWLY FORMED**, 7:00-9:00 pm

Home of Stan & Candy Morken

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

Study: SYMBIS + by Drs. Les & Leslie Parrott

This is an 8 week marriage program which gives insight into each member of the couple and insight into the uniqueness of their own marriage, regardless of how many years you have been married. God's equation for marriage is built into the entire program. No childcare provided. **Limited to 3 couples.**



Co-Ed Life Groups

Thursday Evening Life Group

First Thursday of the month, starting October 3

Rotates Homes, please call Dennis Schwakopf for location

Facilitated by: Dennis Schwakopf - dschwakopf@gmail.com | 415.720.5076

Study: To Be Determined

This Life Group is comprised of couples and singles who are interested in exploring faith and the many challenges we face in our lives. We seek guidance and strength from our studies and each other. No childcare provided.

Thursday Evening Park City Life Group

Every other Thursday, September 19, **NEWLY FORMED** 6:30-8:00 pm

Park City Creamery, 1200 Lori Lane, A3, just outside of Park City

Facilitated by: David & Corinne Zinn - zinnd3@gmail.com | 435.830.7374

Study: To Be Determined

This new Life Group is aimed at helping us foster and grow in our identity in Christ. We will do this through a variety of studies, but most importantly through personal sharing, and helping each other grow. 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

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

To be determined

Mountain Life Church

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

Study: To Be Determined

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

On going, 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.



Men's Life Groups

Tuesday Morning Men's Life Group

Tuesday, September 17, 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, September 19, ongoing, 7:00-8:15 am

Hugo Coffee, 1794 Olympic Pkwy, Park City

Facilitated by: Scott Fine - scott@mountainlife.org

Study: Who Am I? Discovering Your True Identity

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, September 20, 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.



Women's Life Groups

Daytime Women's Life Group—Soozi Redkey

To be determined once school schedules are set, **NEWLY FORMED**

Home of Soozie Redkey, 1237 Hailstone Dr., Heber City

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

& Mandy Demmert - mandy.demmert@gmail.com | 408.910.5331

Study: Relying on the Power of the Spirit by Elizabeth George

This new Life Group is open to women of all ages and ethnicities from Park City, Heber and beyond. We are women who are searching for a closer relationship with Jesus and other women. No childcare provided.

Monday Evening Women's Life Group—Paula/Jill

Monday, September 16, ongoing, 6:30-8:30 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: Who Am I? Discovering Your True Identity

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, September 24, 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: I AM by Lysa TerKeurst

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.



Women's Life Groups

Wednesday Morning Women's Life Group

Wednesday, September 18, ongoing, 7:00-8:30 am

Mountain Life Church, Room 101

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

Study: Who Am I? Discovering Your True Identity

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.

Thursday Morning Women's Life Group—Brandy

Thursday, September 19, ongoing, 9:00-11:00 am

Mountain Life Church, Room 105

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

Study: To Be Determined

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, September 19, ongoing, 9:00-11:00 am

Mountain Life Church, The Loft

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

Study: Job by Lisa Harper

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—Phyllis

Thursday, September 19, ongoing, 9:30-11:15 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: Who Am I? Discovering Your True Identity

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.



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.

MOPS (Mothers of Preschoolers)

1st and 3rd Tuesdays of the month, September 17, 9:00-11:00 am
Mountain Life Church

Facilitated by: Kristin Guenard - singerofthenite@gmail.com | 850.420.9534
& Steph Murray - teppens@gmail.com | 617.512.0714

Welcoming to all mothers—whether you are expecting, have an infant, toddler, preschooler, or school-age kid(s)—regardless of religious affiliation or marital status. At MOPS (Mothers of Preschoolers), we are on a mission to celebrate motherhood. All mothers are welcome to join us at Mountain Life Church on the 1st and 3rd Tuesdays of every month (during the school year) 9:00- 11:00 AM for honest conversations, relevant teaching, warm food, and loving childcare. You do not need to be a member of Mountain Life Church (or have any religious affiliation, for that matter) to come to MOPS; all mothers are welcome! Questions? mops@mountainlife.org

Prayer for Israel Group

Wednesdays, September 18, 2:00-4:00 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.



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.

Conversations with God in Prayer—for women only

Thursdays, September 19, 11:00 am-12:00 pm

Mountain Life Church, Room 104

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

Are you wanting to seek God in a deeper way or understand the restlessness in your life? Do you want to rediscover who you are through His eyes? If you answered yes, then Conversations with God might be the right fit for you. Learn to use spiritual disciplines to hear from God and pour your heart out to Him in a grace-filled atmosphere that will encourage inner transformation . Each week will be different and can supplement any Life Group. 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!