



NewLife**Downtown**

# - FALL 2023 - MEAL GROUPS



New Life Church is a multicongregational church in Colorado Springs. Our vision is to make disciples across the Front Range by calling people to **WORSHIP, CONNECT, AND SERVE.**

At New Life Downtown, we worship at the Lord's Table on Sundays. We connect at each other's tables in Meal Groups throughout the week. We serve by preparing a table for others to encounter Jesus.

Our Meal Groups do four things: **MEET, EAT, SHARE, AND PRAY.**

In this booklet, you will find a list of new groups and existing groups with room for more people as well as a couple of New Life Downtown Ministries. If you don't find what you're looking for, please let me know. My desire is that everyone will find a group where they can share their life with others.



**JAY BENSON**



**SCAN THE QR CODE FOR A MORE  
UP TO DATE VERSION OF THE  
MEAL GROUP BOOKLET OR VISIT  
[downtown.newlifechurch.org/meal-groups](http://downtown.newlifechurch.org/meal-groups)**



# BROWN BAG LUNCH & BIBLE



## LEADERS:

Jay Benson

**DAY:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

**TIME:** 12:00-1:00 pm

**GROUP FOR:** Everyone

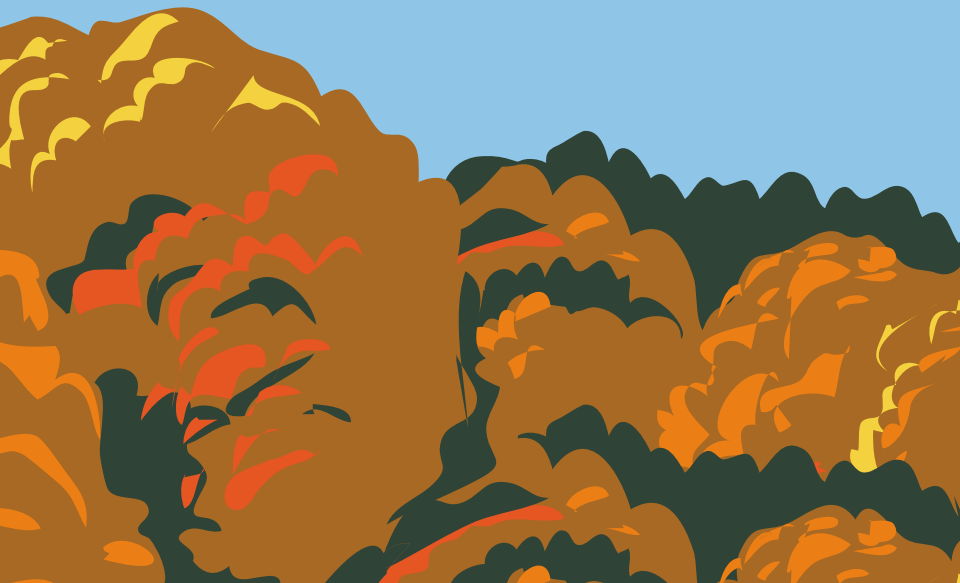
**ZIP CODE:** 80903

**AREA:** Downtown

**KIDS:** Yes

## BIO:

Bring your lunch to The Commons every other Tuesday at noon as we have lunch together, have meaningful conversation, and pray for one another. It's a mid week gathering to pause during the busyness of our week, gather as the body for an hour, pray for one another, and head back out into the week.



# 30'S AND 40'S GROUP



## LEADERS:

Dana Watson

**DAY:** Every Thursday

**TIME:** 6:00-8:00 pm

**GROUP FOR:** Everyone

**ZIP CODE:** 80906

**AREA:** Southwest COS

**KIDS:** Yes

## BIO:

Calling all singles, married, families who are in there 30s and 40s who are looking for and wanting community. Come meet with us as we share a meal, gather together and discuss the sermon from the week before and pray for one another.



# WOMEN'S BIBLE BRUNCH



## LEADERS:

Amy Roemer

**DAY:** Every Thursday

**TIME:** 9:30 - 11:30 am

**GROUP FOR:** Women

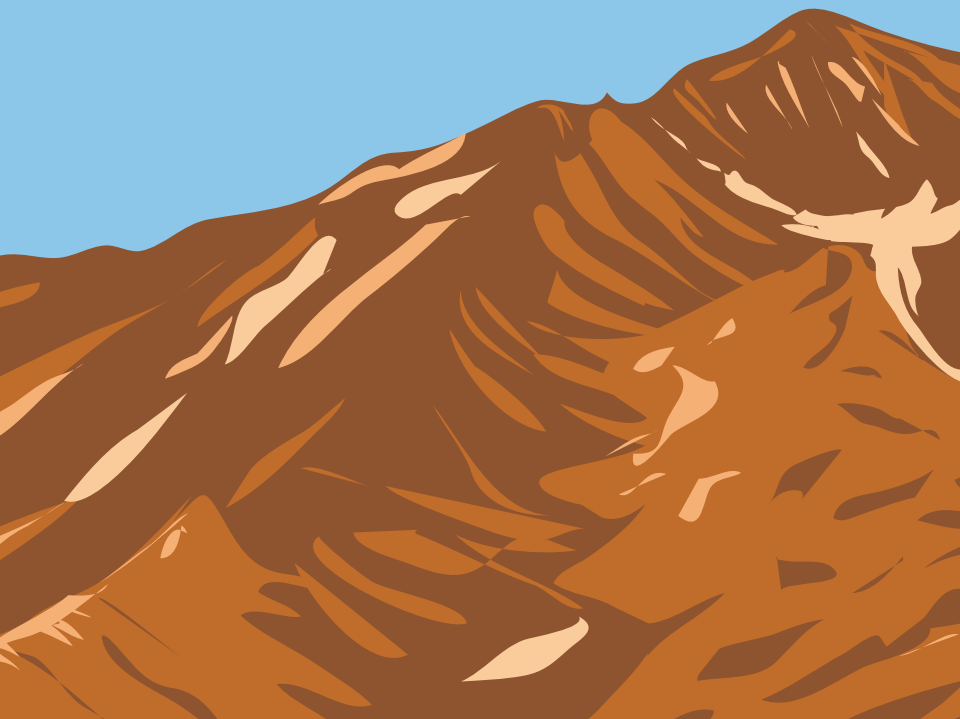
**ZIP CODE:** 80906

**AREA:** Cheyenne Canyon

**KIDS:** No

## BIO:

Join other women desiring to follow Jesus more closely! We will study scripture together, discuss how it applies to our daily lives, and pray together to support each other on this journey of life. Contact me if childcare is an issue. All ages welcome!



# SUNDAY NIGHT DINNER GROUP



## LEADERS:

Scott & Melody Robinson

**DAY:** Every Other Sunday

**ZIP CODE:** 80921

**TIME:** 5:00-7:00 pm

**AREA:** Northgate & I-25

**GROUP FOR:** Everyone

**KIDS:** Yes

## BIO:

We share dinner together Sunday nights to connect with one another, pray, and grow in Christ. This season we are working through the book Habits of the Household to practice the story of God in everyday rhythms.

# STEPMOM HAPPY HOUR



## LEADERS:

Corina Fraker

**DAY:** Every Other Sunday

**ZIP CODE:** 80831

**TIME:** 4:00-6:00 pm

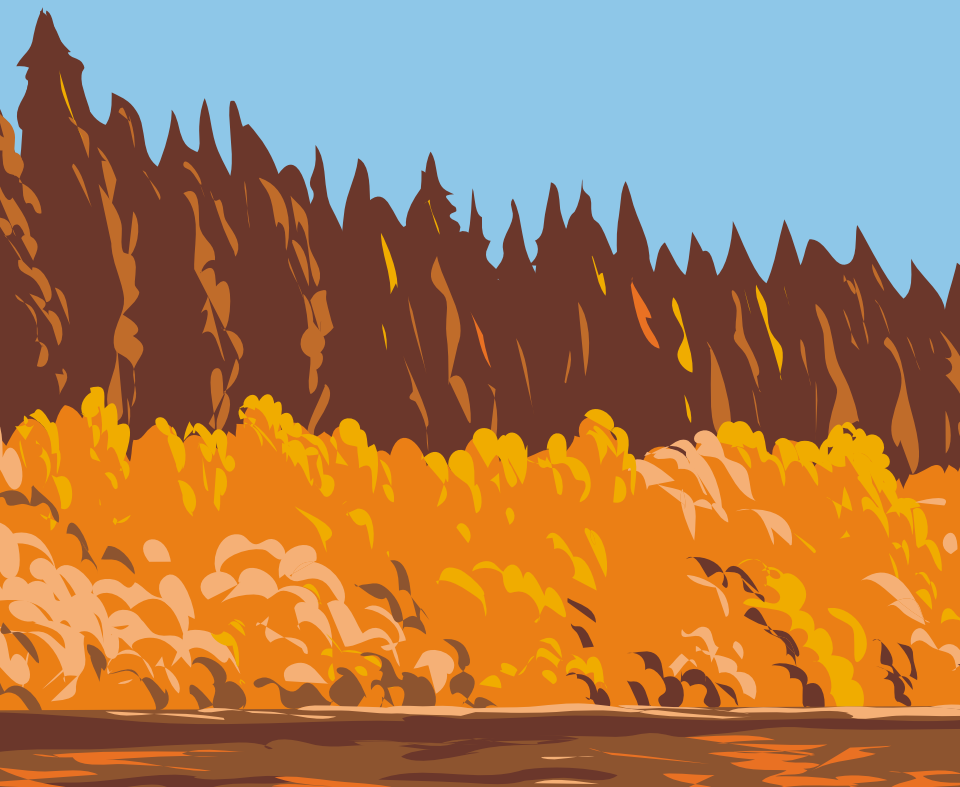
**AREA:** East COS

**GROUP FOR:** Stepmomms

**KIDS:** No

## BIO:

We are a group of stepmoms who do life together! The role of a stepmom is unique, challenging, and wonderful...and something we all seem to need support with. We gather together, pray together, challenge each other, and enjoy food and drink together. Stepmoms in any stage of life are welcome to join!





# NLD YOUNG ADULTS



## LEADERS:

Emily Gray, Gary Gray

Brit Ullrich, Hailey Ullrich

**DAY:** 2<sup>nd</sup> and 4<sup>th</sup> Fridays

**TIME:** 6:30 - 8:30 pm

**GROUP FOR:** 20s/30s

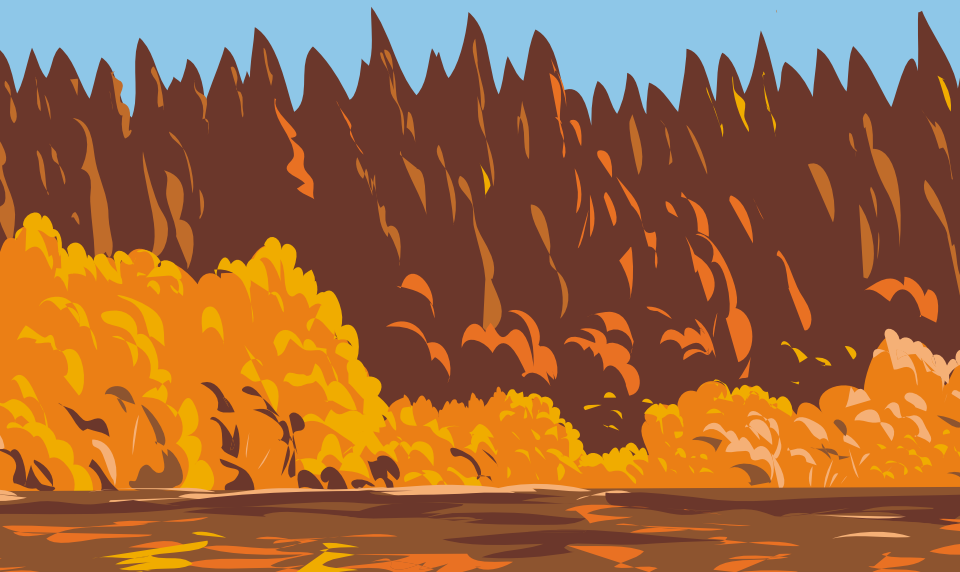
**ZIP CODE:** 80903

**AREA:** Downtown

**KIDS:** No

## BIO:

This group is for all you singles, marrieds, transplants, native Coloradans, young professionals (and unprofessionals!) in your 20s and 30s looking for community and discipleship.



# YOUNG-ISH ADULTS



## LEADERS:

Eric Machens

Olivia Peller

**DAY:** Every Thursday

**ZIP CODE:** 80920

**TIME:** 6:30-8:30 pm

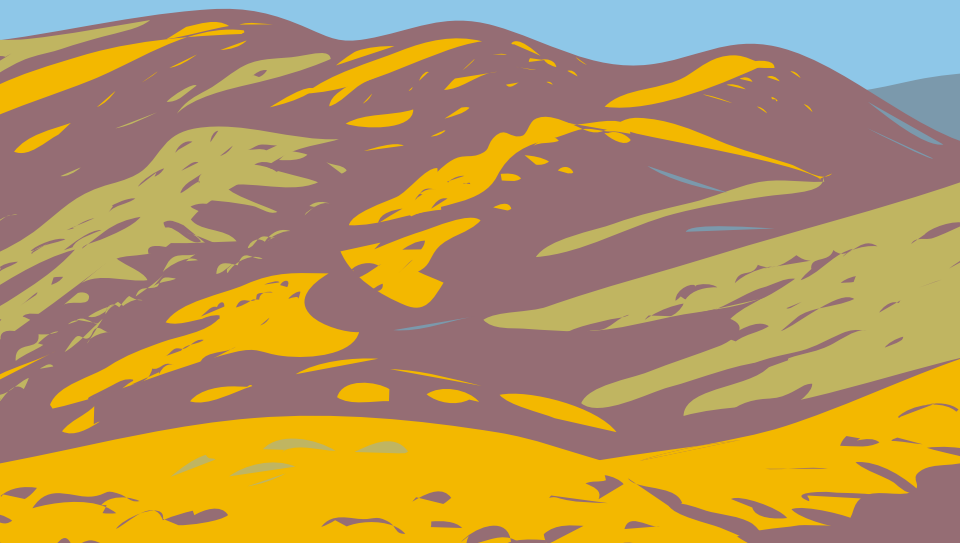
**AREA:** Northeast

**GROUP FOR:** All Adults

**KIDS:** No

## BIO:

We're a meal group of singles in our 30s looking to open our doors to more friends! If you're nearing or past your 30s or are a couple, you're still very welcome! Each week, we enjoy a meal and discuss a chapter or passage of scripture as we work through a book of the Old or New Testament. We eat well, encourage one another, enjoy laughing, and often start yawning immediately after 8pm. We'd love to have you join us!



# RENEWED MINDS LEARNING COMMUNITY



## LEADERS:

Adam Pelser and Ian Speir

**DAY:** Thursdays

**ZIP CODE:** 80903

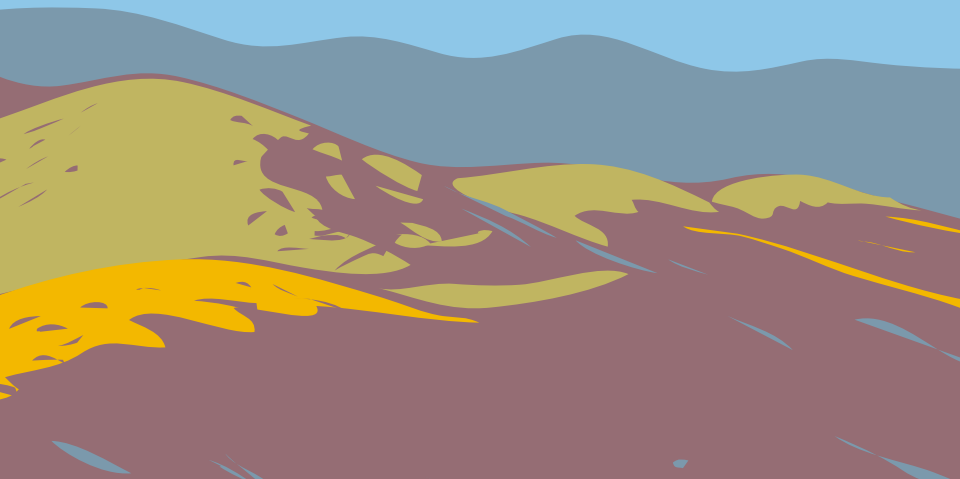
**TIME:** 6:30-8:00 pm

**AREA:** Downtown (The Commons)

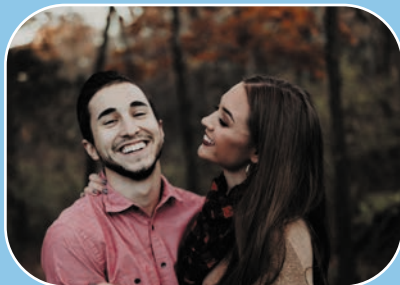
**GROUP FOR:** Adults/Teens **KIDS:** No

## BIO:

Come join our learning community as we read and discuss Rebecca DeYoung's insightful book, *Glittering Vices: A New Look at the Seven Deadly Sins and Their Remedies*. We will enjoy snacks and coffee and rich discussion as we seek to help each other love God with all our hearts and with all our minds. By reflecting on the ancient theological tradition of the "deadly sins" or "capital vices" we can learn to spot and resist common temptations to these vices, in obedience to the biblical injunction: "Do not be conformed to this world, but be transformed by the renewal of your mind" (Romans 12:2).



# FIRST YEAR MARRIEDS MINISTRY GROUP



## LEADERS:

Pete and Karen Sanchez

+ Marriage Mentor Team

**DAY:** 1<sup>st</sup> & 3<sup>rd</sup> Fridays

**TIME:** 6:45-9:00 pm

**GROUP FOR:** Couples in  
their first year of marriage

**ZIP CODE:** 80903

**AREA:** The Commons, 332 N Tejon St

**KIDS:** No

## BIO:

Pastor Pete & Karen Sanchez and our NLD marriage mentors lead a group for you 20/30-somethings as you go through their first year of marriage. This group blends peer community, mentoring relationships, and content discussion around 'what to do after you say I DO'. We gather twice a month at the Commons to talk through foundational marriage discipleship and to build community with other newlyweds.



# MOMS DISCIPLESHIP



## LEADERS:

Katharine Sanchez

**DAY:** 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Thursdays    **ZIP CODE:** 80921

**TIME:** 9:30 - 11:30 am    **AREA:** North

**GROUP FOR:** All Moms    **KIDS:** Yes

## BIO:

This fall, Pastor Katharine, and guest speakers will speak on a variety of topics that will equip and refresh moms as they live out their journey of motherhood. There will be time for yummy food, prayer, reflection, discussion, and lots of space for personal connection in small groups. For more information, please email Katharine Sanchez.



**REGISTER HERE**



# PARENT LEARNING COMMUNITY



## LEADERS:

Evan & Karen Reedall

**DAY:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
Sept/Oct/Dec

**TIME:** 8:00-9:00 pm

**GROUP FOR:** Parents  
with kids in home

**ZIP CODE:** Digital - Zoom

**AREA:** Your own home

**KIDS:** Hopefully they're asleep

## BIO:

We do best in life when growing, processing, and connecting with others. This digital ministry group isn't created to tell you all the things we've figured out; Rather, it's a set apart time to have some connection, conversation, and prayer around the mission of parenting. We'll go a chapter at a time through the book 'Habits of the Household' to help guide our conversation each gathering. And hopefully because we'll meet digitally, it will work around busy schedules and bedtimes. Let's grow as disciples in our parenting and our connections with one another this fall.





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**downtown.newlifechurch.org**





NewLife**Downtown**

