



NewLifeDowntown

# - SPRING 2024 - 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.** For this next season of Meal Groups (now through Summer), all of our groups will be going through the curriculum of Practicing the Way. This is a video guided discussion on the practices of Jesus. As a congregation we will all go through the practice of fasting through the season of Lent, and the practice of sabbath through the season of Easter.

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.

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



**JAY BENSON**

[jbenson@newlifecycle.org](mailto:jbenson@newlifecycle.org)



## BROWN BAG MEAL GROUP



### LEADERS:

Jay Benson

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

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

**GROUP FOR:** Everyone

### EMAIL:

[jbenenson@newlifechurch.org](mailto:jbenenson@newlifechurch.org)

**ZIP CODE:** 80903

**AREA:** Downtown

**KIDS:** Yes

### BIO:

Bring your lunch to The Commons every other Tuesday at noon as we have lunch together, go through Practicing the Way, 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.

## PRACTICING THE WAY



### LEADERS:

Rachel Hibberd

Taylor Hibberd

**DAY:** Every Other Tuesday

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

**GROUP FOR:** Adults

### EMAIL:

[rachelhibberd7@gmail.com](mailto:rachelhibberd7@gmail.com)

[taylorhibberd90@gmail.com](mailto:taylorhibberd90@gmail.com)

**ZIP CODE:** 80920

**AREA:** Briargate

**KIDS:** No

### BIO:

Join us as we familiarize ourselves with and practice spiritual disciplines of the early church to foster closer connection with Jesus in community. We will follow materials prepared by John Mark Comer's Practicing the Way, a guide in spiritual formation, learning to be with Jesus, become like Him, and do as He did. We hope to gather as a multi-generational group eager to grow in community together over food and conversation about the practices.



## SUNDAY LUNCH BUNCH



### LEADERS:

Amy and Tom Roemer

**DAY:** Every Other Sunday

**TIME:** 12:00-2:00 pm

**GROUP FOR:** Adults

### BIO:

Join us for a potluck lunch and Practicing the Way! All ages welcome!

### EMAIL:

aroemer627@gmail.com

**ZIP CODE:** 80906

**AREA:** Cheyenne Canyon

**KIDS:** No

## QUESTIONING FAITH



### LEADERS:

Jeremy Unruh

Amy Unruh

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

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

**GROUP FOR:** Everyone

### EMAIL:

unrulymusician@gmail.com

unrulymom2015@gmail.com

**ZIP CODE:** 80920

**AREA:** Briargate

**KIDS:** Yes

### BIO:

This group is for people wrestling with their faith. Whether you're dealing with doubt, questioning previously held beliefs, trying to reconstruct faith, or feeling like you're losing your faith entirely, we want to explore what it looks like to follow Jesus wherever you are on your journey.



## SALT + LIGHT MEAL GROUP



### LEADERS:

David Britton  
Susy Britton

**DAY:** Every Other Thursday

**TIME:** 5:30-7:30 pm

**GROUP FOR:** Everyone

### EMAIL:

davidpbritton@gmail.com  
susybritton@gmail.com

**ZIP CODE:** 80920

**AREA:** Briargate

**KIDS:** Yes

### BIO:

Join us as we eat together, go through Practicing the Way and pray! Everyone is welcome!

## THURSDAY YOUNG ADULTS



### LEADERS:

Chelsea Adelman  
Tim Adelman

**DAY:** Every Thursday

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

**GROUP FOR:** Adults

### EMAIL:

chelseabairdadelmann@gmail.com  
Timothy.e.adelman@gmail.com

**ZIP CODE:** 80917

**AREA:** Central/East COS

**KIDS:** No

### BIO:

We are an existing group of about 7, and would love to have some new friends join our community. Two Thursdays a month we will spend time discussing Practicing The Way, and the other alternating Thursdays we will dive deeper into relationship with each other around a fun activity, like dinner and a game night, dinner and bowling, etc. We always eat a meal together and are open to any dietary restrictions.



## MEATLESS MONDAY MEAL GROUP



### LEADERS:

Amber and Jordan Szymczyk

**DAY:** Every Other Monday

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

**GROUP FOR:** Adults

### EMAIL:

thejambers@gmail.com

**ZIP CODE:** 80904

**AREA:** Westside

**KIDS:** No

### BIO:

Come join us at our house on the Westside every other Monday for a home-cooked plant-based meal and discussion of "Practicing the Way." The group is open to everyone, regardless of your diet the other 6 days of the week! For those who would like to help prepare the meal or are interested in learning more about plant-based cooking, you can optionally show up anytime after 5pm, but we'll officially start our meal and group time at 6pm.

## JON ST. FAMILY ROOM



### LEADERS:

Connor Dealy

Olivia Fink

**DAY:** Every Other Thursday

**TIME:** 5:00-7:30 pm

**GROUP FOR:** Everyone

### EMAIL:

connordealy@gmail.com

cherise122113@gmail.com

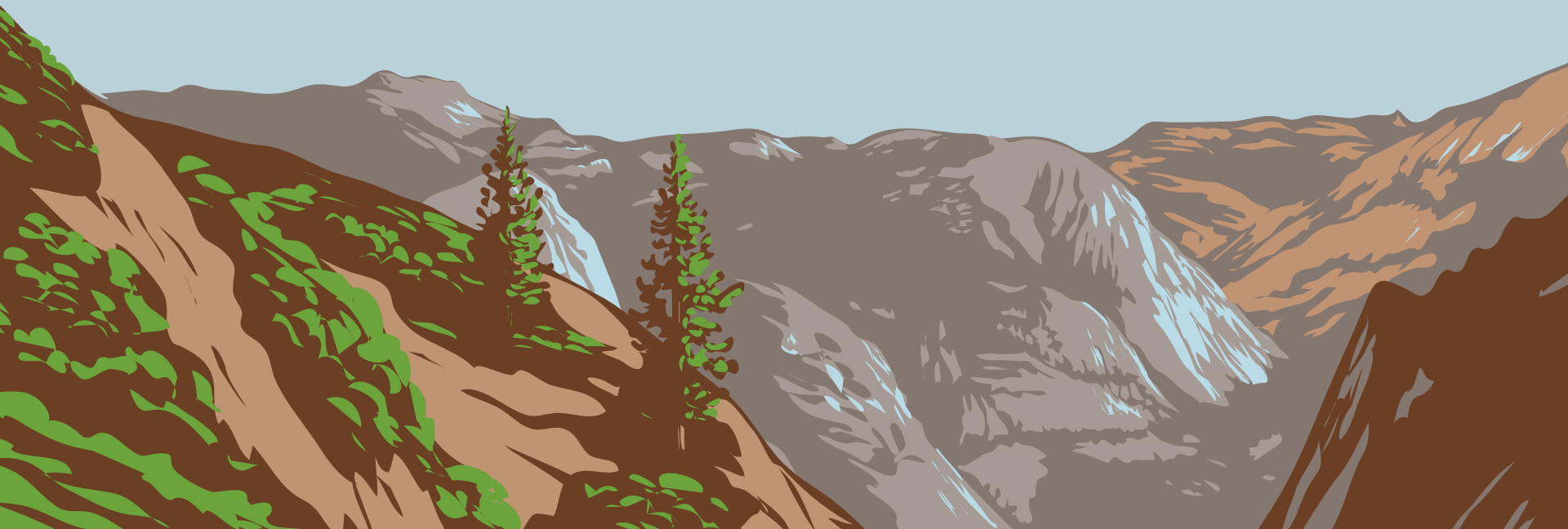
**ZIP CODE:** 80907

**AREA:** Filmore and Nevada

**KIDS:** Yes

### BIO:

Olivia and I (going on our 4th year of friendship) and are hoping to facilitate true growth in Jesus within the context of the Jon St. home. Through this we believe that we have a good chance of making more friendships that strengthen and encourage us and the already beautiful community of NLD.





## THE BREAKFAST CLUB



### LEADERS:

Zandy Barner  
Lissa Dallmann  
Gretchen Knurr

### EMAIL:

adbarnar@gmail.com  
africanmk.elissa@gmail.com  
gretchenknurr@gmail.com

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

**TIME:** 10:00 am-12:00 pm

**GROUP FOR:** 20s & 30s

**ZIP CODE:** 80921, 80919, 80903

**AREA:** Rotating (N, DT & NW)

**KIDS:** No

### BIO:

Come join us for brunch every other Saturday! This group is for people in their late 20s and 30s who want to make new friends, eat yummy breakfast food and share life together. We may be rotating locations between the group leaders' homes in the Downtown, Northwest, and North areas of town.

## NORTH SPRINGS MEAL GROUP



### LEADERS:

Hunter Harty  
Ashley Harty

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

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

**GROUP FOR:** Everyone

### EMAIL:

hunter\_harty@yahoo.com  
hartyashley@outlook.com

**ZIP CODE:** 80921

**AREA:** Flying Horse

**KIDS:** Yes

### BIO:

Family friendly group hoping to add a few new faces to our meal group! Our group has been meeting since the Fall launch but would love to help others feel like they've got a place to belong. We value different stages of life and generations so all are welcome to join! Looking forward to growing in Christ together!



## FIRST YEARS: MARRIAGE FOUNDATIONS



### 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

### EMAIL:

psanchez@newlifechurch.org

**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 years 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 others newlyweds.

## NLD MOMS DISCIPLESHIP



### LEADERS:

Katharine Sanchez

**DAY:** 1<sup>st</sup>, 3<sup>rd</sup> Thursdays  
(Feb 15 - May 4)

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

**GROUP FOR:** NLD Moms

### EMAIL:

ksanchez@newlifechurch.org

**ZIP CODE:** 80921

**AREA:** North

**KIDS:** Yes

### BIO:

Our vision is to empower moms and their family, to live wholeheartedly in pursuit of the Lord. We create a space for moms to hear from speakers about four main categories including 1) spiritual formation 2) parenting 3) marriage and 4) outward facing topics. Our hope is that these gatherings bring you deeper in connection with the Lord, other moms, and inspire you in your own spiritual, emotional and intellectual growth.



**REGISTER HERE**



## RENEWED MINDS LEARNING COMMUNITY



### LEADERS:

Adam Pelser and Ian Speir

**DAY:** Thursdays

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

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

### EMAIL:

adampelser@gmail.com

**ZIP CODE:** 80903

**AREA:** Downtown (The Commons)

### BIO:

The Abolition of Man is widely considered to be C.S. Lewis's most prophetic nonfiction book. In it, Lewis warns of the dangers of certain cultural and educational trends that are even more prevalent today than they were in his time. Come join our intergenerational learning community as we read and discuss this short but profoundly insightful and timely book together. We will meet for six consecutive Thursday nights during Lent (Feb. 15 - Mar. 21), from 6:30-8:00pm at the NLD Commons. Registration fee covers a copy of the book and snacks at the meetings.

## PARENT LEARNING COMMUNITY



### LEADERS:

Evan & Karen Reedall

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

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

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

### EMAIL:

ereedall@newlifechurch.org

**ZIP CODE:** Digital - Zoom

**AREA:** Your own home

**KIDS:** Hopefully they're asleep

### BIO:

We do best in life when we do it in cultivated community. This spring, let's cultivate parenting community around a common discipleship calling as parents. This digital ministry group isn't created to tell you all the things we've perfected as parents; 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 spring.



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