



NewLifeDowntown

# - FALL 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 the turn of the new year), 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 prayer followed by the practice of generosity.

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**  
[jbenson@newlifechurch.org](mailto:jbenson@newlifechurch.org)

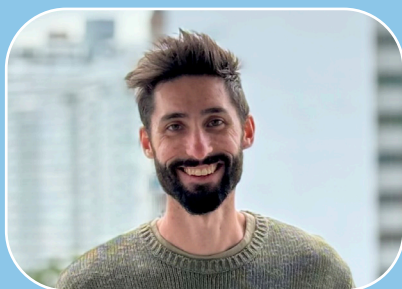


**SCAN THE QR CODE FOR A MORE  
UP TO DATE VERSION OF THE  
MEAL GROUP BOOKLET OR VISIT  
[downtown.newlifechurch.org/meal-groups](https://downtown.newlifechurch.org/meal-groups)**



*Meal Group*

# TACO THURSDAYS



**LEADERS:**

Joshua George

**DAY:** Every Thursday

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

**GROUP FOR:** All Adults

**EMAIL:**

[joshua.jpgeorge@gmail.com](mailto:joshua.jpgeorge@gmail.com)

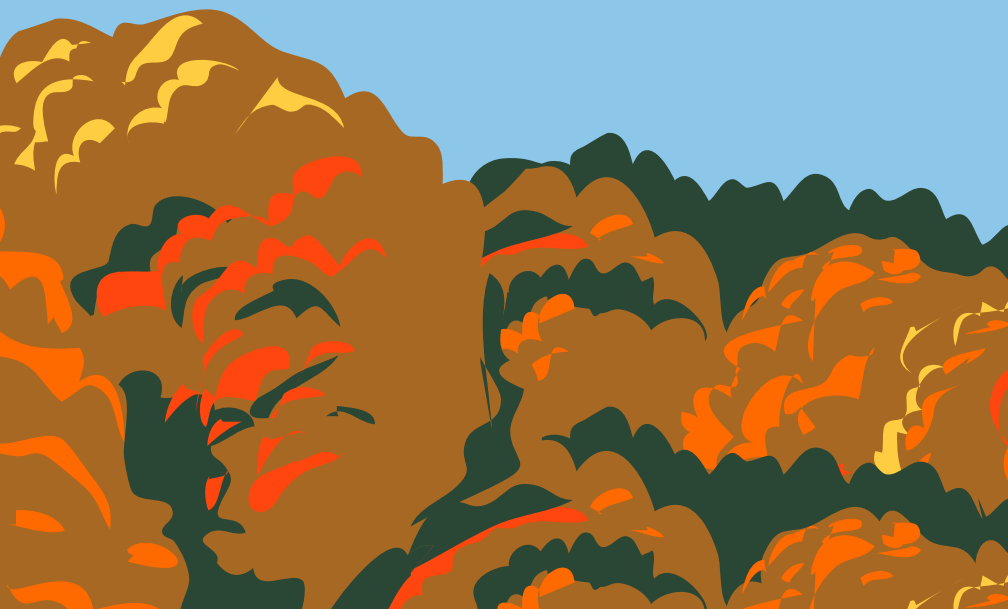
**ZIP CODE:** 80907

**AREA:** Garden of the Gods & I-25

**KIDS:** No

**BIO:**

This group is for all adults seeking to build community at NLD. Each week we will gather to eat tacos and discuss prayer and generosity using the Practicing the Way series. We will eat and get to know one another for the first hour. The second hour we will watch Practicing the Way and discuss it together and end out time by praying for one another.



*Meal Group*

## **BIG SISTER/ LITTLE SISTER**



### **LEADERS:**

Karen Callen

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

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

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

### **EMAIL:**

karencallen@earthlink.net

**ZIP CODE:** 80917

**AREA:** Powers & Carefree

**KIDS:** No

### **BIO:**

Come as you are - Sisters meal group. An older female (who has lived life with some good and bad decisions) speaking into younger ladies lives about the triumphs and trials of life. A safe place with open conversations and no judgement. Possible discussion topics; relationships, family dynamics, work struggles, emotional well-being, general life issues, etc. and how it affects us. No judgement and nothing is off limits in this safe place.



*Meal Group*

## WESTSIDE YOUNG FAMILIES



### **LEADERS:**

Grant Carter

Danielle Carter

**DAY:** Sundays

### **TIME:**

Family Dinner - 1<sup>st</sup> Sun, 4:30 - 6:30 pm

Men's Dessert - 2<sup>nd</sup> Sun, 7:00 - 8:30 pm

Women's Dessert - 3<sup>rd</sup> Sun, 7:00 - 8:30 pm

**GROUP FOR:** Families

### **EMAIL:**

gcarter3@vt.edu

dani.nance9@gmail.com

**ZIP CODE:** 80905

**AREA:** Westside

**KIDS:** Yes

### **BIO:**

Learning to be parents is hard. We hope this meal group can provide a community to have meaningful discussions and support each other through that process. This group is aimed for families with children that are not yet school-age. We recognize that joining a traditional meal group is difficult with children this young, so we designed this group around that. We will meet once a month on Sunday evenings as a whole group (with children) to fellowship over a meal and have some short conversations. The second meeting each month will be just the men, the third will be just the women, and then a break. This design will allow for family fun as well as more serious conversations. And you won't have to get a babysitter!

*Meal Group*

## **SUNDAY FAMILY DINNER**



### **LEADERS:**

Zack & Stephanie Barker

Sean & Emily McGowan

### **EMAIL:**

[zack.barker@gmail.com](mailto:zack.barker@gmail.com)

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

[sean.mcgowen1989@gmail.com](mailto:sean.mcgowen1989@gmail.com)

**DAY:** Every Other Sunday

**TIME:** 4:30 - 6:30 pm

**GROUP FOR:** Everyone

**ZIP CODE:** 80921

**AREA:** Flying Horse

**KIDS:** Yes

### **BIO:**

Our Sunday early-evening group will enjoy a meal, community, and a time of focused prayer and conversation. Kids are welcome and will have a separate area to play after dinner while adults dive into our Practicing The Way content.

*Meal Group*

## **INTER- GENERATIONAL WOMEN**



### **LEADERS:**

Jill Custer

**DAY:** 1<sup>st</sup> & Last Thursdays

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

**GROUP FOR:** Adult Women

### **EMAIL:**

[jill.custer@yahoo.com](mailto:jill.custer@yahoo.com)

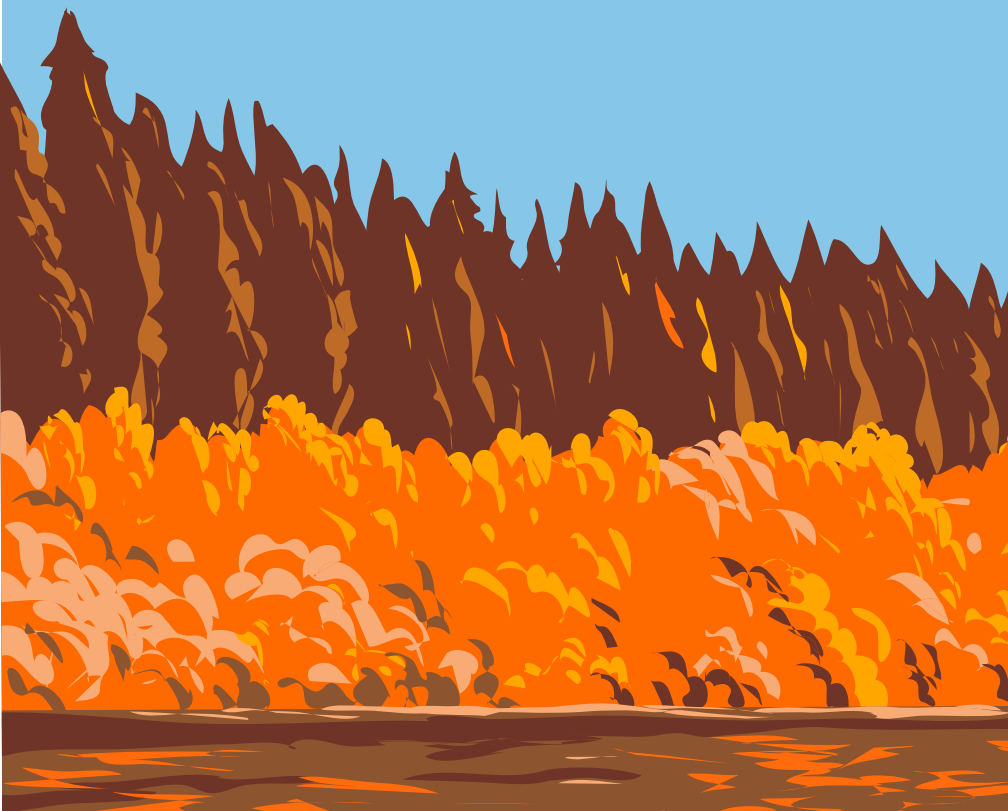
**ZIP CODE:** 80903

**AREA:** Downtown

**KIDS:** No

### **BIO:**

Women of different generations learning from each other.





*Meal Group*

## PRETTY COOL & RELATIVELY YOUNG



### LEADERS:

Tyler Hunt

**DAY:** Every Tuesday

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

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

### EMAIL:

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

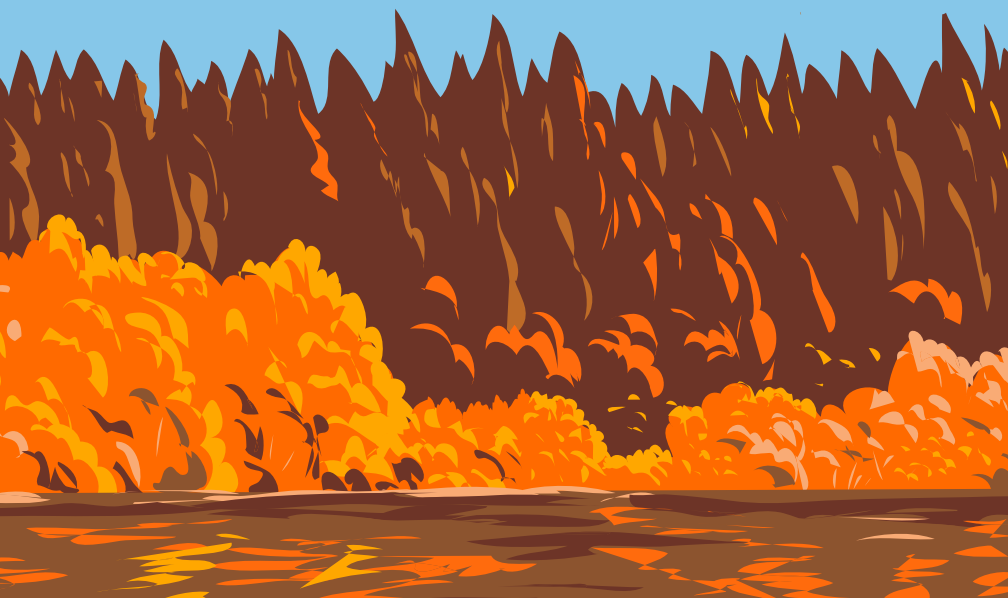
**ZIP CODE:** 80903

**AREA:** Downtown

**KIDS:** No

### BIO:

It can be an odd time of life when it feels like everyone around you has everything figured out, or they're already having their 3rd kid, while you're still scratching your head wondering what God is doing. The goal of this group is to find friendship in that season of life where you're still figuring out, settling in or moving forward with your career, your people, your future and everything else life throws at you. And we'll do it by sharing honestly, and inviting Jesus into it all.



*Meal Group*

## YOUNG-ISH ADULTS



**LEADERS:**

Eric Machens

**DAY:** Every Thursday

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

**GROUP FOR:** Late 20s-Early 30s

**EMAIL:**

[machguitar@hotmail.com](mailto:machguitar@hotmail.com)

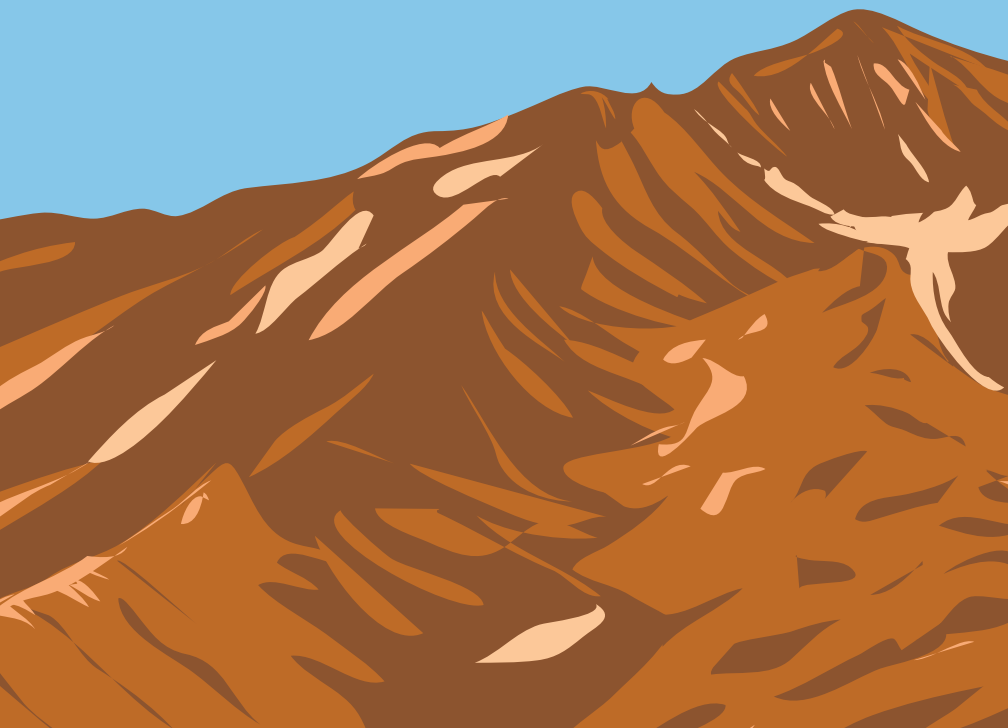
**ZIP CODE:** 80920

**AREA:** Northeast

**KIDS:** No

**BIO:**

We're a meal group of singles mostly 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 will enjoy a meal (including all-you-can-eat popcorn most weeks) and discuss the most recent NLD sermon. We eat well, encourage one another, enjoy laughing, and often start yawning after 8 pm. We'd love to have you join us!



Ministry Group

# OFFICER'S CHRISTIAN FELLOWSHIP BIBLE STUDY



**LEADERS:**

Rick & Nancy Jackson

**DAY:** Option of Wed or Thurs

**TIME:** Wednesdays, 5:45-7:00pm  
or Thursdays, 7:00 - 9:00 pm

**GROUP FOR:** Military Officers  
(Wed - spouses & children) (Thurs - Spouses)

**BIO:**

Military officers and their spouses desiring to walk with Christ and to have a great support community. Weekly prayer time and Bible study to encourage our growth in Jesus.

**EMAIL:**

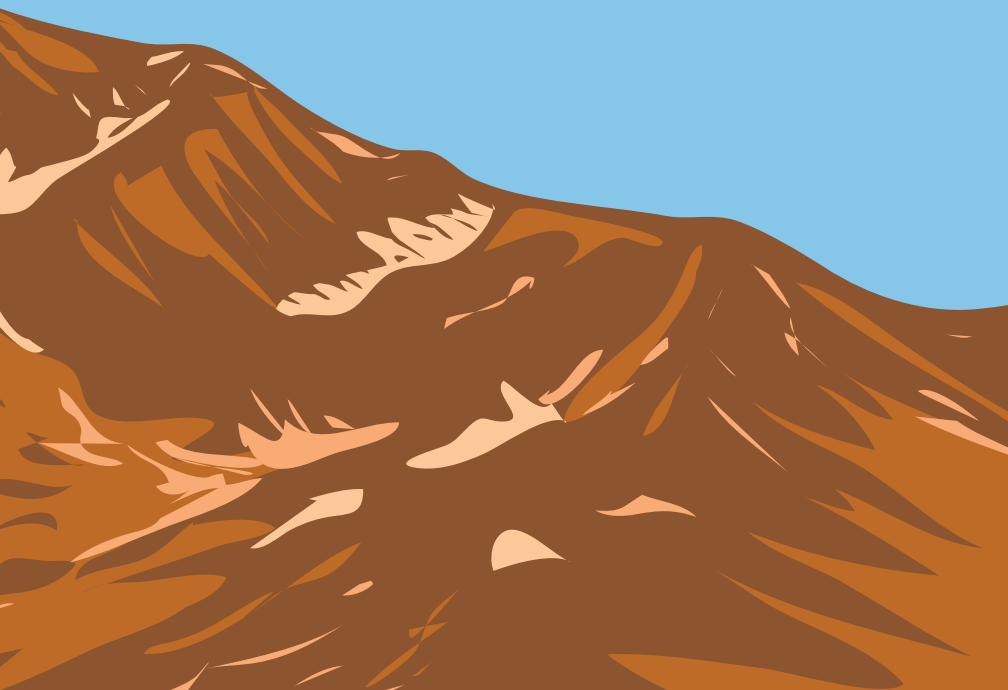
[rwjack@swissmail.org](mailto:rwjack@swissmail.org)

[najack@swissmail.org](mailto:najack@swissmail.org)

**ZIP CODE:** 80906

**AREA:** Ft. Carson

**KIDS:** Yes



Ministry Group

# FIRST YEARS: MARRIAGE FOUNDATIONS



**LEADERS:**

Pete and Karen Sanchez

**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](mailto:psanchez@newlifechurch.org)

**ZIP CODE:** 80903

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

**KIDS:** No

**BIO:**

Pastor Pete and Karen Sanchez and our NLD marriage mentors lead a group for 20/30-Somethings as they 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 other newlyweds.



Ministry Group

# DOWNTOWN MOMS DISCIPLESHIP



## LEADERS:

Katharine Sanchez

## EMAIL:

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

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

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

**ZIP CODE:** 80921

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

**AREA:** North

**GROUP FOR:** All Moms

**KIDS:** Yes

## BIO:

Downtown Moms Discipleship is designed to empower and equip you and your family to live a life of intentionality as you wholeheartedly pursue the Lord. Our gatherings include a time of intentional small group prayer, hearing from a variety of speakers, participating in conversations around topics that directly influence and affect women today while cultivating a community of spiritual women who invest and speak truth into one another lives.



**REGISTER HERE**



Ministry Group

## PARENT LEARNING COMMUNITY



**LEADERS:**

Evan & Karen Reedall

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

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

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

**EMAIL:**

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

**ZIP CODE:** N/A

**AREA:** Meeting on Zoom

**KIDS:** Yes

**BIO:**

The 'Parent Learning Community' is an online parenting discipleship group with New Life Downtown. This digital community isn't created to tell you all the things we've figured out about being the perfect parent; rather, it's a set apart time to have some connection, conversation, and prayer around the mission of parenting. This fall we'll use the book 'Tech Wise' to help guide our conversation each gathering as we seek to build formational home liturgies that put technology in its proper place. And hopefully because we'll meet digitally for 1-hour starting at 8pm, it will work for you to join us 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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