

*Spring 2022*

**Growth**  
*Groups*

*You will **grow** as you learn to  
know God better and better.*

Colossians 1: 10

# To Register for a Group

**Deadline: April 17**

## Ways To Register

1. **Website** – Visit [FCFchurch.com/groups](http://FCFchurch.com/groups) and register online.
2. **App** – Launch FCF's Church Center App  Tap REGISTER, then Spring Groups.
3. **Card** – Fill out a registration card at the Growth Group table in the lobby on Sunday morning.

*Once you have registered,  
the group leader will contact you  
with specific details for your group.*

# Christianity Explored

One life. What's it all about?

Christianity Explored gives you time and space to think about the big questions of life and to explore the life of the person at the heart of the Christian faith - Jesus Christ.

Discover the real Jesus on a 7-week journey through the Gospel of Mark that presents a life-changing message of forgiveness and new life.

## **Mondays 6:30 - 8:00 PM**

Starting: April 25

Location: FCF Church

Leader: Melissa Rudyk

Childcare: YES

## **Wednesdays 6:30 - 8:00 PM**

Starting: April 27

Location: FCF Church

Leaders: Bruce & Lisa McMahan

Childcare: YES

## **Thursdays 7:00 – 8:30 PM**

Starting: April 28

Location: FCF Church

Leader: Mike Pritchard

Childcare: YES

# Groups Offering Support

## GriefShare

GriefShare provides support to individuals who are journeying through grief following the death of someone they love. Using grief education, group support and materials, the group will share in the learning and healing process of grief. *This group continues year-round and is open for anyone to attend at any time.*

**Thursdays 7:00 – 8:30 PM**

Ongoing

Location: Zoom

Leaders: Patty Milstead & Sandy Maples

FCF will purchase materials: Cost is \$20.

**Sundays 11:00 AM – 12:30 PM**

Ongoing

Location: FCF Church

Leaders: Patty Milstead & Sandy Maples

Childcare: YES

FCF will purchase materials: Cost is \$20.  
Pay at first session.

# For Everyone

## Message Groups

These groups meet for the length of the semester to discuss the previous Sunday morning message. Guided by questions, this casual format is a great way to meet others as you share, learn, and grow in community.

### **Mondays 6:30 - 8:00 PM**

Starting: April 25

Location: FCF Church

Leaders: Joshua & Valerie Williams

Childcare: YES

Estos grupos se reúnen durante todo el semestre para discutir el mensaje de la mañana del domingo anterior. Guiado por preguntas, este formato informal es una excelente manera de conocer á otros mientras compartes, aprendes y creces en la comunidad.

### **Jueves: 7:00 - 8:30 pm**

Ubicación: En la Iglesia

Líder: Maggie Cruz

Duración: Continuamente

Límite de grupo: Sin limite

Cuidado de niños: SI

## Financial Peace University (FPU)

FPU provides practical instruction on getting out of debt, budgeting, saving for emergencies, retiring with dignity, and giving generously. In addition to the course, membership to the FPU website is available and gives you access to additional resources and tools.

**Mondays 6:30 – 8:00 PM**

Starting: May 2 (9 weeks)

Location: FCF Church

Leader: Tom Koontz

Childcare: YES

Group Limit: 12

Register at  
**[fpu.com/1149707](http://fpu.com/1149707)**

# Marriage & Family

## Parenting in the 21<sup>st</sup> Century

If you're a parent (or are playing a part in raising a child), you probably look for advice from time to time. It's a tough job, after all. And you want to get it right. This study suggests an unexpected place to turn to when you're looking for guidance about the trickiest topics of family life—from discipline to divorce.

**Tuesdays 7:00 – 8:30 PM**

Starting: April 26 (4 weeks)

Location: FCF Church

Leaders: Tracey Lucas & Debbie McCrory

Childcare: YES

## Take Your Finances from Me to We

Developed for newlywed, engaged, or any couples trying to work together around their finances, this group fosters an understanding of God's view of handling money.

This group is split into two parts. The first 5 weeks will be spent as a growth group using Andy Stanley's If Money Talked study. After the growth group sessions, each couple receives financial coaching which will help you to develop a shared budget and communicate about your finances in a healthy way.

Coaching sessions take place at the Walkers' home near downtown Frederick.

**Wednesdays 6:30 - 8:00 PM**

Starting: April 27 (5 weeks)

Location: FCF Church

Leader: Stephanie Walker

Childcare: YES (for group time only)

# Young Adults

## The Ruthless Elimination of Hurry

We are all busy. Some of us can't remember the last time we rested or even had free time. Our busyness can feel productive, but it is a toxic distraction, sapping our spiritual, physical, and emotional vitality. It may seem like we have no choice but to live at a frantic pace, but God has a better path for us.

**Thursdays 7:00 – 9:00 PM**

Ongoing

Location: FCF Church, North Building

Leaders: Dillon & Bethany Gosnell

Childcare: YES

Check us out on Facebook – FCF Church Young Adults

# For Women

## Find Your People

This group offers practical solutions for creating true community in a world that's both more connected and more isolating than ever before. You were created to play, engage, adventure, and explore—with others. While the ache of loneliness is real, it doesn't have to be your reality.

**Wednesdays 10:00 – 11:30 AM**

Starting: April 27 (10 weeks)

Location: Zoom

Leader: Nancy Rasmussen

Group Limit: 12

Material to purchase:

*Find Your People Study Guide* by Jennie Allen.

Available on Amazon and Christianbook.com

## The Uncommon Woman: Making an Ordinary Life Extraordinary

This study is for the woman who longs to rise up out of the stereotypical behavior of gossip, insecurity, pettiness, and small dreams. She has an unfulfilled desire to be someone who goes against the grain of the common for the sole purpose of living a life with conviction. Become a woman who is ready to believe in her deep value, accept her high calling, and make a difference in a world in need of her influence.

**Thursdays 7:00 – 8:30 PM**

Starting: April 28 (6 weeks)

Location: Mt. Airy

Leader: Christine Duerling

Childcare: NO

Group Limit: 10

Material to purchase:

*The Uncommon Woman: Making an Ordinary Life Extraordinary* by Susie Larson. Available on

Amazon and Christianbook.com

## Becoming More Than a Good Bible Study Girl

Is talking to God just another thing to check off on your to-do list? Are you tired of just going through the motions of being a Christian? If you're tired of just going through the motions of being a Christian, join this group to transform your walk with God from lackluster theory to vibrant reality.

**Fridays 10:30 AM – 12:00 PM**

Starting: April 29 (6 weeks)

Location: Whittier

Leader: Jennifer McNally

Childcare: NO

Group Limit: 10

Material to purchase:  
*Becoming More Than a Good Bible Study Girl Study Guide* by Lysa Terkuerst. Available on Amazon and Christianbook.com

## Sermon on the Mount

What does it mean to be a citizen of the kingdom of Heaven? Matthew's gospel opens with three chapters containing Jesus' longest recorded message – a sermon given to His disciples early in His ministry to articulate what the life of a Christ-follower would look like. Seat yourself on a mountainside to learn at the feet of Jesus. Ask for ears to hear and a heart to respond to the teaching of our King.

**Wednesdays 6:30 - 8:00 PM**

Starting: April 27 (9 weeks)

Location: Thurmont

Leader: Danielle Barber

Childcare: NO

Group Limit: 8

Material to purchase:  
*Sermon on the Mount Study Guide* by Jen Wilkin. Available on Amazon and Christianbook.com

# Jesus Over Everything

The key to a healthy spiritual life is dependent on putting God first. But there are a lot of things that can get in the way of that ultimate priority.

In this study, we will build up defenses against damaging thought patterns and learn to reorder our priorities to consistently put Jesus back on top, using eight choice statements that will encourage new daily lifestyle decisions.

**Wednesdays 6:30 - 8:00 PM**

Starting: April 27 (6 weeks)

Location: Zoom

Leader: Cindy Journell-Hoch

Group Limit: 25

Material to purchase:

*Jesus Over Everything*

Book and Study Guide

by Lisa Whittle.

Available on Amazon

and Christianbook.com

# For Men

## Men's Message Group

This group meets to discuss the previous Sunday morning message. Guided by questions, this casual format is a great way to meet others as you share, learn, and grow in community.

**Wednesdays 6:30 - 8:00 PM**

Ongoing

Location: FCF Church

Leader: Matt Hull

Childcare: YES

## Uncomplicated: God + Men + Bible

Don't just try to reach your full redemptive potential in Christ, train by connecting with other men to study God's Word. All you need to bring is a Bible, your voice, and a teachable heart.

**Every other Saturday 8:00 – 9:30 AM**

Starting: April 30 (Ongoing)

Location: Frederick City

Leader: Sean Walker

Childcare: NO

# Social Groups

**A2 Group:** A social group at FCF where individuals between the ages of 25 and 35ish can connect, grow, and have fun together!

**Next event:** April Easter Dinner on Friday, April 15, 6-9 pm at FCF

**Book Club:** For people who love to read! This group meets about once every 6 weeks to discuss a spiritual book that they have selected to read.

**Next event:** Tuesday, April 19, 7-8:30 pm at FCF. Discussion of *"Parables: The Mysteries of God's Kingdom Revealed Through the Stories Jesus Told"* by John F. MacArthur

**Chapter 2:** A group of widows and widowers that are beginning the next chapter - **Chapter 2** - in our lives. We gather for social outings, are here to support each other and serve together.

**Next event:** Italian at Jennie's on Saturday, April 16, 2-4 pm

**PrimeTimers:** The Prime Timers Group of FCF Church exists for the purpose of providing Christ-centered activities addressing the spiritual, educational and social needs of mature men and women. We communicate and share God's love to those in the church family by serving and not just being served; and by giving and not just receiving.

**Next event:** Sunday, April 10 12:45 – 2:45 pm at FCF – North Building. Potluck luncheon featuring Cecilia Wilson, retired police officer, speaking on how to be safe at and away from home.

**Family Summer Fun:** This group exists to help you create meaningful and fun memories. Connect with your immediate and church family over the summer months. All families and kids are welcome!

**First event:** Thursday, June 9, 2-4 pm – Playdate at the FCF playground

**We believe**

*life change*

**happens best in**

*small groups!*



**FCF**

**CHURCH**