



**What is a LIFE group? It is a small group of 6-12 people who meet together weekly for spiritual growth in their discipleship. Every LIFE group strives to reach UP, IN, OUT, & FORWARD**

*UP - through prayer, worship, and study; IN - through mutual care, support, and encouragement; OUT - in mission, service, and invitational witness, and FORWARD - empowering and equipping new disciples & leaders.*

### **FAQs about LIFE Groups**

**Who are LIFE Groups for?** Whether you're brand-new to First UMC Graham or you've been coming for years, a LIFE Group is a great next step for anyone who wants to grow in their relationship with God and others.

**What is a typical LIFE Group session like?** Each LIFE Group is unique, but generally all groups have some social time with snacks and conversation up front, followed by a time of study and prayer. The meeting will last somewhere around 1½ to 2 hours.

**Who leads the group?** A LIFE Group facilitator is someone who is recognized, trained, and appointed to serve the members of their group by starting, organizing and helping to maintain the healthy functioning of that LIFE Group.

**Where will we meet?** Most LIFE Groups meet in group member's homes (they are called hosts). Some groups meet consistently in one home, while other groups choose to take turns meeting in different group member's homes.

**How long will my group last?** All groups complete one full study together (anywhere from 5-10 weeks). After that, your group members decide together whether you'd like to continue on as a group. If your group does decide to go on, there are natural on and off ramps built into the life cycle of every group (breaks between studies, Christmas and Summer break, etc.) so you'll be able to transition out of the group if it's not the best fit for you, or if your circumstances change.

# CURRENT LIFE GROUPS

*Contact a leader to find out more about the group*

## MONDAY

- **Women's Group in GRAHAM** – 7-8:30pm  
Leader – **Adrienne Rice** [adb0320@gmail.com](mailto:adb0320@gmail.com)  
This LIFE group launches on **Sept 25<sup>th</sup>** with Kathy Carlton Willis study, *Grin with Grace*

## TUESDAY

- **Couples and Singles Group in GRAHAM/BURLINGTON** – 6:30pm-8:30pm  
Leaders - **Martin & Marilyn Perkey** [mperkey@redballdesigns.com](mailto:mperkey@redballdesigns.com)  
This LIFE group launches on **Sept 12<sup>th</sup>**
- **Women's Group in GRAHAM** - 7-8:30pm.  
Leader - **Wendy Yoder** [wendyod18@gmail.com](mailto:wendyod18@gmail.com)  
This LIFE group launches on **Sept 19<sup>th</sup>** with Liz Curtis Higgs' study, *Bad Girls' of the Bible*.

## WEDNESDAY

- **Men's Group in MEBANE**– 7-8:30pm  
Leader – **Jason Woody** [jjwoody324@aol.com](mailto:jjwoody324@aol.com)  
This LIFE group launches on **Sept 13<sup>th</sup>** with Jason Armstrong's study, *Renovate*

## THURSDAY

- **Women's Group in GRAHAM**- 7-8:30pm.  
Leader – **Tracey Parks** [traceyparks97@gmail.com](mailto:traceyparks97@gmail.com)  
This LIFE group will launch on **Sept 14<sup>th</sup>** with Natalie Chambers Snapp's study, *Becoming Heart Sisters*.
- **Couples and Singles Group in MEBANE**– 7-8:30pm  
Leaders – **Mauri and Jean Boren** [twoborens@gmail.com](mailto:twoborens@gmail.com)  
This LIFE group will launch on **Sept 14<sup>th</sup>** with John Ortberg's study, *If You Want to Walk on Water, You've Got to Get Out of the Boat*.