

# SPECIAL INTEREST GROUPS

Have you got a special interest? Would you like to meet up every so often with those with an interest in cooking, gardening, slimming, model trains, art, crafting, eating bacon butties, walking, local history, writing, photography, carers support, monthly Sunday lunchers, puppets, drama, .....?.....

Text 07861749400 with details of what interests you and we'll see what might happen! Coastlands is a **Community Church**

COASTLANDS COMMUNITY CHURCH, WALTON ON THE NAZE

# Life is not meant to be lived alone

## Church Should Be the Last Place Where Anyone Stands Alone.

Our hearts were made for relationships. For community. To have friends. And like nothing else, small groups provide the kind of life-giving community that builds and supports and helps us grow as believers.

Our Grow Groups are weekly, fortnightly or monthly gatherings of bunches of people who meet together either in a home or our centre or on Zoom, have some fun, explore the Bible and grow as disciples of Jesus together.

# 8 Reasons to belong to a Grow Group

## GROW GROUPS



- Where you are
- CARED FOR
- PRAYED FOR
- Helped to GROW!

- "Grow groups - fun, community, support, equipping and encouragement!" Joe*
- 'no one laughed at his questions' Val*
- 'grow closer to people and have a better understanding of the Word Michelle*
- 'We support and spur each other on'. Denis*
- "Gods Word in a friendly environment' Sue B*
- 'Growing deeper in God's word, with laughter too' Pat*
- 'Knowing and loving our brothers & sisters in Christ' Sue R*
- 'We unravel and explore Gods Word together' Wendy*
- 'Helps me understand the Word of God more' Paul*

## 1. You will really begin to feel like part of God's family

*'it is a safe space to talk' Kerry*  
*'a place to grow, to learn, to fellowship - it's family!' Gill*  
*'My family – brothers and sisters for life'. Lindsey*

Most people who have been a part of a group say the greatest benefit is the friendships that develop. They will frequently telephone each other during

the week to share a prayer request or an exciting answer. You'll discover that your needs and problems are not unique - we're all in the same boat! It helps to know that others are facing the same difficulties or have lived through them and can share what they learned.

## 2. You will understand the Bible better in a small group

On Sundays we listen. In a Grow Group we chat! You can ask questions, share in a discussion of the Bible, and hear others share insights and illustrations of the truth you are trying to grasp. The Bible is a practical book and working out how to do it happens best in small groups.

*'I love studying Gods Word with folk who live the reality of faith, with cake'! Ann H*

In each group there is an empty chair waiting for you. It's your move next!!

### 3. Prayer will become more meaningful to you.

Many people are a bit nervous at first to pray in front of others. In a small group, you will learn to how to talk to God naturally. No one is pressured to pray, but as you become more comfortable, you'll be able to pray and be drawn together and find answers to the needs in our lives.



**4. You will be able to handle stress and pressure better.** Small groups provide excellent support in times of crisis, change, and stress. You'll have a sense of stability and security knowing there are people who really care

for you and are committed to standing with you. When someone loses a job, or a family member has an extended illness, or a mother needs a babysitter - these practical needs will naturally be taken care of through your small group. Many times people tell how they would not have made it through a difficult time if it hadn't been for their group.

*"It's good to connect with others for fellowship and support" Sylvia*  
*"They lifts me up when I feel down".*  
Shirley

**5. You will discover who you really are.** You were made to be *you* and no one else. God has given you unique abilities, and he wants you to use them for your unique purpose. Your abilities match your calling. Some people think a calling is just for priests, nuns, or missionaries. **But every person is called by God.**

First, we're called to start following Jesus. Second, we're called to serve Him. You'll know what your calling is by looking at your SHAPE- your **S**piritual gifts, **H**eart, **A**bilities, **P**ersonality, and **E**xperiences - there is no one else like you! You will find freedom and renewed energy as you live and serve according to your SHAPE

*"My own confidence grew" Gail*  
*"Discovering Gods plan for our lives"*  
Tina

**6. You will develop leadership skills you never knew you had!**

Most Christians remain as Sunday morning spectators all their lives because large group meetings are primarily "sit and listen" situations. As you share and participate in a relaxed small group setting, you'll discover your confidence and self-esteem rising, and leadership skills starting to emerge. This will help you at

at work, at church, and in other relationships.



**7. You will deepen your understanding of worship.**

Many believers mistakenly believe that worship can only happen on Sunday morning with a worship band or an organ and an offering plate! Worship happens anytime we focus on God. In your group you'll discover

other ways to worship beside singing that will surprise you!

**8. You will be a New Testament Christian!**

The book of Acts is very clear about how God intends for His people to grow and have many of their needs met in groups. Consider these verses:

*"All the believers were **together** and had everything in common. Every day they continued to meet **together**... they broke bread in their homes and ate together... and the Lord added to their number daily those who were being saved." Acts 2:42, 44, 46-47*

*"Day after day, in the temple courts and from **house to house** they never stopped teaching and proclaiming the Good News that Jesus is the Christ." -Acts 5:42*

## COASTLANDS GROW GROUPS

Meet during school term times. There will be a group just right for you: a group that does what it says on the tin. HELP You Grow! Why not contact the leader for details of one of the **TASTER DAYS** and taste and see for yourself?

**TUESDAYS** 12-2pm '*Exploring Hebrews*' with Shirley. **Taster Day:** Tuesday 5 Oct 12 noon. 07764467091

**TUESDAYS** 8-9.30pm in your own home on Zoom with Les and Ann '*Doing Life & Relationships the Jesus way*', and optional stream '*Developing the leader within you*'. **Taster Night** 5 October 8pm 07861749400

**WEDNESDAYS** 3-4.30pm '*Exploring Acts*' with Denis & Sue. **Taster Day:** Wednesday 6th October at 3pm. 07557124935

**WEDNESDAYS** 7-8.30pm *Alpha* - exploring Christianity Mark & Sarah  
**THURSDAYS** 7pm *Young Adults* with Joe & Emily. **Taster Night** Thursday 21<sup>st</sup> October 7pm 07910193814

*Praying Together* with Gill and Ann H – **Taster Day** Thursday 14 Oct ,call 07811832972 for details of time and place