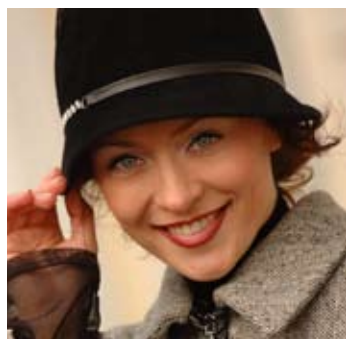


# LIFE GROUPS DIRECTORY

Doing Life Together



SPRING 2010  
February - May

# LIFE GROUPS DIRECTORY

Discover, Connect, Make a Difference

## CONNECT

There are only three things in life that really count - God, His Word, and life long friends. Here at International Family Church we believe in doing Life Together. We have three types of Life Groups that provide you an opportunity to connect with new friends, have fun, and experience support, community, and life coaching.

**ENRICHMENT GROUPS** are designed for those who are looking to fellowship and to grow spiritually with other believers. **INTEREST GROUPS** are designed to build friendships, have fun, and connect with the un-churched. **SUPPORT GROUPS** are designed to help others with specific needs to succeed in life, find support, and encouragement for life issues.

## LIFE GROUPS PROVIDE OPPORTUNITIES FOR YOU TO CONNECT WITH...

- **Friends** that will respect, esteem, believe in and encourage you.
- A caring and secure **community** that appreciates your unique gifts and for who God created you to be.
- Strong **families** that make a strong church.
- Great **people** who know their God and who are equipped and passionate about reaching their world with the gospel of Jesus Christ.

## Life Groups' 2010 Calendar

September - December (16 weeks)

February - May (16 weeks)

June - July (8 weeks)



## INTEREST GROUPS

Building Relationships & Having Fun

## Awaken

“Where there is no vision, the people perish; but he who keeps the law -- blessed (happy, fortunate, and enviable) is he” (Proverbs 29:18). AWAKEN is for young adults 25-35 to do life in a stable community of friends. Let’s meet to have fun and encourage each other. The group is not limited to topics or events. We will be hanging out and growing together once a month in a home setting and once a month in a town/city event. Times and dates will be announced at the end of every group and listed on a public google calendar located at (<http://www.abducomunusdesign.com/calendar2.html>). This group’s vision is to go beyond the church walls (all are welcome) and create a family based community, with a safe environment to be yourself, open to grow with each other, by the Holy Spirit.

Kristen Bresse - First and third Tuesday of the month at 6:00 - 7:30 p.m.

[Click here to get more information using the Life Groups Finder.](#)

## Blessing Singles

Looking for friendships that bring blessing? Join us for fellowship, prayer, conversation and places to go. Please contact Rose at 617-833.5361 or Alessandra at 508-371-7121.

Rose Silva & Alessandra Oliveira - First and third Friday of the month at 7:30 p.m. at my residence in West Newton, MA

[Click here to get more information using the Life Groups Finder.](#)

## Bold With Color

Spring will soon be here with beautiful colors. Let’s take a cue from nature and burst into a new look for Spring. Join us for some fun as we explore using bold, vibrant colors to enhance our wardrobe. Be bold and open to try new colors, leave your comfort zone and dare to go where you have never gone before with colors.

Annie Bispham & Pat Gana

Saturdays: February 13, March 13, April 10, May 15 at 1:00 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Breakfast of Champions

Enjoy a good breakfast with the men of IFC at the Cracker Barrel in Tewksbury. The food is great! To reserve your place at the table call or email Pastor Tom two days in advance. Space is limited to eight - first cal, 1st served.

Pastor Earl Darlington - Saturday, February 6, March 6, April 3, and May 1 at 9:00 a.m. at the Cracker Barrel Restaurant in Tewksbury, MA

[Click here to get more information using the Life Groups Finder.](#)

## Dancing to the Lord

Learn dance using jazz, ballet, modern and lyrical techniques to glorify the Lord. Great fellowship and good exercise too!

Lisa Miller-Gillespie - Second and fourth Saturdays of the month at 1:00 - 2:30 p.m. in IFC's All Star Stadium, North Reading, MA

[Click here to get more information using the Life Groups Finder.](#)

## Discovery Tour

Visit different sites, museums, and events in and around the Boston area. Call for details or stop by the IFC information table on the first floor lobby for my flyers.

Joan Blue - Saturdays (I will leave brochures at IFC information table)

[Click here to get more information using the Life Groups Finder.](#)

## Exercise for Every Body

Various exercise techniques; strength, toning with light weights; low-impact cardio; walking.

Cherine Tulloch - Thursdays at 7:00 p.m. in the IFC 2nd floor lobby

[Click here to get more information using the Life Groups Finder.](#)

## He Can Fix It

Learn how you can fix almost anything in your household yourself! We shall use a book called, "Fix it, Clean it, and Make it Last" Not only that, but we'll agree in prayer for what God can fix in your life too according to Ephesians 3:20

Joy Felly Barera - First and third Saturdays of the month at 7:00 p.m. at residence in Burlington, MA.

[Click here to get more information using the Life Groups Finder.](#)

## IFC Business Owners Network

The IFC Business Owners Network is a life group dedicated to business owners and business leaders with the objective of identifying business opportunities and fostering growth in the IFC business community. There will be a dedicated discussion topic at each meeting, presented by a subject matter expert. The network will remain continuously active through an online blog. (If you are a Business owner and would like to be a part of this opportunity then join me and lets plan a successful network together.)

Avonelle Christian - Saturdays: March 27, April 10, 24, and May 22 at 9:00 - 11:00 a.m. at the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## International Restaurant Experience

Relax and socialize while enjoying international cuisine. Please call to reserve your spot on the previous Tuesday. Bring money for your meal, tax and tip. Details for each restaurant experience will be left at the information table in the IFC lobby.

Janet Meesa - Fridays: February 19, March 19, April 9 at 7:00 p.m. and Saturday, May 15 at 12:00 p.m. at area restaurants.

[Click here to get more information using the Life Groups Finder.](#)

## Married Couples' Fellowship

We plan events and activities such as dinner, bowling, game nights, and fellowship. Call Donna for details. MARRIED COUPLES ONLY.

Charles & Donna Merricks Fridays: February 12, March 26, April 9, and May 14 at 7:00 p.m. Please call for the locations.

[Click here to get more information using the Life Groups Finder.](#)

## Men's Night Out

Connect with the men of IFC for a time of food and fellowship. Bring a friend, a favorite dish, and bring the boys too. There is a \$5.00 cover fee for meat on the grille and sign up is required at the information table on Sundays. (If you would like to help coordinate mid size group events for the men of IFC please contact me, Kevin Krieger)

Kevin Krieger - Tuesday, February 23rd, 6:30 p.m. at IFC Legacy Youth Center (planning future dates call for details)

[Click here to get more information using the Life Groups Finder.](#)

## Movie Nights & Eats

Let's go out to eat and then enjoy a good movie at the Showcase Cinema (Stadium Seating) at the Northgate Shopping Center in Revere. MA.

Luanne Martel - Third Saturday of the month at 7:00 p.m.

[Click here to get more information using the Life Groups Finder.](#)

## Oasis of Love

Come join us for dinner and fellowship around the Word of God in our home. Call ahead of time for possible childcare arrangements.

Josaphat Mithiga & Jane Owuor - First and fourth Friday of the month 7:00 p.m. at residence in Everett. MA

[Click here to get more information using the Life Groups Finder.](#)

## Our American Heritage

Watch a half hour program by Historian David Barton for discussion. Bring snacks and kids 10 & up. Here is a snippet for you. "Discover the

forgotten and astonishing story of our nation's foundation. For centuries, Americans were taught a truthful view of history that recognized the Godly heroes and moral foundation our nation was built upon. In recent years, a new version of history has assaulted the moral and spiritual fiber of our nation, leaving the truth of our past eliminated and forgotten. Until today. From Separation of Church and State, to the Civil Rights Movement, the heroism of our founding Fathers to the building of our nation's monuments, this series will inspire every American to reclaim the Godly, true story of our nation." --David Barton

Lu Cross - Thursdays: February 18, March 18, April 15, and May 20 at 6:30 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Practical Guy (Good Men Behaving Badly)

Every man needs to know basic practical stuff. The fastest way to learn is, hands on learning by doing. Once a month, for a couple of hours on a Saturday morning we will get together with a bunch of very knowledgeable guys and learn how to do some neat things. Ages are 15 years and up. If you are already skilled, then come and share your tips. We need you.

March: We will tear a car engine apart. Learn how combustion engines function and see the guts inside that do all the work.

April: Woodworking and power tools: Measure twice, cut once! We will be teaching everything from compound angle cuts to using drills and various power tools.

May: Grillmaster. Grilling and cooking techniques. Pass on the torch (spatula) to young men.

June: Car cleaning and detailing. We will be sharing neat tricks, beyond just washing on how to keep your car neat and clean. Bring your own supplies.

Didi Polonski - Saturdays: March 13, April 10, May 15, June 5 at 9:00 - 11:00 a.m. at IFC Shop

[Click here to get more information using the Life Groups Finder.](#)

## Snacks, Games, Movies and a Testimony or Two

Enjoy a comfortable evening of fellowship with either a prearranged faith-based movie, lively board or word game, coffee, light food, even a time of prayer or testimony by those who want to share. Childcare will be arranged by the group.

John & Joelle Lambergs - Second and fourth Tuesday at 7:00 p.m. at residence in Waltham, MA

[Click here to get more information using the Life Groups Finder.](#)

## The Run

A place just for College and Careers to fellowship. Join us for worship and relevant teaching. Seth & Gina Putnam - First Thursday of the month at residence in North Andover, MA.

[Click here to get more information using the Life Groups Finder.](#)

## Why I Stay the Course?

Join us for prayer and encouragement as we stay the course through whatever comes our way.

Gloria Harris - First and third Thursdays at 7:00 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Yarn Connection

Join us as we make clothes for babies in shelters and hospitals, throws for shut-ins, etc. Join us for a great time of fellowship while watching teaching videos, music and having discussions. LADIES ONLY.

Grayce Stead - Fourth Thursday of the month, 7:00 p.m. at residence in Cambridge, MA.

[Click here to get more information using the Life Groups Finder.](#)

## Young At Heart

Join us the last Sunday of the month after the 9:00 a.m. service for breakfast at area restaurants. A great opportunity to make new friends.

AGES 55 & UP

Lori Kokolis - Last Sunday of the month after first service at area restaurants.

[Click here to get more information using the Life Groups Finder.](#)



# SUPPORT GROUPS

Winning In Life

## Free Indeed (New Hampshire)

A Christ-centered, twelve-step Bible study using the workbook “Conquering Eating Disorders” as a guide to overcoming anorexia, bulimia, compulsive overeating and any other food related addictions. You no longer have to struggle alone. All ages & sizes welcome. Join us as we become free indeed. Cost of book: \$14.00 plus shipping (Childcare provided with a fee to be determined)

Coreena Neumire - First and third Wednesday of the month, 10:00 a.m. at residence in Candia, NH.

[Click here to get more information using the Life Groups Finder.](#)

## Free Indeed (North Reading)

A Christ-centered, twelve-step Bible study using the workbook “Conquering Eating Disorders” as a guide to overcoming anorexia, bulimia, compulsive overeating and any other food related addictions. You no longer have to struggle alone. All ages & sizes welcome. Join us as we become free indeed. Cost of book: \$14.00 plus shipping (Childcare provided with a fee to be determined)

Coreena Neumire - Second and fourth Wednesday of the month, 7:00 p.m. at the IFC Prayer Center.

[Click here to get more information using the Life Groups Finder.](#)

## Haiti

Join us for prayer and support for the nation of Haiti and for the families in our church and community that have been touched by the tragic earthquake event. God is a very present help in the time of trouble! Cherine Tulloch - Second and fourth Tuesday at 7:00 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Who Told You That?

Who told you that you cannot be promoted because of a lack of education, understanding, or business experience? Wherever you find yourself, God is well able to do exceeding above your expectations. Jesus said, “The thief cometh not, but for to steal, and to kill and to destroy: I am come that they might have life, and that they might have it more abundantly” (John 10:10). We will pray with you and give you scriptural support as you take a stand of faith. ADULTS ONLY.

Althea Brown - Third Saturday of the month at 12:00 noon at the IFC Prayer Center.

[Click here to get more information using the Life Groups Finder.](#)



# ENRICHMENT GROUPS

Life In The Word

## A Sure Foundation

Build yourself up on a sure foundation in the Word of God. Join us for discussion based on the teachings from “A Sure Foundation” by Andrew Wommack.

Marjorie Nundwe - Thursdays at 1:00 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Battlefield of the Mind

The battlefield for every Christian is the mind. That is where the victory is one or lost. That is where our futures are determined by what goes on in our mind. Discover how to win this important battle so you can achieve success in all of your relationships and the endeavors you believe God put in your heart. We will discuss the following themes over the next several weeks. We will be reading “Battlefield of the Mind” by Joyce Meyer. The book is available at the IFC bookstore. Bimpe Alao - Third Wednesday of the month at residence in Lowell, MA

[Click here to get more information using the Life Groups Finder.](#)

## Crave

Crave is a student leadership group for those teens who want to tap into the gifts and callings God has for them. It is designed to help you develop spiritual disciplines we all need in order to know God and make Him known. This group requires a commitment which states you will do all that is required of you in this group while you are a part of it. Crave has a great balance of work and play! Crave is for ages 13-18. Pastor Maurice Christmas - Wednesdays, 7:00 p.m. at the IFC Legacy Center

[Click here to get more information using the Life Groups Finder.](#)

## Financial Breakthrough

Build a spiritual action plan for your complete financial breakthrough! We will be using study materials entitled “Complete Financial Breakthrough,” by Kenneth & Gloria Copeland. Guys may contact Richards (see below) or ladies may contact Connie at (781) 801-6368 or via email at cssemakula@gmail.com

Richards & Connie Ssemakula

Tuesdays at 7:00 p.m. at residence in Lowell, MA.

[Click here to get more information using the Life Groups Finder.](#)

## Friends In Christ Connection

In 2010, our theme will be “Awaken the Leader in You.” We will seek, share and discuss information on leadership even as we praise and worship God together. Join us and lets discover together the leader in you. Experience the power of a team as we pray together and support each other. “Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go” (Joshua 1:9).

Caroline Kamau- Second Friday of the month, 7:00 p.m. at residence in Malden, MA

[Click here to get more information using the Life Groups Finder.](#)

## G.O.O.D. Time (Get Out Of Debt)

Biblical and practical principles on achieving freedom from debt. We also discuss tithing, saving, stewardship, and many other aspects of faith for finances.

Ron & Ronette Ryder - Third Saturday of the month at 10:00 a.m. at the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Going Deeper With the Holy Spirit

What would your life be like if you could move into the powerful, all-encompassing, eternal presence of God anytime you desired? How different would your life be? Your conversations? Relationships? Goals? Thoughts? Actions? What would it be like to receive answers to prayer time after time? God sent His Holy Spirit to be our helper so we might live a life of power and communion with Him. The Bible is filled with promises that God answers prayer...if only we can learn to allow the Holy Spirit to lead us. If you are ready for an intimate walk with the Lord, a walk you have hungered for and longed for with all your being, then join us and let the Holy Spirit lead you...and get results. Please call ahead to reserve a spot. ADULTS ONLY.

Tola Olubanjo - Second and fourth Thursdays of the month, 7:00 p.m. at residence in Lynn, MA.

[Click here to get more information using the Life Groups Finder.](#)

## Healing School

Understand your covenant right to be healthy and how to defend it. Learn what it means to be healed and whole and how to cooperate with the healing process and discover the balance between the natural and the supernatural.

Rev. Wendy Veillette - Sundays at 8:15 a.m. and 10:15 a.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Master's Men

Take a journey with other men in leadership and character development. This group will help you as a man of God to foster godly friendships and personal accountability, establish spiritual disciplines, and create a sense of mission for your life. There is a \$20.00 cost for materials.

Pastor Thomas Kiessling - Third Wednesday of the month, 7:00 p.m. at Legacy Youth Center

[Click here to get more information using the Life Groups Finder.](#)

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Tyrone Callahan - Third Monday of the month at 7:00 p.m. at my residence in Brockton, MA

[Click here to get more information using the Life Groups Finder.](#)

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Pastor Jonathan Del Turco - Third Wednesday of the month at residence in North Reading, MA

[Click here to get more information using the Life Groups Finder.](#)

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Take a journey with other men in leadership and character development. This group will help you as a man of God to foster godly friendships and personal accountability, establish spiritual disciplines, and create a sense of mission for your life. There is a \$20.00 cost for materials.

Pastor Alan Hardiman - Last Tuesday of the month, 7:00 p.m. at residence in Windham, NH.

[Click here to get more information using the Life Groups Finder.](#)

## Master's Men

Take a journey with other men in leadership and character development. This group will help you as a man of God to foster godly friendships and personal accountability, establish spiritual disciplines, and create a sense of mission for your life. There is a \$20.00 cost for materials.

Brian Gault - First Tuesday of the month, 7:00 p.m. at the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Million Dollar Hands

Join us, business owners, for discussions on how to live out your faith in the world of business. Perhaps you are wanting to start a business of your own? Join us to find out what it takes to start your own business and meet your bottom line. We will also discuss leadership principles and integrity in dealing with employees, customers, contracts, taxes, and much more.

Ushearnda Reynolds - Second Saturday of the month, 10:00 a.m. -12:00 p.m. at International Childcare Exchange in Malden, MA.

[Click here to get more information using the Life Groups Finder.](#)

## Miracle Growth

The only sure way to have the foundation that is needed to build a successful Christian life is to know what the Word has to say about issues and life. It doesn't matter how young or old you are in Christ, there is always MORE growing we need to do to become all we were created to become. Keep the growing going and join us at Miracle Growth!

Rev. Wendy Veillette - Sunday at 8:15 a.m. and 10:15 a.m. in the IFC Conference Room

[Click here to get more information using the Life Groups Finder.](#)

## Missions Prayer

Be enriched and supplied by what you sow in prayer for the missionaries of IFC. We pray for God's divine health, provision, favor and protection for our missionaries and their families. As we pray we expect that which we have sown in prayer to come back upon us.

Mary Bradley - First and third Mondays of the month, 7:00 p.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## One Life to Live - Thirty Days to a No Regrets Life

Live Passionately, Love Completely, Learn Humbly and Leave Boldly! Let us continue exploring, reflecting and implementing what we have learned during the series One Life to Live - Thirty Days to a No Regrets Life. Please join me as we seek God together in this series, examining each of the core areas as it pertains to us personally:

Michelle Samples - Second and fourth Wednesdays of the month at 7:00 p.m. at residence in Worcester, MA

## Operating in the Anointing

Discover how you can enter a deeper walk with the Holy Spirit and the power that has been given to believers. We will be using a comprehensive study guide on "God's Precious Anointing" by Benny Hinn Anne Nakanwagi - Mondays, 7:00 p.m. at residence in Waltham, MA  
[Click here to get more information using the Life Groups Finder.](#)

## Position Yourself To Prosper

Don't just appear to be prosperous. You can have real success-God's way! In positioning yourself to prosper you will learn to position yourself to live the life that God has planned just for you. Learn the paramount foundations of prosperity: giving, tithing and love. Free yourself from lack and exercise the God given promises for every believer. Be an intentional planner and become a success story with these keys to extraordinary living. Link up with productive, God-ordained partners and watch exponential favor come your way. Based on TD Jakes' book "Positioning Yourself to Prosper."  
Tola Olubanjo - First Saturday of the month, 11:00 a.m. at residence in Lynn  
[Click here to get more information using the Life Groups Finder.](#)

## Prayer School

If you have a heart to be a person of prayer and desire to learn how to follow the Holy Spirit in prayer and have never been previously trained in this area, then this life group is for you. We will grow together in learning to follow the anointing in prayer through Biblical teaching and demonstration. Come learn what a joy it is to share God's heart for others in prayer and watch as our effectual fervent prayers avail much. NOTE: It is important to come on time commit to come regularly to really catch what is being taught, as well as to grow together in unity as a group.  
Carolyn Farias & Robin Zeck -First and third Wednesdays of the month, 7:00 p.m. in the IFC Prayer Center.  
[Click here to get more information using the Life Groups Finder.](#)

## Stir Up Your Mind

There are some great books to talk about, "Before You Do" by TD Jakes and "The Purpose and Power of a Woman" by Myles Munroe. Let's come together for prayer and reflection on the goodness of God and refreshments. Group size is limited to 8-10 ladies.  
April Turner - Saturdays, February 13, 20, March 13, 20, April 10, 24, May 1, 8 from 2:00 - 4:00 p.m. at residence in Malden, MA  
[Click here to get more information using the Life Groups Finder.](#)

## The Master is Calling

Learn powerful Biblical perspective on prayer that takes you to the heart of meaningful, effective, and joyful communion with God. Discover a victorious approach to worship, intercession, petition, and spiritual warfare that will revitalize your Christian life. Experience the joy of true fellowship with the Lord and be tremendously effective in prayer. We will be using Lynne Hammond's book, "The Master is Calling" available in the IFC bookstore.

Josephine Sentamu - Saturdays at 7:00 p.m. at residence in Waltham, MA  
[Click here to get more information using the Life Groups Finder.](#)

## The Parent You Want To Be

If you are a prospective or a new parent, get the tools and information you need to be a successful parent. Meet others who are embarking on the journey of parenting. Because materials need to be ordered, pre-registration is required! The first six couples who sign up get a free workbook. Otherwise the cost of the workbook is \$7.95. Please call or email ahead of time so that we may make adequate preparations. Pastor Alan & Janis Hardiman - First and third Thursday of the month at 7:00 p.m. at IFC All Star Stadium (2nd Floor)

[Click here to get more information using the Life Groups Finder.](#)

## The Power of Faith

How's your faith working for you? The Bible says "the just shall live by faith" and if we are supposed to live by this faith, how do we do that on a continual basis? We were born again by faith and everything else we receive is by faith. So, let's discover what this faith is and how to walk in it.

Rev. Wendy Veillette - Fridays, February 5, 12, 19, 26; March 19, 26; April 9, 23, 30, and May 14 at 9:30 a.m. in the IFC Prayer Center

[Click here to get more information using the Life Groups Finder.](#)

## Morning Bible Study

Rev. John Del Turco always has a fresh word that will keep you sharp spiritually. Join us for a refreshing time of study in God's Word followed by food and fellowship.

Rev. John & Lydia Del Turco - Wednesdays, 10:00 a.m. at the IFC Prayer Center.

[Click here to get more information using the Life Groups Finder.](#)

## Wisdom for Young Women

Submission? Adapt? Leave and cleave? Honor? Have you ever wondered about these words and what they mean to us as women? Whether you are married or single, join me as we search the scriptures so we can live a thriving, fulfilled life of purpose here on the earth. (Specifically for ages 18-35) Reserve your spot, space is limited to twelve people.

Pastor Verna DeTurco

Thursdays: March 11, April 8, May 6, June 10,

and July 8 at 7:00 p.m. at residence in North Reading, MA

[Click here to get more information using the Life Groups Finder.](#)

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