

**What is a LifeGroup:** A LifeGroup is made up of a small group of people who gather together to share life together. Its purpose is for individuals to get involved in other's lives in order to encourage each other, pray for each other, rejoice with each other, hold each other accountable, and help each other become and live as a disciple of Jesus Christ. LifeGroups are the avenue by which every person can get connected with a smaller group and receive the love and support they need throughout the week to help them in their walk with Jesus Christ.

**Group 1) Discipleship Culture | LEADERS: Austin & Tabitha Pinckney**  
**TOPIC: Discipleship Culture for the Young Adult**

Pursue an understanding of Jesus with focus on the application of the Gospel and importance of theology, family, relationships, healing, and mission in regard to ministry, faith, fellowship, outreach and leadership.

Day: **Mondays** | Time: 7:00 pm | Start Date: Ongoing | Location: The Cornerstone Cafe (upstairs)  
*The target age group is between 18-30ish. Sorry, no childcare provided.*

**Group 2) Tuesday Night Rhythms of Renewal: Ladies Group | LEADER: Kim Mayer & Jennifer Morris**  
**TOPIC: Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose**

Next up: "Are you tired? Worn out? You can be rescued daily from worry, stress and anxiety. Join us for a Ladies Life Group as we work together through the book by Rebekah Lyons. We will use Rebekah's book, video sessions, scripture and group discussion to explore the rhythms of Rest, Restore, Connect and Create to cultivate the vibrant life God intended for each of us.

Day: **Tuesdays** | Time: 6:30 pm | Start Date: 1/21/20 | Location: The Cornerstone Cafe (upstairs)  
*For women of all ages; newcomers welcome. Childcare is provided.*

**Group 3) Foster Parent Support Group | LEADER: Tori Lindberg**  
**TOPIC: Discussion related to Foster Care Parenting**

Filtering your foster parenting journey through the lens of the gospel.

**NOTE: This is a once-a-month meeting on the 4th Tuesday of the month.**

Day: **Tuesdays** | Time: 6:00 pm | Start Date: ongoing | Location: Lindberg Downtown Apartment  
*All newcomers are welcome. Childcare is provided.*

**Group 4) Tuesday Night Study Group | LEADER: Terry Jacobs & Paul Hoffman**  
**TOPIC: Thriving in Babylon**

Next up: Thriving in Babylon by Larry Osborne | IMPORTANT NOTE: Study will not start **until** March 10, 2020

Day: **Tuesdays** | Time: 6:30 pm | Start Date: 9/10/19 | Location: The Cornerstone Cafe (upstairs)  
*All newcomers are welcome. Childcare is provided.*

**Group 5) Digging Deeper | LEADER: Larry VanHoose**

**TOPIC: A group for those wanting to work together to dig down into scripture to answer the question, "Who is Jesus (really), and who isn't he?" The catalyst idea behind this study is the question Jesus asked of Philip as he was speaking to his disciples (and ultimately to us), "Have I been with you all this time, Philip, and yet you still don't know who I am?" (John 14:9)**

Day: **Wednesday** | Time: 7:00 pm | Start Date: Feb. 12, 2020 | Location: Cornerstone Community Room  
*This group is open to everyone. Childcare is provided!*

*signup*

fill out a connection card, sign up at the information desk,  
or sign up online at [mycornerstone.fyi](http://mycornerstone.fyi)

**Group 6) Thursday Morning Rhythms of Renewal: Ladies Group | LEADER: Kim Mayer & Jennifer Morris**  
**TOPIC: *Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose***

Next up: "Are you tired? Worn out? You can be rescued daily from worry, stress and anxiety. Join us for a Ladies Life Group as we work together through the book by Rebekah Lyons. We will use Rebekah's book, video sessions, scripture and group discussion to explore the rhythms of Rest, Restore, Connect and Create to cultivate the vibrant life God intended for each of us.

Day: **Thursday Mornings** | Time: 8:30 am | Start Date: 1/16/20 | Location: The Morris Home  
*For women of all ages; newcomers welcome. Childcare is provided.*

**Group 7) Do Life! | LEADERS: The Waller's and the McCurdy's**  
**TOPIC: *Doing Life Together***

Our goal for this life group is to literally "do life" in an authentic way by building relationships with each other and with Christ. No formal topic just come eat dinner and we will do life together!

Day: **Thursdays** | Time: 6:00 pm | Start Date: Ongoing | Location: Alternates - see leaders  
*All newcomers are welcome. Childcare is provided*

**Group 8) Morning Prayer Group | LEADER: Austin & Tabitha Pinckney**

**TOPIC:** Prayer Meeting: This is a 30 minute informal prayer meeting. Our focus is to pray for the ministry, direction, and leadership of Cornerstone AND to pray for the local community.

Day: **Thursday Mornings** | Time: 8:00 am | Start Date: Ongoing | Location: Cornerstone Worship Center  
*Newcomers are welcome! Sorry, no childcare provided.*

**Group 9) Friday Morning Men's Group | LEADER: Paul Hoffman**

**TOPIC: *A study of various books of the Bible.***

Day: **Friday Mornings** | Time: 8:30 am | Start Date: Ongoing | Location: Lincoln Financial Bldg - 411 N. Main  
*This life group is open to all men - newcomers are welcome! Sorry, no childcare provided.*

**Group 10) ZUMBA with Christy! | LEADER: Christy Alley**

**TOPIC: *Fitness and well-being through Zumba***

Join us for 30 minutes of Zumba to recharge our afternoons. The class will frequently feature Christian Warm-up and Cool-down. There is no charge for Zumba for the Wednesday afternoon class.

Day: **Wednesdays** | Time: 4:15 pm | Start Date: ongoing | Location: Ultimate Fitness, Galax  
*All newcomers are welcome. NOTE: No organized childcare but is area to the side where kids can play quietly.*

**Group 11) Fit for Faith | LEADER: Ashlee Bailey**

**TOPIC:** This is a faith-based fitness study using Tim Tebow's book, *This Is the Day: Reclaim Your Dream. Ignite Your Passion. Live Your Purpose.*

Day: **Tuesday Evenings** | Time: 7:00 | Start Date: 2/4/2020 | Location: Curtis Bartlett Fitness  
(NOTE: admission to the fitness center is free for this study group)  
*Newcomers are welcome! Sorry, no childcare provided.*

*signup*

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or sign up online at [mycornerstone.fyi](http://mycornerstone.fyi)