

NEW LIFE COFFEE CAFÉ

Now open on Tuesdays!

Check it out! We've revamped our coffee cart and now offer its services on Tuesday evenings, 6 PM to 7:30 PM. Don't show up to your group hungry! Food options are now available, along with a seating area! Proceeds go to our FUEL Youth Department.



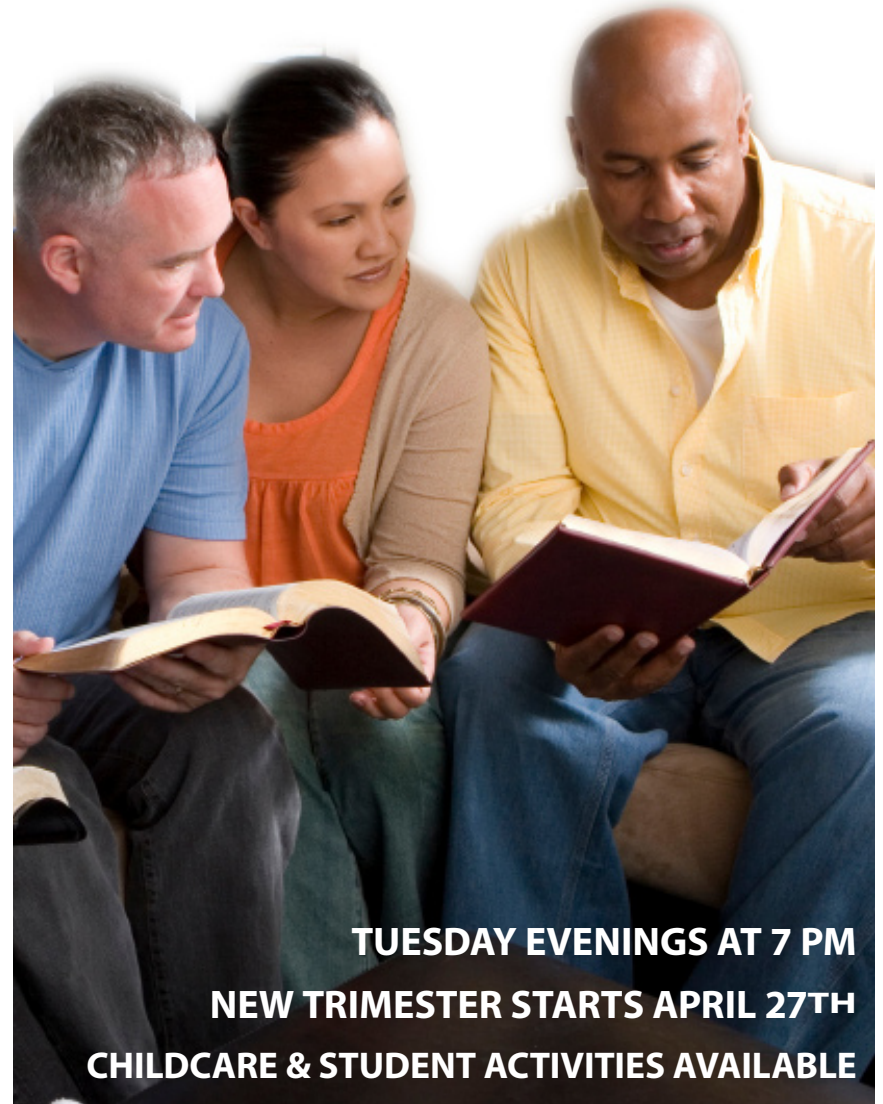
SPRING 2010

"Thank you for your interest in becoming a part of our CARES family. Our growth groups combine structured information, guided discussions & practical application. You will be under the direction of skilled and trained facilitators in a safe & nurturing environment. It is our hope and prayer that you will make new friends, gain fresh insights, and discover spiritual principles that will help you live a more fulfilling and purposeful life!"

— Pastor Ray Smith

newLife
community church

Church Location: 8101 Sunset Avenue, Fair Oaks, CA 95628
Administrative Offices: 9276 Greenback Lane, Orangevale, CA 95662
916-536-LIFE (5433) | info@aboutnewlife.com
Visit us at www.aboutnewlife.com!



TUESDAY EVENINGS AT 7 PM

NEW TRIMESTER STARTS APRIL 27TH

CHILDCARE & STUDENT ACTIVITIES AVAILABLE

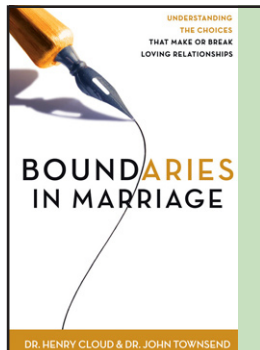


CARES GROWTH GROUPS

Starting Tuesday, April 27th!

BOUNDARIES IN MARRIAGE (12 weeks; closed after the 3rd week)*

Track 3-A/B



Facilitators: Matt & Kim Caspar
Cost: \$20 per person or \$30 per couple with shared text (includes book, handouts and registration)

Boundaries—the ways we define and maintain our sense of freedom, individuality and personal integrity—are essential for a flourishing marriage. In this group you will learn why boundaries are vital for a thriving marriage; how to protect your marriage from intruders (other people or personal idols); why each partner needs to establish his or her own boundaries and how to go about it; and how to work with a spouse who does or does not understand and value boundaries.

**Minimum of 5 participants required*

EMOTIONAL FITNESS (12 weeks; closed after the 3rd week)*

Track 3-A/B



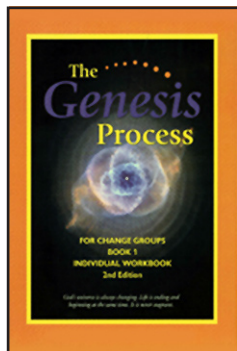
Facilitators: Pastors Jim Carstens & Ray Smith
Cost: \$20 per person or \$30 per couple with shared text (includes book, handouts and registration)

It is important to understand and manage our own emotions and, at the same time, to properly respond to the emotions of others. This group looks at human emotionality from a Biblical perspective. You will explore the seven primary emotions of hurt, anger, fear, guilt, false guilt, condemnation and stress, and learn how to negotiate them. You will also be introduced to the ten positive emotions that lead to emotional happiness and stability!

**Minimum of 5 participants required*

MEN'S CHRIST-CENTERED SUPPORT PROGRAM (Ongoing; drop in any time)

Track 2-A



Facilitators: Daniel DeLeon, Mike Pepper & Phil Domingo
Cost: No fee; offering received the first Tuesday of each month
TEXT: The Genesis Process

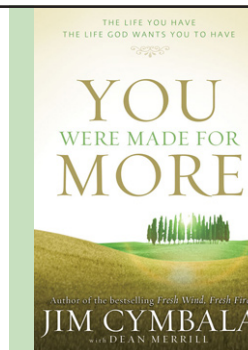
Genesis is all about change, growth & accountability. This group uses Biblical principles and self-evaluation to bring about personal change. Furthermore, you will learn the skills needed to help you make good decisions that affect yourself and those close to you, as well as meet other men who have experienced success in their recoveries and once again have hope for their futures. Groups emphasize acceptance, grace & honesty in an atmosphere that is safe and confidential!

PRAYER CLASS/SMALL GROUP (Ongoing; drop in any time)

Track 1-A/B

Facilitator: George Hanson
Cost: \$15 (includes book, handouts and registration)
TEXT: You Were Made for More by Jim Cymbala

Discover how to access the “more” God intends—more peace, more real joy, and more of a deep sense of purpose. As you open yourself up to the “more” of God, you will also discover your unique work assignment—the one thing God is calling you and you alone to accomplish for the sake of His work in the world. You will be encouraged to find that “more of God” means more influence, more energy and ultimately more happiness.



ALSO OFFERED ON TUESDAYS:

FIRST THINGS FIRST (Ongoing; drop in at any time)

Track 1-A

Facilitators: Bob & Becky Boddorf, Linda Papini & Shirley Lemos
Cost: No fee; offering received the first Tuesday of each month

First Things First is an ongoing, 14-week Bible study on Christian growth for new and returning believers. Meet with others who have a desire to explore God’s purpose for their lives and build friendships that will last a lifetime! Together you will learn the cornerstone principles on which the Christian faith is built and discover your part in God’s eternal plan.

Room 108



“IN STITCHES” (Ongoing; drop in at any time)

Facilitator: Sharlene Saathoff
Cost: No fee

Our knitting and crocheting group meets weekly on Tuesday nights. Get a chance to work on your own creations, as well as group outreach projects throughout the year! Whether you are a novice or an expert, please join us for fellowship and a great time together!

Room 121



REGISTRATION BEGINS IN THE CHURCH LOBBY AT 6:30 PM ON TUESDAY, APRIL 27th. QUESTIONS? CALL THE CHURCH OFFICE AT (916) 536-LIFE.

CARES TRACKS LEGEND:

1 = Spiritual Growth; 2 = Recovery & Support; 3 = Emotional & Relational Growth and Support
 A = Grow; B = Serve; C = Share

(more info on back)