

Koinonia: The New Testament word for COMMUNITY

Koinonia groups are self-directing spiritual growth groups of no more than 12 people. Most groups choose their own study and sometimes select outreach projects for their common ministry. The aim of Koinonia is to encourage a balanced life through the practice of six key spiritual disciplines:

- The Prayer-Filled Life - Spending time with God in prayer and meditation.
- The Word-Centered Life - Reading the Scriptures and sharing the Gospel.
- The Spiritual-Empowered Life - Welcoming the Holy Spirit; nurturing and exercising our spiritual gifts.
- The Disciplined Life - Practicing virtues that overcome temptation and strengthen a useful, healthy and disciplined life.
- The Compassionate Life - Helping others, serving the community, reaching out to the needs of the world.
- The Sacramental Life - Understanding life as Eucharist. Strengthening our families.

Moving between religious and everyday activities, treating them as of equal value because God is present in both.

We believe Koinonia small groups express and strengthen the core of Christ Church. They offer true Christian community where people get to know each other, pray for one another, care for one another, and offer leadership in the life of our parish. Most of all, Koinonia is a place where we can be strengthened to grow as disciples of Jesus Christ. Koinonia groups can meet anytime, anywhere, with anyone. Christ Church, however, provides a place to meet, a meal, and childcare services on Wednesday evenings. For those who want to meet at other times, every effort will be made to help you form additional groups outside the Wednesday evening time slot.

To find out more about Koinonia, contact:

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