

# JOURNEY

STAY  
GROUPED



A Guide to  
Taking Your Next Step



Summer 2025

# WHY GROUPS?



Sunday mornings are important, but they cannot provide everything we need to live out our faith in our ordinary, everyday life. That's why we believe so strongly that everyone needs to belong to a community group where you can be fully known, fully loved and fully accepted.

It's almost Summer but there are still lots of options for getting connected. Here are some things to consider as you explore this step of growth:

- What day or time would consistently work for you?
- Would you like a group that meets weekly, every two weeks or once a month?
- Would you prefer a men's, women's, couple's or a mixed group?
- Do you need childcare?

Think through your questions. Look at your calendar and other commitments to see what days might work best for you.

And let's talk - on Sunday morning, on a phone call, over a meal or a coffee. These are my favorite conversations, so let's talk about what type of community would be best for you!

Greg Bowman  
Community & Care Pastor  
847.488.1800, x150 (this office line rings through to my cell)  
[Greg@WestRidgeChurch.com](mailto:Greg@WestRidgeChurch.com)



*Using the camera on your phone or tablet, scan the QR code (on the left) and let me know you are interested in a community group at West Ridge!*

# New Groups

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## **Crafty Women - Bonnie Weckler (leader)**

Do you have a fun craft that you enjoy doing? Want to share that craft with women who'd love to learn? Or would you like to learn a new one? Not sure where to begin? Join us for our first meeting of the Crafty Women's group on May 15th at 7pm at West Ridge, where we will also decide how often we want to get together. It will be a fun evening with great conversation!

Meeting Day: Thursday, May 15th

Time: 7pm

Place: West Ridge



## **M.E.N.D. Support Group (for men and women)**

M.E.N.D. is here to provide hope and healing through your journey after the loss of your baby. M.E.N.D. (Mommies Enduring Neonatal Death) is for families who have lost their baby through miscarriage, stillbirth, or early infant death. During group we share openly about our experience of loss and support one another on the journey of healing.

We are so sorry you need our group, but you do not have to grieve alone. Please join us.

If you have questions, you can email Carrie Tudor, who not only leads this group but is also the Chicagoland Director for M.E.N.D. Her email is [carrie@mend.org](mailto:carrie@mend.org).

Day: First Tuesday each month

Place: Atrium Room

Time: 7:00-8:30



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# Existing Groups

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## Young Adults

Whether in college or you're a young professional in your 20s or 30s, single or married without kids, this might be where you belong! This group is a supportive community of young adults at various stages of life who want to feel more connected to other believers, continue to grow their personal relationship with God, and give back to the local community.

While life can often become very busy, this is an opportunity to be intentional about your faith and establish lifelong relationships. We look forward to seeing you at both our casual gatherings and evenings where we dive deeper into the Word together!

Meeting Day: Thursday Evenings

Meeting Place: West Ridge



## Wednesday Walk With Christ (Men)

A diverse group of men from a variety of backgrounds and ages. This group includes in-person studies as well as serving in the Elgin area at PADS Shelter and an elder-care facility. Men of any age are welcome here!

DAY: Wednesday evenings, weekly

PLACE: Foundation Room @ West Ridge



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# MARRIAGE GROUPS

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## Marriage Matters

How is your marriage? Great? Needs a tune up? On the brink?

Alan & Samantha Snyder lead the Marriage Matters community group. Here's how they describe it: "The fact that my wife and I lead this tells you it is hardly for perfect couples...so you'll probably fit right in.

"It's a group for married people who want to improve their marriage as they connect with other couples. We get to be ourselves, come together comfortably, have authentic (and completely confidential) conversations, and build lasting relationships around marriage.

"Come as you are - there is no homework, each week is unique and child care is provided for couples with little ones!

"We have couples that range from being engaged to having been married for 50 years. If investing just one hour a week can vastly improve your marriage, isn't it worth it? This group has been a huge blessing for those that have been a part of it. Every week we see marriages improve as we learn to communicate better, we gain deeper understanding. Above all - we see couples fall more in love."

Everyone can have a happy marriage. Maybe it's time to invest in making that a reality. Even if your spouse can't make it, you're still welcome here. Talk to Alan and Samantha if you have any questions. Or better yet, just show up, there is always a place for you.

Leaders: Alan & Samantha Snyder

Meeting Day: Every Wednesday, 6:30-7:30pm

Meeting Place: Cafe at West Ridge



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# WOMEN OF WEST RIDGE



To walk into a group of people you don't know can feel intimidating. Especially when you show up with an expectation of becoming a part of them. That's why Women of West Ridge offers risk free gatherings that begin with a larger group teaching on a relevant topic, then huddling up in smaller groups to discuss and build relationships.



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## Faith & Fellowship

You are invited to this twice a month gathering, designed to build into your connection with other women and with God. It's a safe place to share, to pray, to learn, and to encourage one another. Each night is a new topic/theme so if you missed out on any nights, you can still come. We meet on the second and fourth Mondays of every month at 7:00 pm at West Rldge. This is a perfect first step in finding your people and digging deeper into your relationship with God.



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## Women's Special Events

Occasionally Women of West Ridge have fun events that allow for great laughter, food and friendship creation. Everything from bunco to Friendsgiving to serving together in the community. These are great first steps that can lead to lifelong relationships. Please check our website [www.westridgechurch.com](http://www.westridgechurch.com) for up to date info on upcoming events.



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## Women's Retreat (annual spring event)

Our retreats will give you the opportunity to form special connections with other women, rejuvenate your relationship with God and spend quiet moments in self-reflection. Laughing together, growing together, and walking away equipped with confidence is what you can expect in this opportunity to find your people!

# MEN OF WEST RIDGE



Everything about Men of West Ridge ultimately comes back to relationships. And the best relationships happen in groups where we can know others and grow in our faith journey. Men of West Ridge has a three gatherings (below) - and those gatherings help you to find those few, that band of brothers, who will do life with you.



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## **Tuesday Tune Up** (weekly 7-8:45pm, in the Café)

Tuesday Tune Up is a gathering for every guy. This gathering begins with a brief teaching from one of the guys. That is followed by a time in community groups, where men huddle up to discuss the real stuff men face as we live out that teaching. If you are a guy, this might be the best way to take a step one into community. No registration needed - just show up!



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## **Men's Breakfast** ( Second Saturday Monthly, 8-9:30AM)

There's a lot to love here. A great breakfast. Honest conversation about the stuff every man faces in living out his faith. Each month one guy shares a thought-provoking teaching, and what follows may be the best part of the morning - honest conversations in smaller groups, where you realize you're not alone. It's a great first step into community.



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## **Man Camp** (October 19-21, 2025 in Oregon, IL)

Man Camp may be the least churchy church thing ever. We built this all new event for you, and we want the real you there. If you're ok with simply exploring the possibility that there is a God, and that He wants to know you, you'll be good at MAN CAMP. We designed this thing so that guys who are curious about God have a shot at asking their questions and exploring some answers. We also designed it as a rare opportunity for every man to be himself. We want you there—not a fake, more religious version of you.

Mark your calendar today! Registration opens in August.

# SUPPORT GROUPS



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## **Alcoholics Anonymous (AA)**

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics achieve sobriety.

Hosted at West Ridge Church, the Wednesday Night Serenity Group (AA) is an open group. The room is handicapped accessible.

DAY: Wednesdays 7:00PM every week

PLACE: Atrium (Room 102) @ West Ridge



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## **Expect A Miracle AFG (Al-Anon)**

Al-Anon is a program of hope and help for anyone whose life is or has been affected by someone else's drinking.

The purpose of AL-Anon is to help friends and families recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative, in the present or past. There are no dues or fees.

This group is hosted at West Ridge and is open to anyone in need. The meeting space is handicapped accessible.

DAY: Thursdays @ 7:30pm every week

PLACE: Atrium (Room 102) @ West Ridge





## Here's your next step!

If you:

- Found a group from the list that you'd like to try, or...
- Would prefer a recommendation for a group to try, or...
- Would like to come to Men of West Ridge, Women of West Ridge or join a support group, or...
- Are looking for something different than what's here?

Then there are two simple options for your next step:



email [greg@westridgechurch.com](mailto:greg@westridgechurch.com)



text "group" to 847.488.1761

Greg Bowman, our Community & Care Pastor, will follow up and help you get connected.