Select a group and explain how it has benefited from ONE continuity in society.

An example of a group that has benefited from a continuity in society is the Australian Surf Life Saving organisations. Remaining continuous across time has been the government funding & community involvement (by volunteers such as myself) in enabling persons to enjoy their time on the beach knowing that they are in a safe environment.

(Continued in answer below.)
The continuation of surf clubs in Australia is beneficial on both a micro and macro world level. It has seen the emergence of beach and surf culture as an integral component of Australian society.