



The Foothills Flyer

Evangelism Forward at Foothills: 5W5 by Rod Pauls, Elder

Value: Holistic Discipleship

Our *Vision for 2017* at Foothills begins with this statement: **Understand like never before that God expects all His followers to be His ambassadors, be more concerned and sorrowful for the lost, pray more than ever before for the lost and share their faith with more people than ever before.** Toward that end, the elders have set



aside the month of February (and a little bit of January and March) as a time to focus more intently on fulfilling this part of our vision. We're calling it **Evangelism Forward at Foothills: 5W5**. The 5W5 means "five weeks between the fives." Beginning with February 5 and ending with March 5 there will be five Sunday seminars offering training in how to become a person who is able to build friendships with non-believers and have really healthy conversations with people about matters of faith. These seminars will help you learn the benefits of being involved in witness; your unique style of witness; how to build friendships and have conversations; how tell your story of coming to faith in a compelling way; and how to share God's story in a way that invites people to believe. These Sunday seminars will be offered from 9:00 to 9:45am in the Community Room of the church.

If you are already actively involved in sharing your faith with others we hope that you will come to these seminars to support and encourage those who are eager to grow in their desire and skill in witness. You can be an "accelerator" for helping to move Evangelism Forward at Foothills! If you are someone who struggles to share your faith with others, or if you feel that you just cannot do this "witnessing thing," we want to encourage you to come and learn. Just by getting the training, you are participating in our strategy for moving evangelism forward. And there are other ways to participate as well: praying for non-believing friends, meeting people and engaging well with them, celebrating those who come to faith, discipling new believers and helping them grow. The Seven Orbits of Evangelism strategy is an "all-play" strategy. Everyone can be involved and we hope that you will join us.

Colossians 4:3-6 includes these words, "pray... that God may open a door for our message, so that we may proclaim the mystery of Christ... 4 Pray that I may proclaim it clearly, as I should. 5 Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." May Foothills Fellowship be a community of faith that prays fervently for those who are lost, is wise in the way that we interact with non-believers, proclaims the good news of Jesus clearly and

compellingly and makes the most of every opportunity. We look forward to seeing you on the “five weeks between the fives.”

Adult Discipleship at Foothills by Joe Eastman

Value: Holistic Discipleship

Last year we were blessed to add many new folks to our community here at Foothills. Considering this I wanted to spend some time highlighting how we have planned adult discipleship. At Foothills we have a multipronged approach to adult discipleship. We understand that many people are juggling many things in their lives and cannot always participate with traditional methods, so we have pioneered other methods to help you fit discipleship into your life.



One method is small groups. I hope and pray that you have been able to connect with a small group of people from this church for fellowship and discipleship. It is vital as Christians that we connect with other believers for fellowship, accountability, and friendship. I hope that you are spending time building relationships here because they can and should be some of the strongest and most important in your life. Small groups provide discipleship in real time. If you are in a small group then when real issues pop up in your life the small group can be a way for you to seek guidance, prayer, and fellowship for that issue. Of course, the Elders are here for you as well but since there are only a few of us small groups provide that real time help all of us need from time to time.

While we have worked to use some nontraditional methods we do have the more traditional methods as well. We do offer Sunday School classes most of the year, which run in cycles. For example, this month we are doing a cycle of evangelism classes for the month of February. Then in March, we are planning to offer a class on Apologetics, which will run until the summer.

Probably the most nontraditional method is our online classes. If you look at our homepage, www.thefoothills.us and scroll down under “more pages,” you will find a link which reads, “online classes.” Here you will find the two classes being offered now, Hermeneutics 101 and 201. These classes are completely free and will take you through the process of learning how to interpret the Bible. The nice thing about the online classes is that you can take them anytime and anywhere with an internet connection. As the year goes on look for more classes to be offered online.

Of course, we also see preaching as one of the prongs of adult discipleship. The primary purpose of preaching the Word consistently is to help all of us learn how to apply the Bible to our own lives. So, of course church attendance on Sunday morning is vital for this method to work. However, for those Sunday’s when you can’t make it we do link all sermons to the website.

Finally, we should also mention that our Men's Mosaic and Women's Ministry play an integral part of our adult discipleship approach. The women have a Friday morning Bible study which runs in cycles for most of the year. The men meet quarterly for a breakfast and discussion and meet in smaller "Mosaic" groups where we fellowship around activities.

As this year gets going, take some time to integrate some of these methods into your life and routine and I guarantee it will help you grow closer to the Lord and know His Word even better. After all, in Joshua 1:8 we read, "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."

New Creation Update by Jesse Harden

Value: Global Missions

New Creation Albuquerque has begun to live into our weekly rhythms together within the International District. These first six months will be about cultivating healthy rhythms as individuals and as a community that nurture our relationship with Jesus, one another, and our neighbors. We desire to become an extended family on mission, and to invite people into our family rhythms so that they may know Jesus, experiencing abundant life under His Kingdom.

Our rhythms include simple daily prayers and scripture readings which we pray as individual households, meeting together regularly for worship and mission, and identifying/building relationships with people of peace within our neighborhood. At the center of our rhythms is food! Lots of food! We eat together as a part of our worship service and we share the Lord's Supper each week. Every time we get together, we eat. We believe that God is present with us as we eat together. As we pass food to one another at the table, we are also passing a piece (& the peace) of ourselves as we share our stories and our lives with one another. We are learning as we go, and everything is an experiment as we gather together, worshipping God on mission.

Please, pray:

- that our neighbors' many strengths and gifts would be recognized, developed and utilized.
- that the Holy Spirit would bind us together as an extended family on mission
- that God would cross our paths with people of peace in whom the Holy Spirit is at work
- for our immigrant neighbors who face a lot of uncertainty and often experience discrimination

Foothills Women's Ministry 2017 by Melissa Eastman

Hello Foothills Family! Let me start off by telling you how super excited I am to be starting a new role in this ministry. I have spent time in prayer, seeking direction, and I hope to outline my main vision for ministering to all the lovely ladies of Foothills this year. I hope that you will join me in being excited, and will be blessed this year.

Here is a general outline of some of the main events in 2017. Exact dates and times will be announced as needed.

Women's Breakfast: I plan on having four Saturday morning breakfast with a fun theme and devotional. The first one was in January. The other three will be in May, September, and November.

Larger Ministry Events: We will have three large events during the year. These events will be open to any women 14 years and older. Our first event will be in March, the theme will be "Beautiful Feet". This will be an evening of pedicures, snacks, and encouragement on sharing the Good News. Our second evening will be in August. This night we will encourage each other with an ice cream social and recipe swap! This time of year is busy and hectic for many of us with school starting, college classes, and work. We can laugh together, indulge in a sundae or two, pray together, and get a few new recipes to add to our dinner repertoires! Lastly, we will have our annual Women's Tea in December. This year, I will be letting you do the decorating, by giving you, or groups of you, opportunities to sponsor a table to decorate as elaborately as you would like! It will fun to see all the different styles!

Women's Retreat: I'm super excited to announce that we have booked our retreat at Bonita Park Christian Camp and Conference center! Our retreat theme is "Press On"! The date is set for April 21-22, 2017. Your cost will cover lodging, 3 meals, and fun activities that will be scheduled for us! Those activities include: hiking, A zip line, rock wall, mini golf, sling shot paint ball, and swimming/hot tub to name a few of our options! We will also meet for a time of devotion and prayer together. The last day to sign-up is March 19, 2017 and your payment of \$68 will be due April 2, 2017. I will take your payments in the form of cash or checks made payable to Foothill's Fellowship with women's retreat in memo. You may also put your payment in the Sunday offering, just be sure to mark that it's for the retreat. I will also have liability forms for everyone to sign. Stay alert for more detailed information via email and Sunday announcements.

Hikes: I think it has become apparent that I love the outdoors! I will be coordinating some hiking trips in the spring, summer and fall months! I encourage all of you to try to get out and enjoy God's beauty! It is a refreshing time to get to know each other better, and get some cardio exercise in!

Other Aspects of Women's Ministry: My goal with this ministry will not only be to offer times of fellowship, but to also encourage spiritual growth, meaningful relationships, and opportunities to serve the community. To implement these goals I

would like to encourage you to dig deeper into the Word on your own, and also attend our Friday Bible studies that will be offered throughout the year. To build meaningful relationships with other women, we have to step up commitments to each other. I encourage you to form small groups of 2-4 women, and commit to pray and meet with each other regularly. This builds support and accountability. Also, along this line, going by what is outlined in Titus, I want to encourage mentoring the young ladies of the congregation. You will notice throughout the year, that I will invite the high school age girls to join us for some of our events. Young women are living in a world where so much is fighting to shape them. I don't want them to have to wait until they are 18 to have opportunity to spend time with godly adult women. I know that when my daughters get to this age, I would want some of you coming alongside me, to encourage them to make wise choices in their quest to adulthood. We have an opportunity to help our young ladies understand more about being adult women now, before it's knocking on their door. Unfortunately this day and age, adult choices are happening at younger and younger ages. Let's help each other and the young women build strong foundations in Christ. As far as community service, I think it would be nice for us to work together to bless the community. Ideas in this area are most welcomed! When I figure out a project I will let you know. I hope you find something that excites you in this newsletter, and I'm looking forward to this year with you!

Talking to Your Kids about Sex by Mike Potter

Value: Intentional Families

Kathy Flores Bell is a critically acclaimed speaker, author and nationally recognized youth sexuality educator. She's also the co-author – along with Kevin Lehman – of the book, *A Chicken's Guide to Talking Turkey with Your Kids about Sex*. She talked with Pastor Mike about how parents can make their home a place where natural and healthy conversations about sex take place. Kathy is the co-founder of the Carondelet Health Network's Youth Sexuality Program, one of the nation's largest hospital-based chastity educational programs with an abstinence focus. Her work is now produced within Home Court Advantage, which is part of the John P. Bell Family Foundation. She and her husband, Michael, have four children and live in Tucson, Arizona.

When parents ask you when they should start talking to kids about sex, you reply by telling them that they already are talking about it. What do you mean by this?

Every day we get up, we go to the coffee pot, we put our clothes on, and we do our hair. The way we approach everything about ourselves – our lifestyle, our marriage, our relationships – involves our sexuality. It involves our femininity and our masculinity, our roles as being mom or dad. Our kids are watching all of these things, and they are learning to either appreciate sexuality or do something different because of what we have given them. Our kids have determined from a very young age what is important and what is not in marriages, in friendships, etc. Thus we have begun the education in sexuality from day one.

There are kids today who tell me they don't want to get married. When we look at sexuality and sex education, marriage becomes one of the opportunities to tell children to wait for something as powerful and as wonderful as this language that we give each other in the bonding moments of sex. When the marriage language in the child's family isn't positive, the student says, "Talk to me about sex and sexuality, but I don't see that marriage is really the place that I have to wait for it." How we live in our families is the language the kids learn from the get go about sex, sexuality, and about waiting.

You talk about the importance of parents creating an environment at home where kids can grow up to be sexually healthy. What does this kind of home look like?

My parents were teen parents. My mom was 16 and my father was 17 when they started their family. My parents created a healthy sexual environment for me and my siblings partly because they didn't want what happened to them to happen to us. In doing that, they gave us open invitations and license to ask about anything.

My mom had a way of taking everyday items and showing us that this was what it was like. If we were talking about babies being inside the womb, my mom used a bag and she filled it with water and would talk about how the baby lives in water. She would make a fist in our hand and tell us that was how big the uterus was. This was typical "kitchen table" talk. She would use common household items that we were able to touch and see.

The book is designed to help parents talk to their kids about sex, and because many of us are "chickens" and need help, what advice can you offer us on how to get the sex conversation ball rolling?

One of the ways to get the ball rolling especially with older kids is to use the movies that are out today. The movies provide wonderful starting points for evaluating how people handle things in their relationships.

The second way to get the ball rolling is for parents to offer kids a sexual one-liner and then just leave it. Parents are often so ready to jump in and teach everything all at once. If we just sit there and say one thing and then leave it, sometimes teens will come back and ask parents what they meant, and then parents will have another opportunity to talk with them.

The third thing is that parents really have to have a demeanor that says the door of conversation is always open – positive facial expressions, body language, etc. In our programs with mothers and daughters, we teach girls how to shave by having them shave balloons. When we first mention it to mothers, I always tell my interns to watch their faces. The minute we say that we're going to teach their daughters how to shave their legs, many mothers look at their daughters and whisper under their breath, "You will not do this until I say you can." When we get the mothers by themselves, we ask

them if they knew we just set them up. If their daughter isn't going to talk to them about shaving, what else can they not talk to them about? Their facial expression and entire demeanor has to be open to talking about it so they can connect with their child.

To listen to this interview in its entirety and for much more parenting help, log on to www.parentinghelpnow.org.

OUR MISSION: Foothills Fellowship exists to be a worshiping community of God's people whose lives are shaped by the life, death, burial and resurrection of Jesus and who participate in the mission of God's kingdom by proclaiming the good news locally, nationally and globally.

OUR CORE VALUES: 1) Jesus Christ, the Head 2) Biblical Leadership 3) Everyone A Minister 4) Ancient/Future Worship 5) Hospitality Without Exception 6) Unity in Community 7) Intentional Families 8) Global Missions 9) Holistic Discipleship