

Foothills' VIEW



Inside this Issue Page

Lent Is a Journey	2
Rev. John Farley, pastor	
Expressions of Love	
Susan Naslund, reporter	
Learn about Ash Wednesday	3
Steve Hable, lay leader	
'I Look for God'	
Linda Miller, reporter	
What Will You Give Up?	4
Steven Topham, editor	
Lent-Time for Self-Evaluation	5
Theresa Erb	
Young Adults in Big Bear	
Anthony Aranico	
Great Performers Coming	6
Carol Paton	
La Roca Ministries	7
Starting Point Classes	
Dinner Groups	
Greet New Faces	8
What's Happening on Facebook?	

'Journey to Hope' This Lenten Season

As we travel together through the season of Lent, we ask you to join us for these special events:

Ash Wednesday Breakfast, Feb. 22, 8:30 a.m., in King Hall, where you will receive our Lenten Devotional Booklet

Service of Ashes, Feb. 22, 7:00 p.m. in the Sanctuary.

Lenten Class, *Meeting Jesus Again for the First Time*, beginning Tuesday, January 31 at 6:30 p.m. in the Disciple Room for six weeks.

Lenten Prayer Class, *What is Old is New Again*, beginning Thursday, March 1, at 10:00 a.m. in the Disciple Room.

If you can't be with us for the special

events, we hope you can join us for worship on Sundays at 8:30 and 10:30 am, where John Farley will share his Lenten Sermon Series:

Feb. 26: Mark 10:13-16 "Warning: Rocks in the Road." This is the story of the disciples blocking the children from coming to Christ.

March 4: Mark 11:1-11 "Check Your Mirrors" This is the entry into Jerusalem. Yep a little early, but we will stretch the story.

March 11: Mark 10:35-44 "A Working Transmission" In this passage, James and John mistake their relationship as one that will make possible a special place for them in heaven.

March 18: Mark: 32-40 "Time for an Alignment" This is the Garden of Gethsemane story.

March 25: Mark 10:17-22 "Road Side Assistance" Rev. Christian DeMent preaching, the story of the rich young ruler is one that puts face to face our material priorities with our spiritual priorities.

You can also help Rev. Farley prepare his message for the coming week at the 6:00 p.m. worship and communion experience on Wednesdays in the sanctuary.

Lent is a season...

For asking what your life is about. For renewal!

For rest! For starting a new relationship. For hope!

For new life! For you to give forgiveness. For you to be forgiven! For you to learn that you are loved!

For you to start a new journey. For you to let go of old resentments.

For you to end... and begin... and remember.

Come on this Lenten journey!





*From
the pastor's
perspective...*



Rev. John Farley

Foothills Church Staff

Rev. John Farley
Lead Pastor

Rev. Christian DeMent
Associate Pastor

Theresa Erb
Family Ministries

Anthony Aranico
Youth and Young Adults

Jeanette Ham
Welcome and Pastoral Care

Carol Paton
Director of Music

Glenn Ward
Organist, Accompanist

Tim Robertson
Media and Music

Linda Cree
Bell Choir

Valerie Sachs
Ministry Assistant

Ruth Phillips
Preschool Director

Sheri Etter
Development, Administration

Carrie Dubert
Ministry Support

Steven Topham
Media and Communication

Sue Ranck
Receptionist, Staff Support

Jonny Oyama
Facility Support

Tish Weamer
Wedding, Bereavement
Coordinator

Lent Is a Journey We Need to Experience

by John Farley, lead pastor

I can't believe February 22 is Ash Wednesday. The season of Lent is almost here. As I write this, I have neighbors who still have reindeer and icicle lights in their front yards. Every year the seasons seem to go by more quickly. Pretty soon we will be talking graduations and summer vacations! Wow, let's take a pause...

The reason I want to take a pause is because life is a precious gift of God. Life is sweet; I don't want to rush it. I want to value it; I want to be sure it all means something. If we just zoom through life clicking off one event, and one holiday after another without reflecting on the meaning they carry; then we run the risk of becoming jaded and apathetic.

The sacred seasons of the Christian year help us to experience the deep feelings of purpose, meaning and value God places on our lives. If we engage and incorporate the rituals and traditions of the

Christian year into our daily lives, there is richness and meaning experienced that would otherwise be lost.

Lent is not just a season, it is a journey. Lent is born out of Christ's experience in the wilderness for forty days and forty nights, before beginning his earthly ministry. For us, it is a journey back to the heart of the Gospel and the foundations of our faith. It reminds us just where our strength and hope for life come from. We should take our time with something like that.

The more of life I live, the more I savor reflecting on life's mysteries and wonders. If the winds of the seasons are going to keep blowing past me, I want to be sure I am rooted deeply in what I know to be the greatest truths in life. There is no greater truth, no more important message to hold

[Continued on page 4: 'The journey of](#)

Expressions of Love Never Grow Old

by Susan Naslund, VIEW reporter

Lake Superior State University in Michigan has once again published its annual list of the most overused words of the year. Included in this year's inventory are "occupy," "ginormous," "man cave" and "the new normal." These words have wriggled into our collective vocabularies to the point of becoming an annoyance. While we often tire of these shopworn terms, it got me thinking about words that never seem to get old.

On the top of my list is the word "love." My concordance tells me that "love" and its many forms appear in the Bible 300 to 500 times (depending on the translation) and is surpassed only by "Lord," "God," "Jesus," and "Heart."

It is easy to say how much we love a piece of luscious chocolate cake or a cute

new pair of shoes, but it is not always so comfortable to say the same to our best friends. We struggle over how to close a letter or email, often settling on "warmly" or "fondly" because "love" seems too awkward. We might even resort to a more casual "love ya" instead of venturing into a full "I love you."

I want to express love with more ease, not to the point of meaningless annoyance, but certainly in a way that demonstrates my heartfelt care with utmost sincerity. I want to begin practicing with all of you, my Foothills family, because I want you to be assured of my deep affection for you. With practice I will be able to share love more spontaneously with others. I hope we never get tired of hearing, or saying, these words: I love you.

Learn About Ash Wednesday at Foothills

by Steve Hable, lay leader

The traditional “holiday season” in the fall and winter begins with Thanksgiving Day. It is only an American tradition, but it provides the initial cause for celebrating with our family and friends all that God has given us. Thanksgiving provides a good introduction to Christmas when we welcome the peace, hope and joy of the arrival of our Savior.

In the spring, we experience the breath of new life. The trees begin to turn green and flowers bloom. We know that we will be celebrating Easter when Christ died on the cross and rose again. Spring also has a day that permits us to get ready for the celebration of Easter.

Ash Wednesday marks the beginning of the Lenten Season. Ash Wednesday is always 46 calendar days before Easter. While it is associated with Jesus spending 40 days and nights fasting in the desert before He began his ministry, the origins of Ash Wednesday cannot be traced to the Bible.

The use of ashes symbolizes repentance. There are references primarily in the Old Testament of people dusting them-

selves with ashes to express sorrow for their sins and faults. The earliest historical reference to Ash Wednesday is from the Catholic Church in the late 10th century. Ashes are placed on the foreheads of Christians, generally in the sign of the cross. The ashes used are generally gathered from the palms gathered after the previous year’s Palm Sunday.

The Ash Wednesday tradition in the United Methodist Church is a recent one. The imposition of ashes for services became available in 1979 with the publication of *Ashes to Fire*. It became part of the official worship in the General Conference in 1992.

At Foothills, we have a few ways to enjoy worship on Ash Wednesday. In the morning, there is the Lenten Breakfast which not only gives you the opportunity to be in fellowship, you will hear excellent testimonies from members of the church about their journeys in faith. On Ash Wednesday evening, join us for a short service including the imposition of the ashes. Finally, there is the Lenten Booklet for you to use every day during Lent. Start the Easter season by attending one of the Ash Wednesday events.

‘I look for God in Everyday Things’

by Linda Miller, VIEW reporter



Susan Naslund

Susan Naslund is a *Foothills’ VIEW* columnist who shares her spiritual thoughts with us on a monthly basis. “I’m grateful to my Foothills family for allowing me to share my musings with them,” she said.

Susan is married to Eric and they have two sons, Matthew and Andrew. Since 1998 the whole family has been involved in many projects at Foothills. Matthew is a second service usher. Andrew helps with

the Sunday morning slide show and Eric is chair of the Social Concerns committee. Among other projects, Susan has been chair of the preschool board and is very involved in Vacation Bible School and Impact Sunday.

But it is her spiritual column that introduces most of us to the inner Susan. Where does her inspiration come from? “I wait for God to put something in front of me to think about in a new way,” she said. “Sometimes it’s a word that keeps popping up. Sometimes it’s a feeling and sometimes it’s an idea. This month I saw something in the paper that sparked an idea.”

I told Susan I would be completely intimidated to discuss my spiritual views in

Continued on page 4 ‘Susan Naslund’



As
see it...



Steve Hable

Foothills’ VIEW

The Foothills’ VIEW is published monthly by Foothills United Methodist Church. The due date for articles is the second Monday of the month. You may submit an article on events, fellowship groups, or persons related to the mission of Foothills. Email your article and picture (jpeg) to the editor.

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LOOK at THIS!

A Letter From the Editor



Steven Topham

February Calendar

- 2/1 Sarah/Ruth Circle
Yoga (Wed.)
Women's Small Group
Children's Choirs (Wed.)
Kid's Exploration (Weds.)
4th, 5th Fellowship (Weds.)
Jesus in the Gospels (Weds.)
Wed. Evening Service (Wed.)
- 2/2 EarthCare (EO Thurs.)
People of Purpose (Thurs.)
- 2/5 Men's Prayer Breakfast (Sun.)
8:30, 10:30 Worship (Sun.)
Genesis Ringers (Sun.)
Sound Faith (Sun.)
FUMY (Sun.)
- 2/6 MUMs Book Club (Mon.)
- 2/7 Meeting Jesus Again...
Understanding Grief Class (Wed.)
- 2/8 Foothills Folks
- 2/9 La Vida Real
- 2/11 Will-Mat
- 2/12 New Member Sunday
50th Anniversary Lunch
- 2/13 Women at the Well
- 2/14 Storefront
Starting Point I
- 2/15 Men's Lunch in Coronado
- 2/18 La Roca
- 2/20 Office Closed - Holiday
- 2/21 UMW Brunch
Starting Point II
- 2/22 Ash Wednesday Breakfast
Service of Ashes
- 2/24-26 MS Winter Retreat
- 2/25 Prayer Quilt Ministry
- 2/26 Boy Scout Sunday
- 2/28 Bridge Marathon

What Will You Give Up for 40 Days?

by Steven Topham, Editor

I tend to make this decision more difficult than it needs to be. The season of Lent traditionally has a somber and penitent mood. We've finally settled down from the excitement and the miracle of the Christmas season and we suddenly go directly into the tragic end of Jesus' story. While the details may be a bit dark, the end result of the story is, of course, truly magnificent. But the sacrifice He made is the focus as well as what needs to be remembered during the Lenten season. The best way we can do that in our busy lives is to sacrifice something of our own.

So, the time has come for me to choose something. I'm really trying to think of something good this year. I haven't given something up for Lent in a while. And I don't know if I've ever really given up something in earnest. It's always been something that I could pretty well do without. Or I would give up video games and still sneak in a game or two.

The question then is, what do I need? The answer is coffee and burritos. I asked the staff if anyone has ever given up coffee for Lent. I was met with shaking heads and laughs. If you're a coffee drinker, suddenly dropping the cornerstone of your morning isn't even something you would

put on the table. Especially since I work here at the church, I don't think God (not to mention the staff) would want me to sacrifice something that helps me do His work... Then there are burritos. I don't treat myself to many things, but when I do, it's a burrito. They make me happy and are delicious. I guess that would qualify them as the perfect thing to give up...

For counsel, I sought out Wikipedia. It says: "The three traditional practices to be taken up with renewed vigor during Lent are prayer, fasting, and almsgiving. Today, some people give up a vice of theirs, add something that will bring them closer to God, and often give the time or money spent doing that to charitable purposes or organizations."

Can I just add more Christian-like things to my daily routine? Well, I should. But in the spirit of Jesus' ultimate sacrifice, I should probably give up burritos as well. Let me know what you'll be giving up for Lent and I will put together a list of ideas for people as conflicted as myself on the Foothills website.

Send them to foothills@foothillsumc.org.

Continued from page 2: 'The journey of Lent'

close than the love of God that comes in Christ.

So my invitation is simple this year. Take a pause. Take one every Sunday or Wednesday in a time of worship. Step out of the elements and into the sanctuary.

Deepen your relationship with the one who called you into this life. If you do, your Easter Sunday will bring a resurrection story like you've never known

Continued from page 3: 'Susan Naslund'

front of 1200 Foothills members and she laughed. "Well, with practice it feels more natural," she said. "My writing has evolved. I look for God in everyday things."

"I wake up every morning expecting to sense God's presence during my day," she said. "I talk with both boys about

God and help them make up their own mind about what to believe."

How does she experience God in her daily life? "It's a feeling. It can happen in the shower, when I'm driving or in a crowd," she said. "Sometimes I have to remind myself to notice God in the present. I can be having a good time with close friends and I step back and say, Wow, this is what God's presence feels like."

Lent Is a Time for Self-Evaluation; Classes Help

By Theresa Erb, Family Ministries

*The fruit of Silence is Prayer.
The fruit of Prayer is Faith.
The fruit of Faith is Love.
The fruit of Love is Service.
The fruit of Service is Peace.*

Message printed on little cards given out by Mother Teresa, which she referred to as her "business cards."

Lent is part of the rich history of the Christian church, dating back to the third century CE. The season began as a 40-hour fast of preparation for those who were going to be baptized on Easter. Over the years it has expanded to include all the faithful and was even lengthened to a 40-day fast. However, few Christians today observe a fast for 40 days. Instead, Lent has become a period of introspection and self-evaluation. People tend to spend more time in prayer, Bible study, and personal or private meditation and reflection.

The following classes are offered as opportunities for spiritual growth and to help contribute to the fruitfulness of your Lenten season; they begin in late January and continue through the Lenten season. If you have any questions regarding these offerings, please contact Theresa Erb in the church office at 670-4009 or theresaerb@foothillsumc.org.

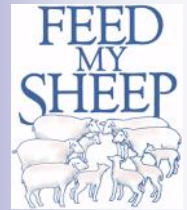
Meeting Jesus Again for the First Time

Marcus Borg is a Professor of Religion and Culture at Oregon State University, a Biblical scholar and lecturer, as well as a highly acclaimed author. In his book *Meeting Jesus Again for the First Time*, Borg takes readers on an exciting tour of the New Testament and invites us to look with fresh eyes at Jesus through authentic biblical research and solid spirituality. This study will challenge many of the traditional views of Jesus both historically and theologically. Participants will have a chance to be informed with a new perspective and to further define just what they truly believe about who Jesus was and is for their lives.

Facilitators: Rev. John Farley, Barbara Roach
Begins: Tuesday, January 31
Day/Time: Tuesdays at 6:30 p.m. for six weeks, except February 14
Participant book: *Meeting Jesus Again for the First Time*, \$15

Prayer: What's Old is New Again

During the Season of Lent, this class will explore various prayer formats that Christians have used for hundreds of years to draw closer to God. If your prayer times have become somewhat stale and you hunger to develop a deeper relationship with God, please consider joining this group. This class will be for four weeks in March. Beginning Thursday, March 1 at 10:00 am. Led by Rev. Diana Wright.



*Look to
serve others...*



Theresa Erb

Growing Opportunities

Faith Formation
Sunday School
Kid's Exploration
Vacation Bible School



Anthony Aranico

SD Young Adults Take Over Big Bear

by Anthony Aranico, youth ministries

On January 7, 15 college-aged-and-above young adults from San Carlos and Foothills UMCs got together at Big Bear UMC for a great day of riding and skiing on some well-maintained, man-made snow under the brilliant sun. A lot of new friends were made and no 'serious' injuries were sustained. We're looking forward to more events and thinking the next one may take us to the rocks of Joshua Tree!



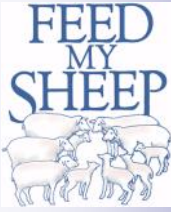
The Whole Group



Chad Farley, catching some air



Chad, Raymond and Anthony, on the lift



*Enjoy Music
at Foothills*



Carol Paton

Adult Music Groups

Chancel Choir

Witness

Harmony Ringers

Music Groups for Children

Alleluia Singers

Sound Faith

Genesis Ringers

Great Performers Coming to Foothills

By Carol Paton, Music Ministries

On Sunday, February 26, the Point Loma Chamber Choir and Jazz Ensemble will be performing in the Foothills sanctuary at 4:00 p.m.

The Point Loma Singers is a select chamber choir from San Diego's Point Loma Nazarene University. For almost forty years, it has maintained a busy performance schedule, appearing in San Diego, throughout California and the southwest and in several tours to northern Europe.

The choir performs a varied repertoire of sacred and secular classics, from masterworks by the world's greatest composers to Broadway and contemporary music. It is also known for its annual Madrigal Dinner presented each spring (March 30/31). The "Singers" have sung on San Diego television and throughout the community in churches and for community groups.

In 2007 they spent ten days singing in the British Isles, performing in Nazarene churches, York Cathedral, and on the British submarine base in Scotland. In 2010, they travelled 2000 miles on a concert tour through the Pacific Northwest and western Canada. The Point Loma Singers also host an annual Chamber Choir festival and have performed with the world-renown "The Swingle Singers."

The PLNU Vocal Jazz Ensemble (VJE) focus on performing music representing "America's musical art form;" jazz. The ensemble is comprised of eight to ten experienced singers and a rhythm section who devote themselves to the study not only of the great styles and repertoire of jazz, but also the art of improvisation.

The VJE has sung in numerous ven-

ues around San Diego and performs regularly on its home stage in Crill Hall, Cooper Music Building. The choir has hosted several vocal jazz festivals for the San Diego community and school groups as well as the Southern California University/College Jazz Festival.

These opportunities have given the students the opportunity to work with some of the great names in vocal jazz education, including Vijay Sing, Jennifer Barnes Shelton, Michelle Wier, Christine (Helferich) Guter, Bruce Rogers, and Kerry Marsh. The group won second place in the four-year college/university division at the 2006 Reno Jazz Festival.

The groups will be led by Dr. Keith Pedersen, who is a Professor in the Department of Music at Point Loma Nazarene University where he is in his fourteenth year of teaching. After graduating from Northwest Nazarene University, he returned to his native Canada and directed high school choirs for six years. He earned graduate degrees in choral conducting from Temple University and the University of Illinois, during which time he also directed church and community choirs and conducted several orchestras.

At PLNU, he is the conductor of the Point Loma Singers, a chamber choir, the Choral Union, a 180+ voice choir of students and community musicians that sings choral masterworks, and the Vocal Jazz Ensemble. He has also taught music history, choral conducting, choral methods, and singing at various times. He has served as choral clinician on both the East and West Coasts.

Dr. Pedersen has also served as the Director of Choral Ministries at La Jolla Presbyterian Church for eleven years.

We hope that you will be able to come out for this very special night of music, here at Foothills. Tickets are \$10 and are available now in the church office.



Get to Know La Roca's Ministries

by Rev. Christian DeMent

If you've attended Foothills UMC, I'm certain you have heard the name "La Roca." Better yet, if you've donated food, clothing, and supplies for infants and children or even just donated one dollar for a doughnut on the patio Sunday morning, you've supported the ministries of La Roca.

"La Roca," or "The Rock," is a ministry to the community of Tijuana. Perched on the side of a rocky hill, La Roca serves children, families, orphans and single parents. Pastor Miguel and his team of volunteers and teachers provide schooling, life-skills training, and the basic necessities of life for those who are in poverty.

La Roca has gone through many transformations since its inception; from small chapel, to church, to orphanage, to free elementary school, and now providing a site for parent training, job training, and most recently a computer lab and professional on-site bakery.

Foothills continues to be actively involved in supporting this ecumenical ministry by collecting goods and volunteering once-a-month to do maintenance projects. A team, often led by Scott Tulloch and Ken Fine, goes to La Roca every third Saturday.



Pastor Miguel offers freshly baked goods to his community and the job training experience to

Everyone is invited to participate. Members also continue to donate funds to help build the foundation of the campus and have helped open the computer lab and bakery, while other funds (primarily through doughnut sales) help pay the teachers of La Roca and provide needed school supplies for the children.

Throughout February you can read more about La Roca, its ministries, and how you can get involved through the Foothills E-View. We encourage all of you to learn more, share the La Roca story and someday you may visit La Roca to be a part of this special mission ministry of Foothills.

Start Your New Year

by Jeanette Ham, welcome and pastoral care

Starting Point I - *The Bible and You*

Thurs, Feb. 16, 6:30 p.m. Small Group Room

Starting Point I is for those who want to learn more about the Bible. We'll spend time learning about its content, resources, and how to read the Bible as a guide to Christian living.

Starting Point II - *Community*

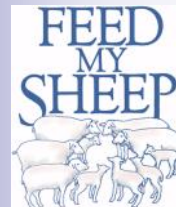
Thurs., Feb. 23, 6:30 p.m. Rev. Farley's office

We believe that one of the best ways to live out our faith is in community with one another. At Starting Point II, discover why God has called the church to be about creating environments where authentic community can take place. We'll discuss ways to connect in to community at Foothills through small groups and serving groups.

Join a Dinner Group

Back by popular demand, sign up for Dinner Groups today. What is it? A great way to meet others at Foothills in a social setting, to have a potluck dinner and get acquainted. Host provide the main dish, with others preassigned to bring either appetizers and bread; salad and/or vegetable, or dessert.

Each month you are assigned to meet with a different set of folks and to bring a different item for the dinner, so that at the end of four months, you have met 12 new people at Foothills and have hosted once. If you cannot host for any reason, other arrangements can be made. Just let us know when you sign up. Call Beth Ott, 619-0694, or the church office, 619-670-4009.



Mission

Highlights



Rev. Christian DeMent

On-going Mission Projects

- Interfaith Shelter
- Kairos
- La Roca
- Meals on Wheels
- Project Moses
- Russia Initiative
- UPLIFT
- Work Teams

Are You Following Us On Facebook?

Here's what you may
have missed!



Some New Faces and Some New Roles

by Rev. John Farley

The retirement of Foothills VIEW editor, Mary Lou Standiford, set in motion some changes in our front office. Carrie Dubert, Steven Topham and Sue Ranck are the new Front Office Administrative team. Carrie Dubert continues to wear many hats as Administrative Assistant to the Trustees, the Preschool Tuition, Membership and Volunteer Coordination. Steven Topham is

our Website coordinator, Foothills VIEW and E-View Editor, and over all Communications and Social Media staff.

We welcome Sue Ranck in 2012 as our newest staff member. Sue is the front office reception and office support staff. Sue will greet you as you enter, prepare bulletins, bulk mailings, manage office supplies and resources and generally keep the wheels of ministry greased throughout the week.



Carrie



Steven



Sue

Be sure you greet them when you see them, and tell them how much you appreciate the work they do!



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