

# Foothills'

# VIEW



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*Oh, the Lord  
is good to me  
and so  
I thank the Lord  
for giving me  
the things I need,  
the sun, the rain  
and the apple seed.  
The Lord  
is good to me.  
Amen, Amen*

## Reaching out to our community...



### UMW Rummage Sale Results

Seven days of hard work receiving, arranging, pricing, and selling of rummage equals:

- raising money to feed the poor in San Diego
- supporting Methodist missionaries
- helping people of Foothills get rid of unwanted items
- providing clothing, household items and furniture at a price hard to beat
- giving a chance for an introduction to Foothills' activities and people to those who have never been here before
- giving free goods after noon on Friday to other mission projects at Foothills
- all that's left being given to a local charity, like Disabled American Veterans
- workers getting to know each other and even having fun

**-raising \$8,500 for Methodist missions through United Methodist Women!**

### 'Going Loco for Local' promotes sustainable practices

Folks were able to sample fare and learn more about buying local produce at our recent "Going Loco for Local" event on Sunday, Oct. 9, hosted by Foothills' Earth-Care Small Group. Six organizations showed how they help support eco-justice efforts; such as, the La Mesa Fair Trade Council. Pictured below is Diane Douthitt speaking with Jeff Rossman, owner and executive chef at Terra American Bistro, a La Mesa farm-to-table restaurant. Garden of Eden, a community-supported agricultural farm, shared about their weekly delivery of seasonal, organic produce boxes. Door prizes were awarded with a month's supply of delivered produce going to Michael and Megan Lillien.





*From  
the pastor's  
perspective...*



*Rev. John Farley*

### Foothills Church Staff

Rev. John Farley  
Lead Pastor

Rev. Christian DeMent  
Associate Pastor

Rev. Martha Kogle  
Pastoral Care (Volunteer)

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

Jack Erb  
Contemporary Music

Tim Robertson  
Media and Music

Linda Cree  
Bell Choir

Ruth Phillips  
Preschool Director

Sheri Etter  
Development, Administration

Steven Topham  
Website and Marketing

Carrie Dubert  
Ministry Support

Mary Lou Standiford  
Ministry Support

Valerie Sachs  
Ministry Assistant

Jonny Oyama  
Facility Support

Tish Weamer  
Wedding, Bereavement  
Coordinator

## *Be intentional in the giving of thanks*

by John Farley, lead pastor

I love Thanksgiving on so many levels. Yes, the food is wonderful. But, it is the opportunity to spend time with those for whom I am most thankful that makes Thanksgiving such a blessing to me. What a great thing to set aside time so that you can be with people you love and give thanks for life together.

It is important to give thanks. Perhaps that is why it is one of the first words parents teach their children. How many times did your mother hand you a cookie and then ask; “What do you say...?” It is not just nice to say thank you; it makes a difference.

A recently released ten-year study of 200,000 managers and employees showed that saying “thank you” in the business world results in bigger profits. When people are thanked for what they do, they are more motivated, and often, their productivity improves.

It appears that the Apostle Paul knew this well. No one uses the word “Thanks” more in the New Testament than Paul. In fact, in almost every one of his letters to the churches, his words of encouragement begin with; “I give thanks to God always for you...” I Corinthians 1:4. Paul knew the need for encouragement and the power of a life thankfully lived.

There is a quote by an unknown author that goes; “He who can give thanks for little will always find he has enough.” It is true; an attitude of gratitude will change your life and every relationship in it. Because I believe this, I want to encourage you to be even more intentional about giving and living thanks this Thanksgiving season.

In the fall 2010 issue of *Just Between Us*, Nancy Leigh DeMoss writes; “I’d like to coin a new word for those who may be deficient in the gratitude department which

**Continued on page 4: ‘Be intentional’**

## *Searching for a fruitful harvest*

by Susan Naslund, VIEW reporter

The early American settlers knew all too well the difficulties of propagating native vegetables and growing enough crops to survive in their new home. When they celebrated the first Thanksgiving nearly 400 years ago, it was to show appreciation to God for a fruitful harvest.

Today, vintners know the importance that weather plays on the production of grapes that will yield good wine. Farmers worry about the drought, pests, and freezes that can destroy crops. Most of us, however, are not so closely tied to the agricultural professions. When we reach into that big bin of potatoes in the supermarket, we were probably not personally responsible for all that went into getting them there.

So, what have we harvested this year? Think about the joy of learning to

read reaped by students in the Common Ground schools because of the volunteers who have tutored them. Consider the children who have grown into compassionate young people because of the care of Sunday School teachers and youth leaders. Rejoice in the improved school that was brought to fruition at the La Roca Orphanage because workers contributed their time and labor. This is the harvest for which I am thankful, even though I have not been personally responsible for all those acts of service.

When we pause to give gratitude to God this Thanksgiving, may we remember in addition to the blessings we have received, all of those who have been a blessing to others. Let us also make a pledge to live each day more fully as participants in a fruitful harvest—cultivating and nurturing love for all of God’s children.

## Show appreciation by providing for others

by Steve Hable, lay leader

Thanksgiving marks the beginning of the “holiday season” and certainly the most active time of the year. It can be said that there are only two truly American holidays; the Fourth of July and Thanksgiving. Regardless of the specific historical significance of Thanksgiving, most of us identify the day with the Pilgrims, giving thanks to God for the bountiful harvest. All of us usually celebrate Thanksgiving Day by having large amounts of food with family and friends, sharing stories, and watching a little football.

There are many “traditions” associated with Thanksgiving Day. The feast usually includes turkey, various types of potatoes, and of course, pumpkin pie. I hope that every Thanksgiving Day in your household also includes a prayer of thanks to God for all of the blessings we have received and a prayer of love and hope for the future. Sometimes it is not easy to feel thankful. As individuals during difficult

economic conditions, health issues and struggling relationships, we spend time lamenting over what we don’t have instead of acknowledging being blessed with what we do have.

Thanksgiving is a time to show appreciation to God by providing for others. It’s a time to share with those that need a little support. You might do this by volunteering to host a member of the armed services who is away from home during this holiday season or providing a meal through Common Ground or other area of ministry to those in our community who need a little help. It’s time for us as individuals and as a country to return to the original intent of Thanksgiving by giving thanks to God for all that we are and all that we have.

Psalm 118, verse 24, says, “This is the day the Lord hath made; we will rejoice and be glad in it.” Let’s begin Thanksgiving Day and every day by rejoicing and being grateful for God’s abundant blessings.

## The other minister’s wife

by Linda Miller, VIEW reporter



Mary Lou Standiford

Many people know Mary Lou Standiford as the editor extraordinaire of this newsletter, however Mary Lou has another role in life; she is the wife of the senior pastor of First United Methodist Church of San Diego in Mission Valley. Mary Lou met Jim Standiford when they were freshmen at the University of Redlands. Days after graduating from college, they married and four days later Jim entered seminary.

Most of Mary Lou’s days were spent raising their two children, Becky and Jonathan, although she did work as a physical education teacher for a time. It isn’t easy being a pastor’s wife. It is particularly hard on young wives and especially when the children are little.

“You learn to let your husband go,” she said. “24 hours-a-day. You marry the church when you marry him,” she laughed and went on to say she volunteered as a youth counselor when he was a youth minister so she could spend time with him.”

“His job was the focal point and I raised the kids,” she said, adding “I haven’t been denied anything. I’ve been given gifts. My main purpose is to be sure Jim is healthy and in the pulpit,” she smiles. “It’s not a ‘his’ thing or a ‘her’ thing. It’s a ‘their’ thing,” she said about their shared emphasis on his ministry.

Mary Lou’s strong faith has kept her going through the 42 years of their marriage. She said she has a personal and emotional relationship with God. “You can sit in the pew each week and never have a personal relationship with God,” she said. But in her daily life, “you have to have that power within you.”



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.

Editor

Mary Lou Standiford  
marylous@foothillsumc.org

Lay Person Reporter

Linda Miller  
lsmillerq@cox.net

‘Outside the Walls’ Column

Mary Lou Standiford  
marylous@foothillsumc.org

Seasons of Worship Reporter

Susan Naslund  
enaslund@cox.net

Photographer

Adam Klarer  
adam@visualartists.tv

LOOK  
at THIS!

*Nurturing  
communities*



Mary Lou Standiford

### November Calendar

- 11/1 God and Hebrew People Grief Class
- 11/2 Sarah/Ruth Circle  
Yoga (Wed.)  
Children's Choirs (Weds.)  
Kid's Exploration (Weds.)  
4th, 5th Fellowship (Weds.)  
Jesus in the Gospels (Weds.)
- 11/5 Common Ground Training
- 11/6 Alternative Christmas
- 11/7 Craft Faire Preview
- 11/8 Craft Faire  
Storefront  
Discover Foothills
- 11/9 Foothills Folks
- 11/10 La Vida Real  
EarthCare (EO Thurs.)
- 11/11 Friday Friends
- 11/12 Wil-Mat  
UMW Holiday Brunch
- 11/13 Blood Drive  
Foundry Golf Tournament  
Canned Food Drive
- 11/15 Men's 'Meating'
- 11/16 Men's Lunch - Coronado  
All-Church Conference
- 11/17 Tender Loving Care Team
- 11/19 La Roca  
Prayer Quilt Ministry  
Youth Golf Tournament
- 11/20 New Member Sunday
- 11/22 Bridge Marathon
- 11/23 Thanksgiving Eve Worship
- 11/24-25 Thanksgiving - Office Closed
- 11/27 First Sunday in Advent
- 11/28 Advent Classes Start
- 11/29 Starting Point I

## The way to study—use the 'quadrilateral'

By Mary Lou Standiford, editor

In the fall, it seems like there are always classes starting. The long-ranged Disciple classes are now in session, the youth and children have started meeting in groups, the pastor had an evening and morning class during the Stewardship campaign, and even Confirmation for the year has started. Soon there will be Advent classes and next year, Lent classes. There is much to study at Foothills, but how do Methodists go about discerning that their beliefs are true to the gospel and helpful in their lives?

At the beginning of classes, Theresa Erb always exposes the students to the Methodist 'quadrilateral.' What is this and how does it help our theological thinking? In John Wesley's balanced and rigorous ways for thinking through Christian doctrine, we find four major sources, each interrelated, called 'theological guidelines:' Scripture, tradition, experience, and reason. Let's look at each of these.

In thinking about our faith, we put primary reliance on the Bible. It's the unique testimony to God's self-disclosure in the life of Israel; in the ministry, death, and resurrection of Jesus; and in the Spirit's work in the early church. It's the decisive source of Christian witness and the authoritative measure of the truth in our beliefs. To interpret texts, we use concordances, commentaries, and other aids prepared by scholars. With the guidance of the Spirit, we try to discern both the original intention of the text and its meaning for our own faith and life.

We also rely on tradition – the witness of others throughout the ages. Through their words in creed, hymn, discourse, and prayer, through their music and art, through their courageous deeds, we discover Christian insight by which our study of the Bible is illuminated. This living tradition comes from many ages and many cultures.

A third source and criterion of our theology is our experience. By experience we mean especially the "new life in Christ," which is ours as a gift of God's grace; such rebirth and personal assurance gives us new eyes to see the living truth in Scripture. But we mean also the broader experience of all the life we live, its joys, its hurts, its yearnings. So we interpret the Bible in light of our cumulative experiences. We interpret our life's experience in light of the biblical message.

Fourth, our own careful use of reason, though not exactly a direct source of Christian belief, is a necessary tool. We use our reason in reading and interpreting the Scripture. We use it in relating the Scripture and tradition to our experience and in organizing our theological witness in a way that's internally coherent. We use our reason in relating our beliefs to the full range of human knowledge and in expressing our faith to others in clear and appealing ways.

I hope you find these guidelines helpful to you in your studies. It is a part of Foothills you don't want to miss.

Resource: Excerpts from *United Methodist Member's Handbook*, Revised by George Koehler

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### Continued from page 2 'Be intentional'

includes all of us from time to time. I'm calling for "gratitudinal change." ...In appealing for gratitudinal change, I am not calling you to something that's trivial and inconsequential, much less something that's contrived or insincere. When gratitude becomes our default setting, life changes..."

Happy Thanksgiving, friends. I leave you with the Psalmist's promise, "A joyful and pleasant thing it is to be thankful." Psalm 147:16

That's my perspective,  
Pastor John

# Busy holiday season set for Foundry

By Valerie Sachs, ministry assistant

November and December are busy, joyful months in the life of any church; and Foundry UMC is no exception.

Now that a core group of supporters are meeting regularly, studying scripture together, and planning Foundry's future, the end of the year brings new opportunities and challenges for this growing church community. "There has been a major transition for our faith-life community," said Foundry Lead Pastor Christian DeMent.

"For the past several years, Foundry has been a product of the loving guidance of Foothills' staff and members.

Now, we have Otay Ranch and Eastlake residents who have called Foundry *their* church... *their* home. This is the answer to our prayers."

Along with regular small group meetings, Foundry's core is participating in several community outreach activities in the community.

## Birdies, Bogeys & Books

On Sunday, November 13, Foundry is sponsoring a golf tournament at EastLake Country Club. For information on the tournament or the banquet that follows, go to [www.foundryotayranch.org](http://www.foundryotayranch.org). One exciting component of this year's tournament is that it is a joint fundraiser for Foundry and The Chula Vista Public Library Foundation. The foundation goals include support for library services, programs, buildings and collections as well as support and development of the Chula Vista arts and culture community. Funds raised at the tournament help fulfill the

foundation's vision to build a much-needed library in eastern Chula Vista.

## Black Friday Random Acts of Kindness

The morning after Thanksgiving can be long and cold for intrepid shoppers who line up for store sales before sunrise. Foundry members plan to visit these bargain-hunters with a snack and a warm invitation to learn more about the newest United Methodist church in their community.

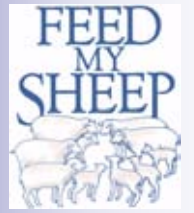
## Whose Birthday Is It Anyway? Campaign

Part of the invitation that people will receive the day after Thanksgiving will be to "rethink Christmas" and reflect on the reason for the holiday. During a season that is often hectic with endless shopping lists, Foundry members hope to

remind shoppers that Christmas is in fact a birthday celebration for the Christ child. If we were to attend Jesus' birthday party, what gift could we give? What present does the Son of God want for his birthday?

Jesus told Peter, "If you love me, feed my sheep." Foundry's website will be offering novel ways to celebrate Christmas in ways that care for creation and glorify God. If we took the challenge to cut our family gift budget by 10 percent, how much money would that free up to feed a hungry family, plant a tree or immunize an impoverished baby?

We are so grateful for the sustaining prayers of our Foothills' family members. Please "keep them coming" as we build our church family and continue to seek God's direction in ministry.



*Look to  
serve others...*



*Rev. Christian DeMent*

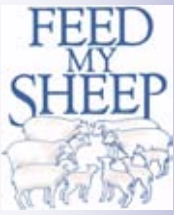
## Foundry Opportunities

Faith on Tap  
Out-and-About  
Walking Group  
Conversations  
of Faith  
Small Group



*Valerie Sachs*





*Look to  
serve others...*



*Rev. Christian DeMent*

#### **On-going**

#### **Mission Projects**

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



*Anthony Aranico*

#### **Opportunities for Youth**

FUMY  
Sunday Small Groups  
Confirmation  
Work Teams  
4th, 5th Fellowship  
Sound Faith  
Young Adults

## *Update for Russia UMC Far East District*

By Larry and Terry Sieck

The Cal-Pac Russia Initiative plans trips to visit the five Bible Groups of the Russia UMC in the Far East District about every two years.

Pastor Maxim Nikanorov is the pastor of a Methodist Bible Group in the village of Sinda, about a three-hour drive from his home in Khabarovsk when the roads are passable. The drive in the winter can take five to six hours. It is also known that cows also wander freely on the highway, also causing delays.



The Sinda Bible Group meets monthly because the members live off of what they grow and they can only take time to meet once-a-month. They had been meeting in an old farm house (late 1700's to early 1800's – no running water or plumbing, and lots of mosquitoes). The floor, however, rotted out and the farmer and his wife are in the process of putting in a new one. They both are in their mid 80's and they also farm by hand about two acres of land. They set aside a

portion of their meager crops to feed in the winter alcoholics and poor people who would otherwise not have food. Since the farm house is no longer available, the

Group is now meeting in the home of a retired college professor, Brother Ivan, who had a stroke some years ago.

Pastor Maxim is also now starting a new Bible Group in Khabarovsk. His sister Anna and her husband Joe are in a government program and have moved there too. They have conducted one meeting. Pastor Maxim has an appointment from the Bishop for both ministries. One of the possible names of the new Bible Group in Khabarovsk is "Blessing."

Please pray for our church in this part of the world and these people who gather together. Their prayer requests are for 1) successful development of a new Bible Group in Khabarovsk; 2) a worship service in Sinda; and 3) a good car!

## *Serving it up this holiday season*

by Anthony Aranico, youth ministries

Every year, the Foothills United Methodist Youth commit to service projects in November and December. Around the time when many people sit down to a table full of food and start making lists of what they want for Christmas, our youth take the time to reflect on how blessed they are and remember that there are people who don't have what they do. This is our season of service.

On the first Sunday in November, the youth will be tabling at Alternative Christmas to raise funds for our Christmas Tree Project and other service projects that we do throughout the year. On the second and third

Sundays in November, the youth will take the time we normally spend in the Youth Center for youth group to gather support from our neighborhoods to fill the pantries of the Good Neighbor Center. In December, a week before Christmas, the youth will bring Christmas trees to El Nido, a transitional living program for victims of domestic violence.

Let's remember the importance of slowing down in our fast-paced lives and taking the time to help someone in need. During this holiday season, ask the Foothills United Methodist Youth how you can help them serve!

# Come, be re-energized at Foothills

by Jeanette Ham, welcome and pastoral care

## Discover Foothills, November 8, at 6:30 p.m., in the Youth Center

There are a variety of reasons people decide to join a church. Personal growth in their relationship with God, and to be a part of a caring community are perhaps just a few. Whatever reasons prompt you to consider joining Foothills, let me share one example.

Deborah, in the television show, *Everyone Loves Raymond*, describes why she participates in a congregation. "Well, I go to thank God for you and the kids, and to pray for the strength to get me through the week with you and the kids. I go to get re-energized, to be a part of something that's bigger than me and my little problems. You

know, it reminds me that I'm not the be-all and the end-all. There's someone out there that's greater than me." Deborah speaks for many Christians.

Discover what speaks for you at our next Discover Foothills on Tuesday, November 8. It's a great opportunity to ask questions and find out more about Foothills; our history, United Methodism, ministry areas of Foothills and membership. Join Rev. Farley and Jeanette Ham in the Youth Center, for a relaxed and informal gathering. Childcare is available with a prior reservation. You may also email [jeanetteh@foothillsumc.org](mailto:jeanetteh@foothillsumc.org) with any questions.

*Do you know where your music ministry has been and where it is going?*

## ♪ NOTES ♪ from the Music Ministry

by Carol Paton, music ministry

**October 6 . . . .** 21 members of the Chancel Choir sang at St. Paul UMC as part of their annual revival week.

**October 13 . . . .** Residents at La Vida Real sang favorite hymns and learned about the history behind the writing of some the hymns.



**October 30 . . . .** Over 120 adults, youth and children participating in the Foothills Music Ministry were recognized and celebrated.

**November 15 . . . .** Foothills' organist, Glenn Ward, will give the program for UMM dinner 'meating;' ladies invited.

**November 23 . . . .** The Chancel Choir will join the other mission area churches in singing for the Thanksgiving Eve Service this year at La Mesa FUMC.



**December 4 . . . .** *ARCH, the Angel*, a Christmas musical, will be presented by our children's choirs, Alleluia Singers and Sounds of Joy, at 3:00 p.m. in the sanctuary.

**December 10 . . . .** The Harmony Ringers will be ringing at the San Diego Zoo at 5:00, 6:00, and 7:00 p.m. for the annual JUNGLE BELLS holiday celebration.

**December 17 . . . .** The Chancel Choir will present their 50<sup>th</sup> Annual Christmas Concert, *Lead Me Back to Bethlehem*, at 5:00 and 7:00 p.m. with an orchestra.

LOOK  
at THIS!

*Nurturing  
communities*



Carol Paton



Harmony Ringers

**Good Reasons  
to Sing in the Choir**

### #12

Music performance teaches young people to conquer fear and to take risks. A little anxiety is a good thing and something that will occur often in life. Dealing with it early and often makes it less of a problem later. Risk-taking is essential if a child is to fully develop his or her potential.



Chancel Choir

## Pledge Drive Update

by Rev. John Farley, lead pastor

Thank you to all who have been able to turn in a pledge card for the 2012 budget year. The Finance Committee hopes to meet soon to finalize our projected income in 2012.

When this article went to press, we had received \$654,360 in pledges with about 125 pledging families from 2011 not yet recorded as returned. We are pleased to see 29 new pledges so far, but there is still a way to go to get past the \$870,000 pledged in 2011 and the goal of a six-to-eight percent increase equaling \$922,200-\$939,600 for 2012.

This is the amount Foothills will need to meet the ministry needs of 2012. Help us meet the challenge! Prayerfully consider your pledge and return it today. Remember, you can sign up for Electric Fund Transfers to simplify your giving, and you can also give by credit card each month by going online to our website at [www.foothills umc.org](http://www.foothills umc.org).

## Holiday Happenings



### Shop for Christmas...

*Alternative Christmas*, Sunday, Nov. 6  
*Preschool Craft Faire*, Nov. 7, 6-9:00 p.m.  
 and Nov. 8, 9:00 a.m. to 7:00 p.m.

### Enjoy holiday celebrations...

*UMW Holiday Brunch*, Nov. 12, 9:30 a.m.  
*Thanksgiving Eve Service* at 7:00 p.m. at  
 La Mesa First United Methodist Church.

### Hear Christmas music and pageantry...

*'Arch, the Angel,'* Children's Musical, on  
 Dec. 4, at 3:00 p.m.  
*'Lead Me Back to Bethlehem,'* Chancel  
 Choir's Christmas concert with orchestra  
 on Dec. 17 at 5:00 and 7:00 p.m.

### Enjoy food, crafts and more...

*Family Christmas Celebration* at 4:00 p.m. in  
 King Hall (after *'Arch, the Angel'*)

### Worship with us on Christmas Eve...

4:00 (Family), 6:30 & 8:30 (Candlelight)  
 and 11:00 p.m. (Communion).

### Join us on Christmas Day...

One worship service at 10:00 a.m.



Website: [www.foothillsumc.org](http://www.foothillsumc.org)

Phone: 619-670-4009

Fax: 619-670-4012

E-mail:

[foothills@foothillsumc.org](mailto:foothills@foothillsumc.org)