

FOOTHILLS Worship Center

Bimonthly Newsletter/Fall Edition
October/November 2024

Foothills Worship Center: A culture of inviting!

82 percent
of people are likely to attend church
if invited
by a friend or relative.

**COME TO
CHURCH
WITH ME**

Imagine such a thing as a magnet with the ability to draw large numbers of unchurched people into our congregation & ultimately to Christ. Would you be interested in having one?

You're probably thinking, "Are you kidding me? How do I order? Can I get it overnighted?"

Here's the exciting reality: Every congregation can be a magnet, one person at a time, drawing the disconnected to Christ—because the magnetism of God lives in each believer.

But many churches need a radical paradigm shift to activate the magnet. We need to create and maintain a culture of invitation. Everyone needs the Lord, and the hope found in Jesus.

How did we ever stray so far from the biblical mandate to personally go and invite others?

The Great Commission is really the Great Invitation, extended by God through those who belong to Him. Sadly, many Christians outsource this calling to their pastor or church leader.

We are not only mandated to invite but also outfitted with the power of the Holy Spirit to do so (Acts 1:8). Inviting should not be a burdensome duty or a frightening one-time act to be performed. It must become a lifestyle. It needs to become the culture here at Foothills.

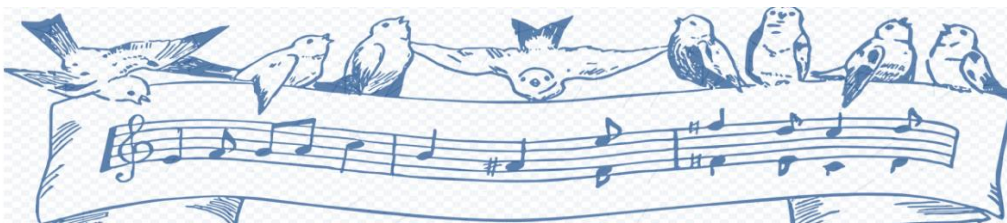
Go and Invite. Help me make Heaven more crowded!

Pastor Brad C.

A Healthy Word from Malcolm, Organist, Pianist, Choir Director...Music Aficionado

There is scientific evidence that singing is good for the body and for the mind. As a musically inclined and experienced fella, Malcolm wants us to know what those benefits are. So, below are listed, in no particular order, the reasons you should sing often...especially on Sunday mornings (Hint, Hint...Join the Choir)

1. The most obvious. Singing makes you happy. Singing releases endorphins, oxytocin and the other feel-good chemicals in the brain. It keeps you positive so if you're feeling down, just sing.
2. It relieves stress. Great therapy and again free. It allows you to live in the moment where nothing else matters except what is going on right now. This is so powerful.
3. Improves lung function. All of this, deep breathing, controlled use of muscles in our respiratory system. So healthy. Improves circulation. So calming to the body.
4. Singing enhances creativity, and your imagination. You can go back to another time or to another place.
5. Singing improves memory and concentration. When we sing, we are always multitasking. It allows our brain to work in ways that we're not used to normally.
6. Singing builds confidence, especially singing in front of people. When we sing, we are communicating. Many singers say that singing improved their public speaking skills. Even people with speech impediments improve greatly with singing.
7. Singing improves posture because it makes you more body conscious. Good singing is a full-bodied athletic activity.
Your body is your instrument.
8. Singing enhances the mind, body, and spiritual connection. Releasing your voice from that deep place and sending that energy out can feel very spiritual. You heard some people say they're singing their hearts out or some people describe singing as meditation. Some people say that it feels like praying.
Singing is good for the soul.
9. Singing also oxygenates our blood and since we heal through oxygenated blood, singing is healing.
10. Our hearts and brains thrive on oxygen so diaphragmatic breathing can zap our brain cells and make us more alert and energized. Singing from the diaphragm helps to remove gunk from the depths of our lungs.



Barn Quilt Painting

On November 2nd, there will be a Barn Quilt Painting party in the lounge.

Sandy Harrington had one at her house over the summer and it was so well liked, she is having another, here at FWC. Unfortunately, if you haven't signed up yet, you will have to wait until the next one. Let Sandy know if you are interested and she can book the next "party". If you know Sandy, it is always a good time! Not-to-mention, Crafters takes place every Wednesday from 12:30 until 3 p.m. in the craft room.

Sing Like Nobody is Listening (Mark Twain)

Night to Shine

Meetings
have Begun!
Interested?
Next Meeting
is Oct. 16th
at 7 pm

Upcoming Events at FWC

Indoor Trick or Treating is returning to Foothills Worship Center for its second year on October 30th from 5-7 pm.

Last year we had approximately 300 kids and families come through our doors to trick or treat where it was warm, not so scary with safety measures in place and rainy weather outside was not a factor inside. So, we decided since it was such a big hit with the parents and kids, we would do it again this year!

We know some people don't like the idea of Halloween and as Christians we don't want to encourage the devil and evil-doers so we understand the reasonings why it is frowned upon by many churches. Pastor Brad and Cindy aren't enthusiasts of the "holiday" either but they do like the idea of keeping God's children safe while trick or treating. So, this is FWC's way of supporting our community and keeping everyone safe from all the spooky stuff that happens out there in the world.

We plan to decorate each door of our building and anyone who is interested in helping is invited to do so. We encourage the use of non-violent themes for each door. So, if you have an idea, we will entertain it and if you want to pass out candy at one of the doors, you are welcome to participate in the fun!

After everyone follows the candy trail, they are invited to have a donut and a cup of apple cider in the lounge. We will have some special music entertaining us for the duration of the fun as Malcolm will be playing organ music in the Gym to add a certain element to the mood.

Foothills First Friday Feast Dinners are back. Each month, on the first Friday, we will host a dinner from 4-6 pm. We couldn't do it without our volunteers Sandy Harrington and Jim Catucci. They are the Chefs working to whip us up creative and delicious dinners. We have a crew that also helps with the; setting up of the dining room, packaging to-go orders, keeping track of the money, serving the folks that dine-in and not to mention cleaning it all up. I can't possibly mention all the volunteers because I know I will leave someone out...BUT, a huge Thank you to you all for making the dinners successful and worthwhile!



Can You line dance? Are you an opera singer or an aspiring comedian? Maybe you can breakdance, write poetry, or ascend a ladder while juggling and riding a unicycle!

Foothills is trying something new! We are hosting a Talent Show on Friday November 22nd at 7 p.m. Anyone is welcome to participate.

**Register by emailing:
malcolmpk88@gmail.com**

Our very thrifty and exceptionally talented, Em Ellithorpe hand-made the colorful and beautiful quilt that hangs outside the Chapel doors. She flawlessly sewed each triangle and piece into place. She is amazing! Em graciously and generously donated the quilt to be raffled off and the proceeds will go towards the food pantry, where she also volunteers (in case you haven't read my previous newsletters and didn't know). If interested, you may purchase tickets at the office or the food pantry. They are \$5 for one ticket or \$10 for 3 tickets. The drawing will be held on October 31st!

While we are at it, we also thank everyone who makes the choice month after month to dine with us or to take dinners home.

The menu for upcoming scheduled dinners is:

November 1st, Fried Pizza/Fried Dough.

This was a huge hit last time so expect a sell-out.
December 6th Jim Catucci's Spaghetti & Meatballs.

This was another popular dinner so best bet is to get here early or call ahead.

Our Chef's try to make the meals affordable all while keeping costs down too. We hope you enjoy!

Food Pantry Holiday Boxes

Each year our Food Pantry gathers items to make up Holiday Boxes to give to people who may not otherwise have enough food/money to make a Thanksgiving or Christmas meal.

In the Chapel, on the Welcome Desk, there are Reverse Advent Calendars that can be used as a guide of what is needed but straight from the Food Pantry, here is a list of the most requested items:

Stuffing Mix

Boxed/Packaged Instant Potatoes

Canned Sweet Potatoes

Cranberry Sauce

Crackers

Dinner Rolls

Desserts (mixes or frozen)

Other Items to consider as extras are powdered gravy mixes, butter, marshmallows, brown/white sugar, Jello, pudding, pie filling, & hot chocolate.

The Food Pantry currently does not have room to store turkeys & hams in their freezers so those are last minute items to be given or the pantry does have whole chickens that can be given in lieu of a turkey.

Pastor Appreciation

Each October is Pastor Appreciation Month. Cindy VanAllen usually arranges something, which we can't say what this year will be since Pastor Brad might see this. We try to keep our ideas on the down-low so it is a surprise. Last year he did try to suggest he could use a trip to Hawaii (hahaha) but we just couldn't make that happen. We just wanted to let you know that something is in the works to show him how grateful we are for his dedication and for sticking with FWC when he had a chance to jump ship during the disaffiliation process. In his words, he is "building something really good here and would like to see what it can become." So, Thank You Pastor Brad for everything you do. We are like the kids that don't think the parents have our best interests in mind, but when all is said and done, we are far better off following and listening to what they told us. We are far better with you and so glad we continue to have you guiding us...
All for God's glory.



Birthdays & Anniversaries

October 2024

Sandy Sacerio	10/03
Clayton Ernst	10/05
Jack DeWeese	10/06
Barbara Falzarine	10/07
Marylou Warnick	10/10
Dianne Scribner	10/11
Cari Catucci	10/13
Bernard Landrio	10/25
Linda Flint	10/26
Janet Findlay	10/28
Beverly Simmons	10/28
Kay Fassett	10/30
Doris Thompson	10/31

November 2024

Timothy Johnson	11/02
Roy Bishop	11/06
Brindley Claus	11/06
Norman Harrington	11/18
Billie Lee Stewart	11/20
Debbie Maryanopolis	11/28

***If you don't see your birthday or Anniversary listed, that means we don't have it. Please come see Lynné or Cindy to update our records.

Anniversaries

October 2024

Tom & Becky VanAllen	October 2nd
Jim & Cathy Catucci	October 20 th
Cal & Joni Dennie	October 22nd

November 2024

Dorothy & Richard Johnson	November 7th
---------------------------	--------------