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SANDIA FELLOWSHIP WEEKLY NEWS

June 4, 2026

A Bird's Eye View

I am writing this article from one of my work rooms that has a view of our bird bath and our hummingbird feeder. Do you know that watching birds is good for your health?

According to groundbreaking research from the *Journal of Neuroscience*, they revealed that birdwatching reshapes the brain. Watching birds can contribute to a longer and healthier life. The focused attention, pattern recognition, and memory required to identify birds builds cognitive resilience and protects against age-related decline and dementia.

This information might motivate you to gather your bird attracting devices, but that isn't the reason I like seeing birds dropping by and entering my view. I'm not someone who is motivated by the "live longer" sales pitch as Mom (an avid bird-watcher) is about to approach 101 and my Nana (Mom's mother) lived to 100. However, the positive effect on the brain is encouraging to know, but that's still not the reason I like watching birds.



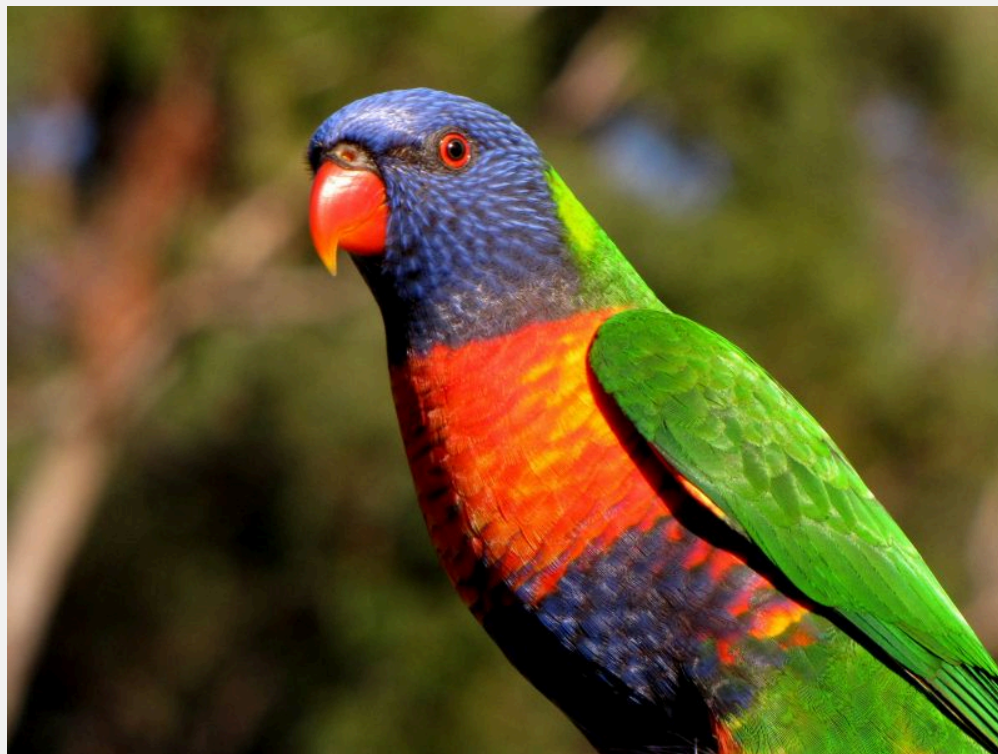
Here are the two reasons I like watching birds:

The first is that the beauty of birds reminds me of the wonder of our Creator. If you search for “colorful birds” and click on “Images,” you’ll be amazed by the creativity of our awesome God. Below are a few examples of colorful birds—though, admittedly, the birds here in Sandia Park aren’t quite as vibrant.

Secondly, birds remind me of the words of Jesus from Matthew 6 commanding us to pay attention to God’s provision for the “birds of the air” and how they can remind us of the truth that if the Heavenly Father cares for them, He will care much more for you and me.

Do you have those places or views in your life that remind you of God’s provision and protection in your life? If you don’t, you might try setting up some equipment that could give you “A Bird’s Eye View.”

Blessings,
John









MESSAGE FOR THIS SUNDAY, JUNE 7
"The Wonder of Worship" (Psalm 95)

We are continuing our *Summer Psalms* series and this Sunday we will be looking at a psalm of worship which is also a declaration of God's greatness. The ultimate and main way to handle the challenges of life is not just through petitionary prayer, but through worship. Psalm 95 is the classic text about worship. We will be looking at what is worship, why should we worship and how can we worship?



COMMUNION OFFERING FOR KEN AND AMELIA HUNTER

Missionaries to Armenia

Our Communion offering this month is for our YWAM Yosemite missionaries, Amelia and Ken Hunter. Ken and Amelia minister in Armenia running Discipleship Training Schools. Their desire for these schools is that they would lead people into greater depth in their relationship with Jesus; and the natural result of that is to live like Jesus and worship Him through obedience to Him in their lives. As the Hunters both experienced great redemption, healing and encouragement through their own Discipleship Training Schools as students, they know firsthand how transformative of an experience it can be. Ken and Amelia believe that the transformation, healing and depth of relationship with Him that they themselves experienced is also available to the people of Armenia and the surrounding Muslim countries. That is the cause for which the Hunters are committed and the cause for which they are in Armenia: to see God bring the people of the Middle East to restored relationship with Him, through Jesus and Jesus alone.

Donations can be made at church or on our website here:

<https://sandiaqmc.org/how-to-give>



LOCATION CHANGE

As of May 31, we are now back at the Regal Winrock (Theater #13) located at 2100 Louisiana Blvd NE. Thank you for your patience and prayers as we are nearing completions on the renovations to our permanent church home!



BUILDING UPDATE

BUILDING UPDATE

Due to the advance preparation of this newsletter, we won't have an update until June 11. Until then, please keep our building renovations and permit adjust approvals in your prayers.

Sandia Fellowship
GOLF

THURSDAY
June 18

AT
9:30 AM

Arroyo del Oso

RSVP
SFGMC-golf@sandiagmc.org

A promotional graphic for a golf event. It features a white golf ball on a tee in the foreground, a white flag on a pole to the left, and a scenic background of mountains under a blue sky. The text is overlaid on the image in various fonts and colors.

SANDIA FELLOWSHIP GOLF GATHERING

Join us the first and third Thursdays of each month for a round of 9 holes! We meet at Arroyo del Oso Dam 9 at 9:30 AM. Our next date is Thursday, June 18 at 9:30 AM. Please RSVP by June 11 to Grant Claycomb by clicking [here](#) and provide us your contact information.

2nd & 4th
Tuesdays, 7 AM

**MEN'S
BREAKFAST**
@ Sunnyside Up



MEN'S BREAKFAST

Our Men's Breakfast meets this upcoming Tuesday, June 9 at 7:00 AM at Sunnyside Up (6909 Menaul Blvd NE). All are welcome!

Visit our LIFE Groups page to learn more about the various LIFE Groups Sandia Fellowship offers: www.sandiagmc.org/life-groups

2nd Tuesdays,
9AM

**WOMEN'S
BREAKFAST**
@ Dave's High
Desert Grill



WOMEN'S FELLOWSHIP BREAKFAST

Our monthly Women's Fellowship Breakfast meets this upcoming Tuesday, June 9 at 9:00 AM at Dave's High Desert Grill (5200 Eubank Blvd NE). Reservations are helpful but not required. Please email Linda Hess [here](#).



THERE'S A LIFE GROUP FOR YOU!

Sandia Fellowship has several LIFE Groups regularly meeting in homes throughout Albuquerque, as well as two that meet in local restaurants:

Tramway Group: This LIFE Group meets every first and third Wednesday from 7:00-8:00 PM. Contact: **Ed Boucheron**

Northeast Group: This LIFE Group meets every first and third Wednesday from 7:00-8:00 PM. Contact: **Tim Ownbey**

Women's Group: This LIFE Group meets every second and fourth Saturday at 10:00 AM at the church offices (2609 Texas St NE). Contact: **Lindy Rech**

Foothills Group: This LIFE Group meets every first and third Tuesday from 2:00-3:00 PM. Contact: **Jim Turner**

"The Story" Group: This LIFE Group meets every first and third Monday from 12:00-1:00 PM at the church offices. Contact: **Pastor John**

"The Chosen" Interactive Bible Study Group: This LIFE Group meets seasonally using an interactive guide that follows along with the popular TV series. The group meets on Tuesday evenings from 6:30-8:00 PM at the church offices (2609 Texas St NE). Contact: **Gina Rivera**

Men's Breakfast: This group meets on the second and fourth Tuesdays at 7:00 AM at Sunnyside Up (6909 Menaul Blvd). Contact: **Ed Boucheron**

Women's Breakfast: This group meets the second Tuesday of each month at 9:00 AM at Dave's High Desert Grill (5200 Eubank Blvd). Contact: **Linda**

Hess

All of these groups welcome new members! If you're interested in information about any of these, please contact the person listed or send an email to the church [here](#).

Visit our [LIFE Groups page](#) on our website to learn more!



VISIT OUR WEBSITE!

Have you visited our website lately? There's always fresh content being added: [announcements](#) and church news, current [sermons](#) as well as [past sermon series](#), weekly [newsletters](#), and more.

You can also [submit a prayer request](#), learn about our various [Life Groups](#), read about the [missionaries and outreaches](#) we support, set up [online giving](#), learn more about the [mission and vision](#) of Sandia Fellowship as well as the [Global Methodist Church](#), and so much more!

Bookmark our site and check back regularly!

www.sandiagmc.org



SEND US YOUR PRAYER REQUESTS!

Sandia Fellowship has a dedicated Prayer Ministry that intercedes weekly for various needs and requests. The Apostle Paul wrote, "**Do not be anxious about anything**, but in **everything** by prayer and supplication with thanksgiving **let your requests be made known to God**. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

There is no prayer need "too small" or "too big" for the Lord. If our hearts are burdened by anything, God wants us to bring it to Him in prayer -- and He promises us His peace when we do.

You can submit a prayer request in one of three ways:

- Send a request through our **website** or click the red button below.
- Email us at **prayer@sandiagmc.org**.
- Fill out a **Prayer Request card** available at the Welcome Tables on Sunday mornings.

If you'd like to be a part of this Prayer Ministry, please email Holly at **hklein@sandiagmc.org**.

SUBMIT YOUR PRAYER REQUEST HERE



SANDIA FELLOWSHIP

Global Methodist Church

REGAL WINROCK THEATER
(THEATER #13)
2100 Louisiana Blvd NE

VISIT US ONLINE
www.sandiagmc.org



Sundays @ 10 AM

Join us for worship this Sunday!

Childcare is available for ages six months through five years old.



SANDIA FELLOWSHIP YOUTUBE CHANNEL

Did you know you can subscribe to the Sandia Fellowship YouTube channel? All of our weekly sermons are uploaded to our YouTube channel **here** as well as on our **website**.

Search **@sandiafellowship** on YouTube (or just click the photo).



**SANDIA
FELLOWSHIP**
Global Methodist Church



PARTNER WITH US!

This exciting venture in faith would not be possible without God moving upon the hearts of people to give towards this work. Your generosity helps create a church where we can bear witness to the transforming power of the Gospel. The mission of Sandia Fellowship is to make disciples of Jesus Christ who worship passionately, love extravagantly, and witness boldly. We strive to humbly serve others as ambassadors of Christ.

Click **HERE** to give safely and securely online.

NOTE: Donations can be made to either the **General Budget** or the **Building Fund** by choosing from the dropdown menu. You can also make a donation to our monthly **Communion Offerings** via the dropdown.

Checks can also be mailed to:

Sandia Fellowship GMC
P.O. Box 16702
Albuquerque, New Mexico 87191



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