



SANDIA FELLOWSHIP WEEKLY NEWS

September 3, 2026

Lessons from a Graveyard

There's an old tombstone in an Indiana graveyard that reads:

*"Pause stranger, when you pass me by.
As you are now, so once was I.
As I am now, so you will be.
So prepare for death and follow me!"*

Underneath a passerby scratched a reply:

*"To follow you I'm not content,
Until I know which way you went!"*



I remember hearing this story years ago and have always thought it reveals a profound truth: No one wants to step into eternity without knowing the final destination. It is the heart of the ancient Christian concept of memento mori: "Remember, you must die." None of us will escape this fate, which is why Scripture repeatedly implores us to give serious thought to this matter.

Consider these words from Solomon, regarded as the wisest man who ever lived. He wrote in Ecclesiastes 7:

"The day you die is better than the day you are born. Sorrow is better than laughter, for sadness has a refining influence on us. A wise person thinks a lot about death, while a fool thinks only about having a good time."

Ours is a culture that prefers to avoid the topic of death. But Solomon wasn't being macabre. Rather, he was saying that death has a way of clarifying life. The sameness of our day-to-day lives can lull us into a false sense of security to where we think tomorrow will look pretty much like today did. Until death shatters that illusion.

I think back to all the family and friends in my life who've passed over the years, and with most of the deaths, none of us really saw it coming. The phone call is etched forever into memory because the death was so unexpected. We knew they'd die "someday," just not yet. News of a death crashing into the ordinariness of what began as a normal day is jarring. We always think we have more time with people we love, until their days suddenly run out and the clock abruptly stops. And tomorrow never comes. We are left with unfinished conversations and future plans that now won't ever happen.

And the same will be true for us. Funerals exemplify this. Surrounded by grieving attendees and watching someone's entire life condensed into a 3-minute slideshow, we realize: Eventually, it will be my own family sitting in these chairs. Death is coming for all of us.

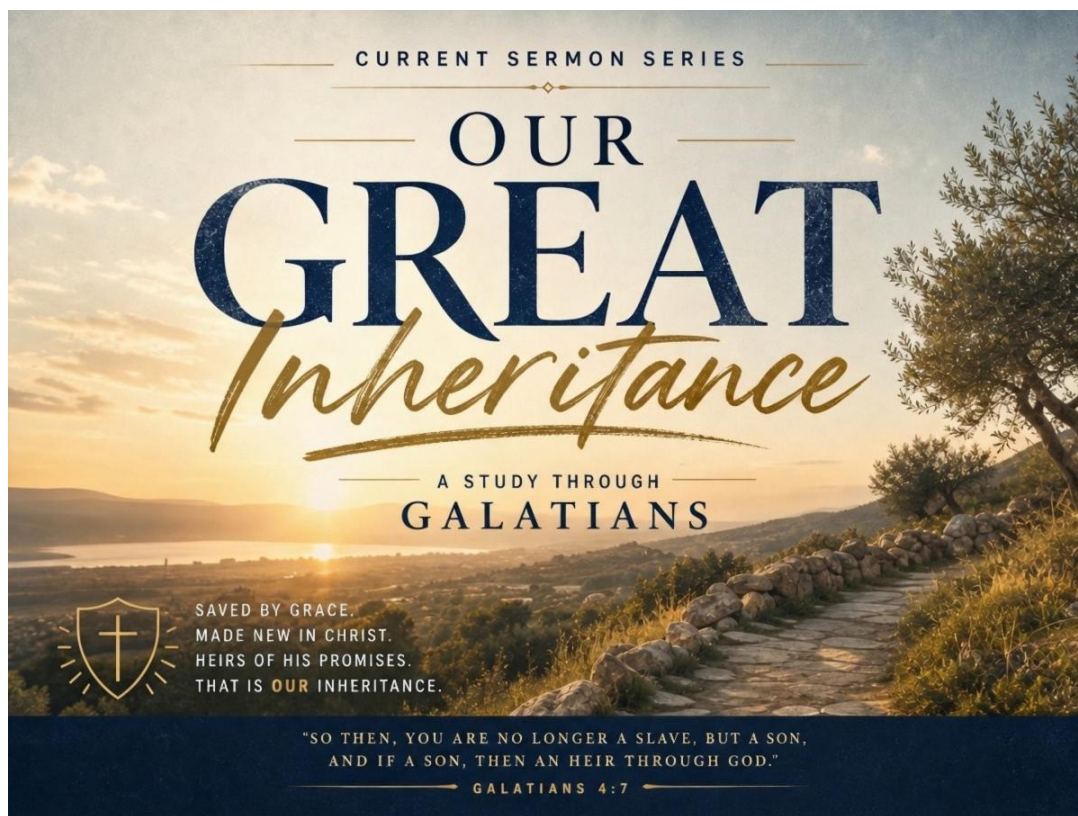
And as the years pass, funerals increase in frequency. One by one, those we love pass from this life. Solomon's words are especially applicable:

"It is better to go to a house of mourning than to a house of feasting, for death is the destiny of everyone. And the living should take this to heart" (Ecclesiastes 7:2).

To "take it to heart" means to let the reality of death sink deep enough to change how we live. Every time a death comes, memento mori whispers, "**Remember. This is coming for you too.**" Death places a boundary around our days and reminds us we have only a finite number. "So teach us to number our days, that we may gain a heart of wisdom," David wrote in Psalm 90:12. The choices we make today matter more than we realize. We don't have unlimited time.

The truth is, we are closer today to the date of our death than we were yesterday. None of us know exactly how much sand is left in the proverbial hourglass, whether for us or for those we love. Realizing this should impact the decisions we make today, because having tomorrow was never a guarantee. And the wise will take this to heart.

Blessings,
Holly Klein
Director of Communications



MESSAGE FOR THIS SUNDAY, SEPTEMBER 6 "Adopted or Employed" (Galatians 3:26-4:7)

We are continuing our sermon series this Sunday through the book of Galatians, "Our Great Inheritance." Together we are exploring Paul's letter to the churches in Galatia and his explanation of the foundational truths of the Gospel of Christ.

This Sunday we will be looking at Galatians 3:26-4:7 and the title is "Adopted or Employed." These are passages that address our understanding of what it means to be adopted as children of God. We will be looking at the thinking and attitudes that cause out to miss out on the great gift God wants us to understand about our "adopted status."



HOLY COMMUNION THIS SUNDAY

COMMUNION OFFERING FOR THE McFREDERICKS Missionaries to the Czech Republic

Our communion offering this month is for the McFrederick family, our missionaries to the Czech Republic. Jason and Kerensa McFrederick, along with their children, Mollyn and Nehemiah, have been serving in the Czech Republic since 2005. They give leadership to Global Partners' missionaries and national workers across the country. Sadly, the message of communism, "There is no God" still rings true for this post-communist, atheistic nation. The McFredericks are committed to long-haul relationships, living out the truth of Christ with people who have long considered the story of Jesus a mere fairy tale. One by one, people are being transformed by the message of the gospel in the Czech Republic!

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

<https://sandia GMC.org/how-to-give>

Learn more about the McFrederick's and other ministries we support by clicking [here](#).



BUILDING UPDATE

We appreciate your prayers and patience as we are coming closer to completing the renovation of our Tennessee building. The flooring is complete and soon the HVAC systems will be installed. We are getting closer!



Sandia Fellowship
GOLF

Every first and third
Thursdays at 9:30 AM
— *Arroyo del Oso* —

RSVP
SFGMC-golf@sandiagmc.org

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, September 17 at 9:30 AM. Please RSVP by September 10 by clicking [here](#) and provide us your contact information.



MEN'S BREAKFAST

Our Men's Breakfast meets this upcoming Tuesday, September 8 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.sandiamc.org/life-groups



WOMEN'S FELLOWSHIP BREAKFAST

Our monthly Women's Fellowship Breakfast meets this upcoming Tuesday, September 8 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](#).

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



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](#)

"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!

≡ DEADLINE ≡

FOR

newsletter submissions



Items must be submitted by **TUESDAY** morning at **10 AM** in order to be included in the weekly newsletter which is published every **THURSDAY**.



Email submissions to

→ **hklein@sandiagmc.org**

≡ *Thank you!* ≡



**VISIT OUR
WEBSITE**

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



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).



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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