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SANDIA FELLOWSHIP WEEKLY NEWS

February 19, 2026

Origins of Lent

We are in the season of Lent, and reflecting on this I was curious as to how this season got started. Apparently, the season and practice of Lent originated in the early church around the second to fourth centuries as a period of fasting, prayer, and baptismal preparation for Easter. Initially fasts were brief, but the 40-day, six-week structure was formalized by the Council of Nicea (325 AD).



The 40-day duration symbolizes significant biblical events: Jesus fasting in the wilderness (Matthew 4:1-11), Moses on Mount Sinai (Exodus 34:28), and Elijah's journey to Horeb (1 Kings 19:8). It is Pope Gregory I (590–604) who is credited with defining the start of Lent as Ash Wednesday, setting it 46 days before Easter (40 days of fasting, plus 6 Sundays).

The word "Lent" originates from the Middle English Lenten or Lencten, which referred to the season of "spring" or "springtime," referencing the lengthening of days. The purpose of Lent is that it is to be a period of reflection, repentance, and self-denial (fasting, prayer, and

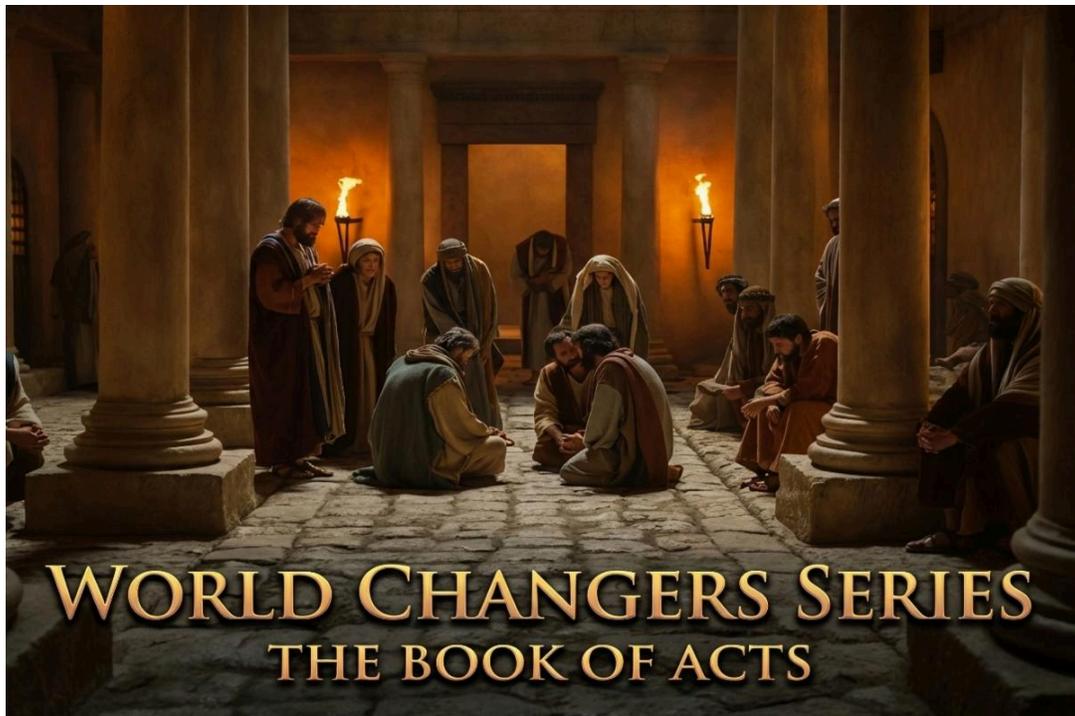
almsgiving) to prepare for the celebration of Jesus's resurrection at Easter.

Whatever discipline or disciplines you might choose to take on during Lent, I would encourage you to do one that is easy and that could become a regular habit. I have found that when I want to make lasting changes or habits in my life, I often start with actions that don't take a great deal of time or effort. Most of the initial work is getting the action or discipline started and then it is much easier to increase or develop the activity or discipline.

One activity that we will be starting soon is a four-week prayer campaign leading up to our Grand Opening. Members of our Grand Opening Team have been working on preparing some resources to help us in our prayers for this exciting time in the life of our congregation. We will have more information on this opportunity in the coming weeks both through our newsletter and on Sunday mornings.

Blessings,

John



MESSAGE FOR THIS SUNDAY, FEBRUARY 22
"A Wealthy Woman, A Hopeless Slave, and a Jolted Jailer"
Acts 16

During this twelve-week series on the Book of Acts, we are discovering and being challenged by the amazing group of Christian converts who turned the Roman Empire upside down through the power of the Holy Spirit.

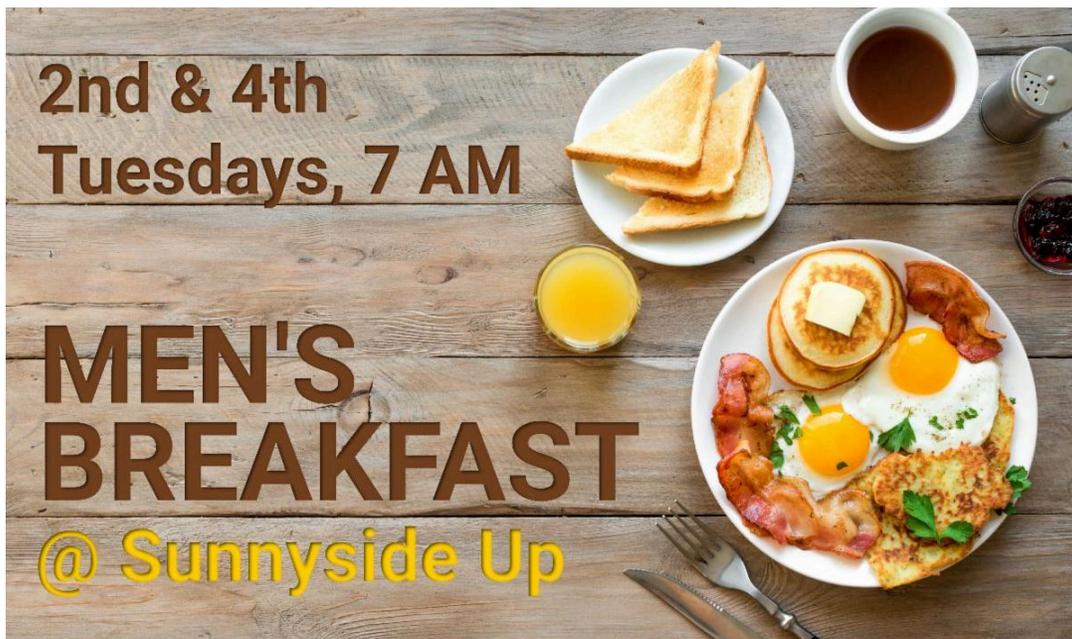
This coming Sunday we will be looking at Acts 16 and the incredible story of three people who encounter Jesus through Paul and Silas. It is a great

illustration on how God touches very different people in entirely different ways.



BUILDING UPDATE

We are continuing to make progress on the build each week. Please keep our workers and the projected timing of our Grand Opening in your prayers.



MEN'S BREAKFAST

Our Men's Breakfast meets this upcoming Tuesday, February 24 at 7:00 AM at Sunnyside Up (6909 Menaul Blvd NE). All are welcome!



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

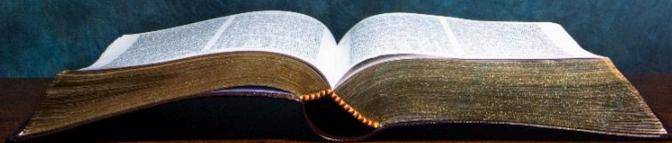


SANDIA FELLOWSHIP

Global Methodist Church

SHERATON ABQ
UPTOWN
2600 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**.



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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