



SANDIA FELLOWSHIP WEEKLY NEWS

January 1, 2026

A Reason to Reconsider Resolutions

It's New Years Day and it is estimated that 40-50% of Americans will set New Year's resolutions, but as most of you know, the success rate is very low, with only 9-10% achieving them, as most give up by mid-January. While 9-10% is better than nothing, what is behind the 90% failure rate? Unrealistic goals and a lack of accountability are often two of the biggest reasons. Unfortunately, sometimes an easier solution to this problem is overlooked.



If you are among those resisting making a New Years resolution, would you consider looking at these goals in a different way? In the book *Atomic Habits* (Clear, 2018), the argument is presented of how tiny changes can produce remarkable results.

Author James Clear provides a compelling illustration of the power incremental changes related to the British Cycling team. Since 1908, British riders had won just a single gold medal at the Olympic Games, and they did even worse in the Tour de France having not won in 110

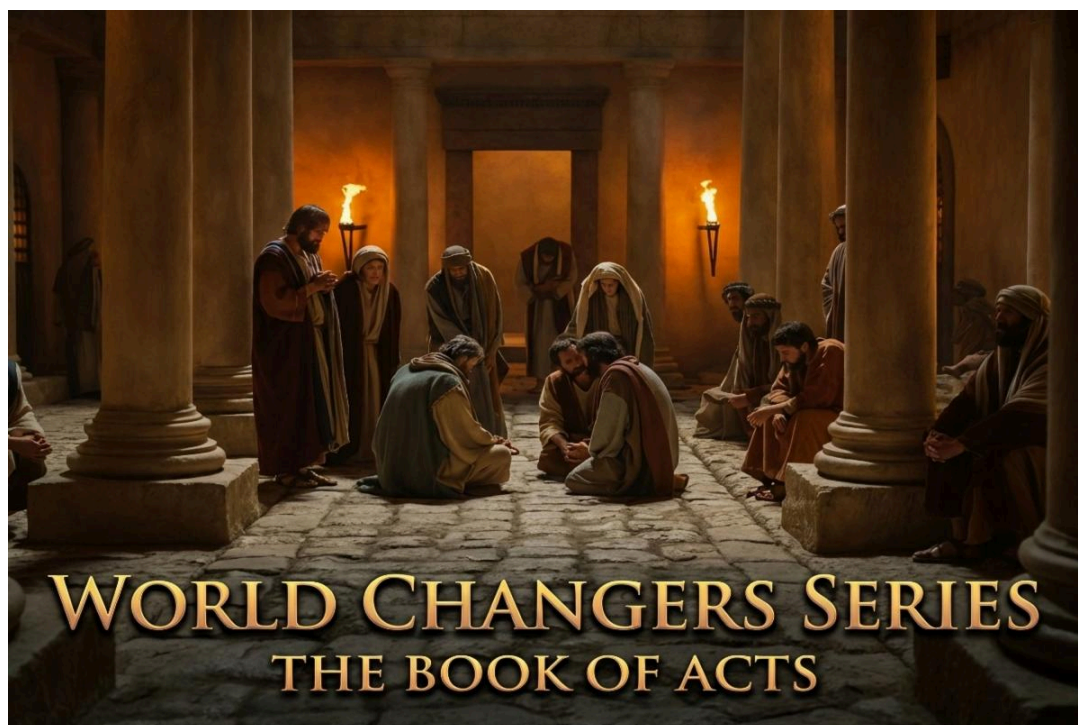
years. But things started to change in 2003 when they hired Dave Bransford as their new performance director.

Bransford immediately started implementing what he called “the aggregation of marginal gains” which was the philosophy of searching for a tiny margin of improvement in everything you do. He broke down all the individual elements of cycling and asked how each component might be improved by 1 percent. They redesigned the bike seats to make them more comfortable, rubbed alcohol on the tires for better grip, they had riders wear heated overshots to maintain ideal muscle temperature. The list goes on as they researched and developed minor improvements in nearly every aspect of cycling.

The result of all these tiny improvements was significant. Just five years after Bransford took over, the British Cycling team dominated the road and track cycling events at the 2008 Olympic Games in Beijing, where they won an astounding 60 percent of the gold medals available. Four years later, when the Olympic Games came to London, the Brits raised the bar as they set nine Olympic records and seven world records. That year they would also win the Tour de France and win five Tour de France victories in the next six years.

As great as those athletic victories are, they are temporary. The Apostle Paul in Philippians 3:14 uses an Olympic analogy to challenge us to run a race of discipleship with perseverance and discipline that we might win the prize or a crown that lasts forever. Is there not some area in our call to being a disciple of Jesus where a 1% area of improvement could make a powerful change? How about taking a little time this New Years Day and think of some small creative changes that could result in making us more like Jesus than ever before. Who knows, maybe by simply asking (Matthew 7:7-8) Jesus may have a tiny transforming seed of an idea that can produce great growth.

Blessings,
John



MESSAGE FOR THIS SUNDAY, JANUARY 4
"The Promise of Power"
Acts 1:1-11

They did the impossible. How in the world could a small band of persecuted believers eventually overcome the dominating Roman Empire and a polytheistic pagan culture with a belief in one Creator God? Christianity's rise in the Roman Empire wasn't a sudden takeover but a gradual transformation, overcoming the Empire through its compelling message, community, and eventual imperial endorsement. It was a result of the power of the Holy Spirit released through these humble and faithful servants who became the World Changers. In this twelve-week series on the Book of Acts beginning

January 4, we will discover and be challenged by the amazing characters of this colossal, world-transforming event.

This first Sunday we will focus on Acts 1:1-11 with a message looking at the significance of the ascension of Jesus.



COMMUNION OFFERING FOR LIVING WATERS INTERNATIONAL

Our Communion offering this month is for Living Waters International. We've decided to extend our Christmas Eve offering to LWI into our Communion offering for January. Living Waters International is a Christian-based ministry that provides water wells and fresh water for needy communities throughout the world.

You can donate online through our [website](#) or you can bring a check written to Sandia Fellowship GMC and place "LWI" in the memo.



CHILDREN'S CHURCH Every 1st and 3rd Sunday

We offer Children's Church on the **1st and 3rd Sundays** of each month. This program is for children in kindergarten through 6th grade and takes place during the message portion of the morning service.



UPDATE FROM THE HUNTERS Missionaries to Armenia

Merry Christmas and a Happy New Year to you from the Hunters!

Below is a video where we talk about some “main themes” from this year, general updates, and what we’re hoping for in the New Year:

Video

Here’s a summary of what we discuss in the video:

A Year In Review

- A lot has happened this year!
- New Apartment! - we signed a two year lease for our own place in the city
- Two New Team Members!
- New Language Teacher!
- We feel like we are transitioning from surviving and landing in a new country to settling in and becoming stable here
- Praise God, our team is experiencing more fellowship and stability as a unit
- Insecurity and culture stress is still very real, but the grace of God is more real, and more sufficient

The Big Takeaway from our First Year

- Obedience to Jesus is the only thing that makes sense. If we’re not obeying Jesus, we might as well go home.
- God is asking us to delight in Him - He will sort out the rest

Prayer Requests

- Please pray that we would delight ourselves in the Lord every day
- Continue to pray for our team to discern what God is specifically leading us to, especially in the New Year
- Pray for our baby's birth in the end of March/Early April
- Pray for continued grace, favor and fruit in the relationships here that God has given us

Overall, we have a lot of hope and anticipation for this next year, and we are so excited to continue to share about what we “taste and see” of God’s faithfulness with you!

In Christ,
Amelia and Ken Hunter

Here are some pics from an "American" Christmas Party we went to (Armenians celebrate Christmas January 6th). See if you can spot our baby boy's cameo in the 2nd picture.



*In Armenia, New Years is nearly a week-long celebration, starting December 31st!
Families traditionally have loaded up tables for people to stop by and snack on
throughout the week:*



Season 1 Begins Jan. 20!

The CHOSEN

Interactive Bible Study

Tuesdays | 6:30-8:00 PM
2609 Texas Street NE

"THE CHOSEN" SEASON 1 BEGINS SOON!

"The Chosen" Life Group is starting over again with Season 1 this year, so if you haven't seen "The Chosen" or even if you have but would like to watch it again, join us! The season begins on Tuesday, January 20. Led by Gina Rivera, the Bible study uses an interactive guide that follows along with the television series by the same name.

Only newcomers need to register. If you're new to the study, please sign up [here](#) so we can purchase the correct amount of books.

Sessions are held on Tuesday evenings from 6:30–8:00 PM in the Sandia Fellowship church office building located at 2609 Texas Street NE. This

NEW LIFE GROUP

The Story

GETTING TO
THE HEART
OF GOD'S
STORY



NEW LIFE GROUP: THE STORY

There is a new Life Group starting this January that is based on *The Story* which is an abridged, **chronological Bible** that reads like a novel. For those intimidated or overwhelmed by reading through the entire Bible in a year, this is a great option. *The Story Life Group* will be meeting on the **first and third Monday of each month at noon** at our church office building. We will offer a **Zoom option** if you are unable to travel to meet in person. *The Story* book will need to be purchased in advance of the first meeting that will be on January 5. If you are interested in participating in this class, **PLEASE SIGN UP** by clicking **here** today.



BUILDING OUR FUTURE - UPDATE

We are planning to start construction this first full week of January.



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!



NEED ASSISTANCE WITH HEARING AT CHURCH?

If you are needing assistance with hearing, please download the **Listen Everywhere** app on your cell phone.

When you arrive at our service, please connect to our Wi-Fi.

The password is: **17x9c9s0ua**

On your hearing aid, make sure your Bluetooth is turned on. If you do not want to use the app on your phone, we have two devices available. It has a headphone that goes over your ear and you can adjust the volume on the provided phone. Please ask an usher if you need one of these devices.



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**](http://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

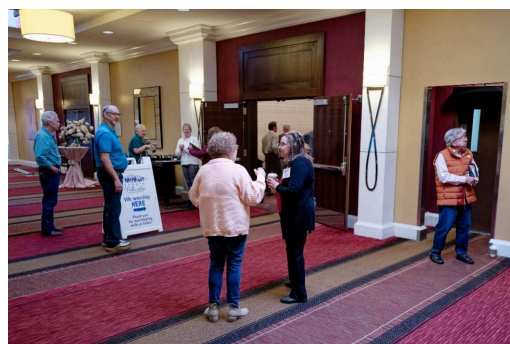
VISIT US ONLINE
www.sandiagmc.org



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](#).

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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