



8:00, 9:30 & 11:00a.m.

January 23, 2011

# Welcome!

If you are visiting Church of the Foothills for the first time today, we extend a warm welcome to you and your family! Our worship services are designed to communicate the basic truths of the Christian faith. Every attempt has been made to present Biblical principles which are both understandable & relevant for all who attend. There are many opportunities for you to become involved in the life & ministry of our church. You will find a Welcome Brochure in the seat pocket in front of you. Please take one home with you today so that you may become better acquainted with Church of the Foothills. As our welcome to you, enjoy a free cup of coffee with us at the Connection Café anytime between 8-11a.m. We are so glad you are here today and look forward to getting to know you better!  
-Pastor Brian Long

Pastor Phil Christiansen

Beyond Romance  
Ephesians 5:25-33a



## Relationships REimaged

**Live!**

In the Worship Center  
at 8, 9:30 & 11a.m.

**Re:new**

In the Shed  
at 9:30 & 11a.m.

**Video Café**

On the third floor of the  
Education Center at 9:30a.m.

## This Week at Church of the Foothills

### Sunday, January 23

Sunday Services in Re:new, *Live!* and Video Café

Sunday Seminars at 9:30 and 11 a.m.

Children's Sunday School, 9:30 and 11 a.m.

Student Ministries Sunday Edition, 11 a.m.

IMPACT Young Adults, 7p.m.

### Monday, January 24

Dorcas Quilting, 9a.m.

Young Marrieds, 7p.m.

### Tuesday, January 25

Men's Bible Study, 6a.m.

Women's Bible Study, 8:45a.m.

Awana, 6:20p.m.

### Wednesday, January 26

Women's Bible Study, 7p.m.

Sr. High Youth Group, 7p.m.

### Thursday, January 27

Men's Bible Study, 6:30p.m.

Jr. High Youth Group, 7p.m.

Transformation Class, 7:15p.m.

### Friday, January 28

Men's Bible Study, 6a.m.

Beginning Quilting Class, 9a.m.

Men of the Foothills Youth Dinner, 6p.m.

### Saturday, January 29

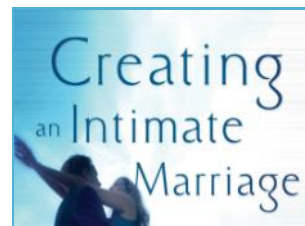
Awana Bible Quizzing, 10a.m.

### High School Winter Camp

Feb. 18-21 2011

**REACTION**

**Sign up Now!**



Don't miss this conference!

Feb. 4-6th

\$25 per person or

\$50 per couple

**Get your tickets  
on the patio!**

### SPAIN MISSION TRIP

Due  
Jan. 30th



Applications  
available in the  
Get Connected  
Center

**JULY 1 - 16, 2011**

**216**

*Bridging the gap with  
prayer, fasting and support*

### Weekly Need:

**\$ 3,500.00**

Last week's Imagine/216 blessing:

**\$ 4,685.36**

**Note:** You may now do your giving  
online! Go to [www.cotf.org](http://www.cotf.org) and click on Resources.

**Notes**

**January 23, 2011**

**Pastor Phil Christiansen**

**Beyond Romance**

**Ephesians 5:25-33a**

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**Review**

Submission is a strong and free act of the will to lovingly place another above oneself.

\_\_\_\_\_ is not only evidence of the presence of the Spirit in our lives, it \_\_\_\_\_ for all good relationships.

**Husbands love your wives (v 25)**

Husbands, \_\_\_\_\_ in your love for your wives.

This text is calling you to love your wife \_\_\_\_\_.

Love your wife regardless of her attitudes, words or actions.

Your love is to be marked by \_\_\_\_\_, not \_\_\_\_\_.

You are the head-servant in your home.

**How to Spell Love: C-O-U-P-L-E (Love & Respect by Eggerichs)**

C \_\_\_\_\_: give her your full attention. Communicate face-to-face.

Openness: she wants you to open up to her. Tell her what's on your heart and mind.

Understanding: don't try to "fix" her, just listen.

P \_\_\_\_\_: she wants you to say, "I'm sorry." Own your junk.

Loyalty: she needs to know you're \_\_\_\_\_. Don't even joke about divorce.

\_\_\_\_\_ : she wants you to honor and cherish her.

Remember birthdays and your anniversary.

Praise her publicly.

Notice her new haircut or outfit! Thank her for all she is and does.

### **Encourage Her Faith** (v 26-27)

Your love should encourage her to be everything \_\_\_\_\_.

You give your very best to her so that she can be set apart for God.  
Real men lead by example.

### **A Practical Demonstration of Love** (v 28-33)

Demonstrate your love by taking \_\_\_\_\_ of your wife.

Care for her in all ways: physically, emotionally, spiritually, socially,  
and sexually.

You are one with your wife—you have \_\_\_\_\_  
(Genesis 2:24).

When you take good care of your wife, you're actually doing yourself a  
favor.

A unified body is hard to beat; whether in a marriage or in a church.

### **The One Flesh Factor** (v 31 ref. Genesis 2:24)

The intimacy shared between a husband and his wife is a unifying,  
soul-blending \_\_\_\_\_ that is intended to last a  
lifetime.

Don't push her to do anything that makes her uncomfortable.

***Cling to Jesus, gentlemen, and you'll discover a love with and for your  
bride that goes far beyond romance and will keep you connected for the  
rest of your days.***

### Some Good Resources for Your Marriage Journey

*Sacred Marriage* by Gary Thomas

*Love & Respect* by Dr. Emerson Eggerichs

*The 5 Love Languages* by Gary Chapman

*For Women Only/For Men Only* by Shaunti Feldhahn

*The Power of a Praying Wife* by Stormie Omartian

*Creating an Intimate Marriage* by Jim Burns

### **Next Week's Focus: Ephesians 5:22-24, 33**

**Read ahead and come ready to dig in!**

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*A CD copy of today's sermon is available at the sound booth following the  
service. You can also stream the message on our website at [www.cotf.org](http://www.cotf.org).*

## What's New at Church of the Foothills

### Blood Drive:



Want to help save a life? It's as easy as donating a pint of blood at our blood drive on February 20, from 9a.m. to 12noon in the Family Life Center. A free pancake breakfast will be provided for all blood donors. Donors ages 16 and 17 must have a signed parental consent form to participate and all donors must weigh at least 125 lbs. Sign up today on the patio. Contact Pastor Dillon with any questions at [dillon@cotf.org](mailto:dillon@cotf.org).

### 2011 Israel Biblical Tour:



Join Pastor Brian and local Pastor and Israel expert Jay McCarl on a tour of the holy land in Nov. 2011. There is a limit of 80 people, so don't delay in registering. It will be first-come, first-to-go. The first 80 people to get their payments in will have a secured spot; after that we will start a wait list. Anyone wanting registration forms please contact Stephanie Cohen at (530) 409-0187.

### Marriage Conference:

Church of the Foothills will host the *Creating an Intimate Marriage* conference Feb. 4-6, 2011. The speaker will be parenting/marriage expert Dr. Jim Burns. Print out the registration form online, under *Upcoming Events*, and turn it in at the Marriage Conference Table on the patio, the church office, or just mail it in. Once we have received your registration you will be issued tickets. Space is limited so register soon!

### Summer Missions Trip:



Do you like working with kids and demonstrating Christ's love for others? Then Spain 2011 is the perfect trip for you! We will send a group of 10 to Tres Cantos, Spain in July to participate in English Camp 2011. Applications are currently available in the Get Connected Center and are due to Pastor Dillon by Jan. 30. Check your January Connection newsletter for more information or call the church office.

### Adoption Fun Run:

Come walk or run to support adoption at the Show Love Fun Run 5K on Feb. 12, at Church of the Foothills. This family-friendly community event will benefit the O'Meara family's adoption of an Ethiopian orphan. There will also be a carnival with games, raffles, food, and lots of fun following the run. Learn more about this event and the O'Meara family at [www.showlovefunrun.com](http://www.showlovefunrun.com).

### Church Property Break-in Update:

Five of our storage sheds were burglarized earlier this month, along with a shed at the Episcopal Church. About \$2,600 worth of our outdoor/grounds maintenance equipment was stolen. Please keep the persons who caused the thefts in your prayers. *Thank you* to Randy Osborne, Jim Paglucia, Wayne and Debbie Barber, and Werner Silkey for their generous donations. Thank you for seeing a need and filling it - what a blessing! If you would like to donate anymore tools or equipment please contact Josiah at [josiah@cotf.org](mailto:josiah@cotf.org).



## Adult Ministry

### Winter Adult Seminars:

Classes are located in the Education Center. At **9:30a.m.** - *The Secret to the Marriage You Want* in 204, *A Study of Luke* in 207/208. At **11a.m.** - *A Christian Response to Islam* in 204, *The Gospel of Matthew* in 207/208 and *The Coming Economic Armageddon* in 302. Step Study transformation groups are currently full. If you are interested in joining the Step Study next session, please contact Pastor Phil at the church office or email him at [phil@cotf.org](mailto:phil@cotf.org).

## Dorcas Quilters

### Television Special:

See our own Church of the Foothills Dorcas Quilters featured on Comcast Television Channel 2's show *The Art of It All*. Times are Mon. 1/24 at 8a.m. and Wed. 1/26 at 7:30p.m. Check the Friday edition of the Gold Panner and online at [www.sierratv2.blogspot.com](http://www.sierratv2.blogspot.com) for a full schedule. The show can be viewed by non- Comcast subscribers at that website, by clicking on the *SCA-TV Video* tab at the top of the page and selecting from the "on demand" program list.

## Children's Ministry

### VBS Save The Date:

Are your kids looking for a great summer adventure? Join our VBS program July 11-15 as we explore the Egypt Files and decode the mysteries of life! Look for upcoming announcements and registration dates. If you are interested in helping or need more information please contact Darlene Long at (916) 608-8730.

## Here To Serve

### Compassion Ministry:

We exist to serve those in our church who have various needs in their lives. If you have a need or know of someone with a need, please call Barbara Fossgreen at (530) 626-6486.

*All Prayer Chain requests may be emailed to [prayer@cotf.org](mailto:prayer@cotf.org).*



### Foothills Family Exchange:

This week a wooden workbench was added to the list of *free* items. There is a need for home school curriculum. For complete details, go to [www.cotf.org](http://www.cotf.org), select *Resources*, then "*the exchange*." To respond or post items, email [exchange@cotf.org](mailto:exchange@cotf.org) or call Joan at (530) 676-7916.



## Student Ministry

### **Sunday Morning Switch:**

Don't forget! Our Jr. & Sr. High Student Ministries Sunday Edition hour is now at 11a.m. in the Gym. Join us a little early for snacks in the Student Lounge and see all the new changes!

### **Week Night Groups:**

*Jr. High meets Thursdays from 7 - 8:30p.m. in the Gym.*

*Sr. High meets Wednesdays from 7 - 9p.m. in the Shed. The Snack Bar is open in the Student Lounge for both groups!*

### **Jr. High Mall Madness:**

Saturday, Feb. 26. A day of controlled fun at the Galleria Mall. This year we will be adding a twist to a classic board game of "Mall" proportions. Cost is \$12 and includes lunch at the church and transportation to and from the mall. Student drop-off is at 12 noon at the Student Lounge and pick up is at 4:30p.m. Registration begins Jan. 31, deadline is Feb. 24. Registration info. is available in the Student Lounge.

### **High School Winter Camp:**

All High school students are invited to this amazing camp, February 18-21 at Zephyr Point, Lake Tahoe. Cost is \$225 for a weekend of worship, speaker, fun in the snow and hangout time with leaders and other students. Get registration info. on the website or in the Student Lounge. Deadline to register is Feb. 6!

*For more information contact Heather Datus at the church office or [heather@cotf.org](mailto:heather@cotf.org).*

## Volunteer Opportunity

### **What are your gifts?**

Get Connected!

#### **For the Fun-Loving:**

Awana Club needs leaders for Games, Sparks and Jr. High Trek. They are also collecting new toys for their Awana Store. The collection bin is in the Worship Center Foyer. Please contact JoAnn Lytle at (530) 672-1001 or Karri Koenigs at (530) 401- 2827 for more information.

<b>Weekly Need to Fully Fund the Budget:</b>	<b>\$ 38,000.00</b>
Last Week's Blessing:	\$ 26,277.75
Great Commission Fund:	\$ 266.58

**Note:** We manage our budget in alignment with giving. When giving falls short, some ministry programs will not be funded.

*You may now do your giving online! Go to [www.cotf.org](http://www.cotf.org) and click on Resources.*

## Here For You

Church of the Foothills Main Reception .....(530) 677-3057  
 Church of the Foothills Fax.....(530) 677-4959  
 Compassion Ministry.....(530) 626-6486

## Our Pastoral Staff

Senior Pastor Brian Long.....brian@cotf.org  
 Pastor Dan Russell: Business Administrator.....dan@cotf.org  
 Pastor Roy Price: Adult Ministry.....roy@cotf.org  
 Pastor Phil Christiansen: Young Adult & Family.....phil@cotf.org  
 Pastor Eric Aiston: Music & Worship.....eric@cotf.org  
 Pastor Danny Basham: Student Ministry.....danny@cotf.org  
 Pastor Garrett Lane: Jr. High Ministry.....garrett@cotf.org  
 Pastor Dillon Barber: Missions & Outreach.....dillon@cotf.org  
 Patty Herrera: Director of Children's Ministry.....patty@cotf.org  
 Dee Michel: Director of Early Childhood Ministry.....dee@cotf.org

## Go Online

[www.cotf.org](http://www.cotf.org)

### **Church Location**

2380 Merrychase Drive  
 Cameron Park, CA 95682

### **Administrative Office & Mailing Address**

3939 Cambridge Road, #230  
 Cameron Park, CA 95682

