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Ezekiel Zaruba, Andrew Harris
More about the ONE28 retreat on
page 3! Photo by Micah Lugg

Pastoral Care to Servants Abroad

by Kim Nakamura

Stepping off the plane half a world away from the United States seemed almost natural last November. After all, this country was home for our family for five years prior to returning to Foothill Bible Church in 2005. We returned from India to Upland in order to serve those who were either ministering internationally or had a passion to do so. After nearly 10 years stateside, we were eager to be traveling to India again as a couple for the express purpose of serving our supported workers there!

Though New Delhi was not our home while in India, the familiar sites, sounds, and smells were reminiscent of our time much further south. We arrived just a day or two after India's most celebrated holiday, Diwali, the Festival of Lights. The celebration, much like our Independence Day celebration, incorporates fireworks which light up the night sky, but the overwhelming haze of the aftermath hangs low for days following. We were warned that we would be driving through such conditions when we checked the weather to find that Delhi temperatures at the time were in the 80's yet air quality read, "smoke." No, not haze and not fog, but SMOKE!

We spent our first evening in a local hotel where we unloaded our luggage which primarily consisted of several items that would bless the couples we came to serve. Many items were lovingly purchased by



Art, Kim, TJ and Karen Photo by Art Nakamura

members of FBC. Every ounce in tow was worth transporting from one end of the globe to the other knowing how eagerly and joyfully all items would be received. We had been on the receiving end of such generosity and it was now our joy to courier the same kindness to others.

We settled ourselves and made preparations to attend a small group meeting in the evening. An auto rickshaw shuttled us from the hotel to a local apartment. With familiar ease, we hopped right into the compact golf-cart sized vehicle commonly used by many in India. The local driver navigated his way through the busy city streets, swiftly bypassing larger vehicles, roaming animals, cyclists and pedestrians.

Our visit to the small group that Friday was the beginning of a blessed ministry opportunity. We sat among national believers who were processing the Word of God together just as we do in our small groups. Many were young and single

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Peter, Heather, Kim and Art
Photo by Art Nakamura

Women's Retreat



Photo by Oak Glen Staffer

2015 Women's Living Water Retreat, Oak Glen

Finding Refreshment

by Arcelia Miller

On a weekend last October, 37 ladies retreated to the mountains of Yucaipa to attend the **2015 Women's 'Living Water' Retreat**. It was a time of reflection, rejuvenation, and fellowship, as we listened to learn from the word of God and from one another.

Being in the crisp air of the magnificent mountains, hearing the melodious woodpeckers, and gazing at the fragrant towering pine trees in the canvass of the vast blue sky reminded us of God's "invisible attributes, eternal power and divine nature" as shared in Romans 1:20. Personally, it brought forth a gratitude for the gift of fellowship we get to have with God through Jesus Christ. Undeniably this was the purpose of the retreat as stated by our guest speaker Lillian Hooybar:

"We will be brought back to the recognition that Jesus Christ is Lord of our lives and that through joyful submission to Him there is healing, fruitfulness and abundant living for not only ourselves but for the world."

Lillian exhorted us in God's Word to **remember** the day of our salvation, **reflect** on our walk with God, **repent** of our sins and **return** to God to receive times of **refreshing** that is brought forth by abiding in Christ and being firmly rooted by streams of living water. Only when we are rooted by streams of living water can we bear fruit and can obey God's

command of making disciples.

There was so much to be thankful for about this retreat, but what stands out the most was the time given to do just what Lillian strongly encouraged us to do.

Remember. We were given plenty of opportunities to remember the day of our salvation as we were able to share our testimonies with one another. These conversational testimonies occurred during mealtimes, game times, hiking, strolling in the local apple village, and even during slumber party moments. These testimonies ranged from the first day we met Jesus to the grace and faithfulness of God in our lives today.

Reflect. There was time to reflect in our current walk with God and ask ourselves, "Am I abiding in Christ?" "Am I planted by the living waters," "am I in the faith" or "am I in the swamps?"

Repent/Return: Though we had small groups we were given time to be alone in prayer with God to receive the gift of godly sorrow and return to our first love—Jesus Christ.

Refresh. It is the Word and Spirit of God that revives us and 'times of refreshing' comes from the presence of God. We can't give to others what we ourselves do not have. Once we are revived and refreshed, we are able to maintain fellowship with the brethren and share the Gospel with the lost.

Since fellowship begins with our relationship with God through Jesus Christ, when we do not walk in the light,

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ONE28 Youth Retreat

NO FILTER*by Deborah Sutton*

The ONE28 youth retreat impacted me in ways I never expected going into it. I expected some great refreshing topic but instead God challenged me. He made me think. Through Micah's teaching I asked myself some raw questions, such as, "How do I view the world?" "What is my worldview?" "What kind of lens do I look at the world with?" and "Where is my focus?"

**Micah Lugg***Photo by Jeremy Valenzuela*

The retreat made me excited. Instead of my focus being on school, sports, or anything else it was on Christ. It was on how much I have to look forward to when I get to heaven. My focus was on the eternal hope I have in Christ. My focus was also on examining my worldview. Truthfully, I never thought about worldview. I thought, well, everyone had their own opinions, and that was what they thought, but I never thought that people's opinions of things make up what their worldview is and how they see the world around them. We all have a filter. We all see the world differently. We all have different opinions of this world. But ultimately as Christians, the Bible is where our worldview comes from. This all had a huge impact on my relationship with God because if someone asked me, "What is your worldview?" then how would I answer? I'm sure someone will ask me that question one day so I want to seek God now, and have my biblical answer ready for the person who asks in the future.

christian worldview

The first thing about Micah's teaching over this retreat that left a big impact on me was what, as a Christian, my worldview should look like, and why I need a biblical Christian worldview. Any other worldview besides a biblical worldview doesn't work. Evolution doesn't explain our experiences in the world, much less any other scientific thing. Why? Well, because created things speak of a creator. So in terms of worldview,

everything stems from how you see the world, therefore, all of your opinions and how you see things come from your worldview. We all look through a different lens but ultimately Christ should be at the very center of my worldview because that then determines how I see the world around me, and my opinion of mostly everything. And as a Christian, Christ should be reflected in every area of my life. As I write this, I find it very hard to sum up everything I got out of all Micah taught. Truly, I can't put it all into words because it was just so eye opening.

gospel message

The second thing that stood out to me was something Micah said, "The Gospel message doesn't begin with the fall because the Bible doesn't begin with the fall. The Bible message begins with God creating all things good. All that God created was good." It reminded me that God made all things good. God made you good. God made me good. But

**Bethany Hsieh and Sierra Broadwell**
Photo by Micah Lugg**Chloe Turner, Kaitlin Mikkelsen, Tamara Hsieh***Photo by Micah Lugg*

what I do with all that God made me, and everything around me is what makes me, and is used for good or bad. God made my hands good, but how I use my hands determines if they are ultimately good or bad. And it also reminded me that when I am evangelizing people, instead of starting off the Bible message with the Fall, why not start off with Genesis 1:31 where it talks about when God made us and said, "And God saw everything that He made, and behold, it was very good." Now I know how to emphasize the positive first then go to the Fall, and share how now we are all broken and desperately in need of Christ. I also can share my fallenness

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with them because I am as much of a sinner and in need of Christ as they are.

How Jesus Redeems Everything

The third thing Micah taught on that truly blessed me was called *How Jesus Redeems Everything*. How amazing is that to think? Jesus redeems me. Jesus redeems you. Our sins are washed away. They were dealt with at the Cross. We have new hearts. We have been made new. We used to be orphans but now we are adopted by Christ. WE. ARE. HIS. How absolutely undeserving I am of that huge blessing. I was chosen by the King of kings, and now I am free from my sins forevermore, and now I get to worship Him for eternity as of now here on earth, but someday with all my fellow brothers and sisters in heaven. Oh, how beautiful that will be. I truly look forward to that becoming reality.

Everything will Leave You Empty Besides God

The last thing Micah said that stood out to me was simple but so very true. He said, "Everything will leave you empty besides God." That resonated deep in me because I'm someone who's always played sports, or someone who's always been very social. So a lot of the time, it's easy to get caught up in that sport or in my friends. It's easy to try to fill that hole where God goes with accomplishments in my years of sports, or talks with friends. But ultimately it will stay empty, and ultimately I will stay broken because that hole can only be filled with

God. That hole will stay empty, and I will stay feeling empty because I am trying to fill it with things of this earth that will fade away like medals, or advice from people when I should be filling it with God, and the advice He gives me in His word. Not



Kurt Burrows, Lala Thorp, Ben Costello, Nathaniel Sutton, Stevilyn Griffin, Emily Mikkelsen, Tamara Hsieh, Brycesyn Harstad Photo by Jeremy Valenzuela

that people's advice is bad at all, because that is not at all what I meant, but it's easy for me to go to friends before I give things to Christ. But why not go to the One who created this whole entire universe?

people impacting people

It's hard to sum up how much of an impact the people had on me. Starting off with my small group leaders who are continually challenging my thinking. They are quick to ask the hard questions that make me think, and just as quick to lift me up in prayer when I'm struggling. I admire them, and their dedication to living lives for Christ. They inspire me to live a life fully dedicated to Christ, and to be in my Bible every morning. They did not only impact me over the weekend of the retreat but in every small group session we have had. Next, the girls in my small group are great;



Micah Lugg and Tommy Anderson. Photo by Audrey Lugg



High School girls small group leaders: Julie Thorp, Cori Roybal, Audrey Lugg Photo by Micah Lugg

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Photo by Micah Lugg

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they are so encouraging, and they make me feel comfortable to share. But one girlfriend in particular in my small group had the biggest impact of all the people. She made me laugh harder than anyone but continued to point me back to Christ in the ways I needed most. She encouraged me in so many ways, and inspired me to love everyone around me with a Christ-like love. She inspires me with her joy in Christ, and constant positivity. I am so thankful for the impact all the girls in my small group had on me during the whole weekend.

servant hearts

There were three people at the retreat that demonstrated most a servant-heart and are characterized by being kind, humble, loving, and so quick to forgive, love, serve, and serve more. They taught me a lot even though I doubt they know that. They taught me what it looks like to have a servant's heart, and to be a helper, and to be humble, and to love, and to forgive, and to be kind. They made me realize how slow I am to serve others, and how lazy I am, but they ultimately humbled me in how quick they were to serve me, and anyone else around them. I am thankful for them as examples of what a servant of Christ looks like, and deeply humbling me to my very core. I need more friends like them, and I can't wait to



Worship Team: Ezekiel Zaruba, Seth Roybal, Bailee Harris, Eli Roybal, Andy Valenzuela, Caleb Roybal Photo by Micah Lugg

see how God works in their lives in the future, and I truly, truly am blessed to call them my friends.

Every session taught about worldview over the retreat left me thinking. A huge thank you to Micah; he is a great teacher. His messages always leave me asking the hard questions, and always leave me wanting to seek Christ more deeply.

New Members



Zoila Craft

by *Jessy Molina*

Our dear Zoila has been attending Foothill Bible Church since July of 2010. Growing up in Glendora, she attended Calvary Chapel from her toddler years. By the example and instruction of God's Word from her mom, she became a believer at a young age, with a strong teaching of the Gospel from her Sunday school classes, as well.

Zoila Craft

Proverbs and James speak strongly to Zoila, with their abundant instructions through trials and blessings. Her favorite verse is James 5:7-12:

"Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand. Do not grumble against one another, brothers, so that you may not be judged; behold, the Judge is standing at the door. As an example of suffering and patience, brothers, take the prophets who spoke in the name of the Lord. Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful.

But above all, my brothers, do not swear, either by heaven or by earth or by any other oath, but let your 'yes' be yes and your 'no' be no, so that you may not fall under condemnation."

These wise words serve as a reminder that the Lord works in His own time. He will help us to persevere in the tasks at hand until they are accomplished.

Zoila currently attends the Explaining Christianity tract under the teaching of Bernie Cestone and is a member of Niko and Zara Plakakis' small group, which meets on Friday evenings. She also serves in the nursery ministering to and caring for our little ones.

When she is not in class, church or small group, you will catch Zoila out being a foodie, reading novels, writing, listening to music, playing a challenging board game, or catching a play, musical or new film. Of course, you may also find her hard at work during the week as a caregiver in the High Desert.

Robert Quesada

by *Nathan Bugbee*

Surely every Christian is a monument to the grace of God. There's a remarkable marvelousness to salvation. Whether one "grew up Christian" or waded through the sludge of one's debased environs, every believer is a living soul, rescued from the pit of depravity. Robert Quesada is one of the latter. With his father absent and mother nominally involved in his life, his grandparents in East LA essentially raised him, his brother and sister. Though his believing grandmother provided some godly influence, both grandparents were usually away from home for work, thus leaving most of his training and moral grounding to be shaped by school and the streets.

Despite his only brief personal involvement with a gang, gangs were a normal part of life and his own brother would eventually be a part of and die through gang violence. Ironically,

Robert would eventually end up a police officer, however, in his own words he "faced a gun more on the streets [growing up in East LA] than [he] did [in his thirty-one years] in law-enforcement." Nevertheless, God would have his soul.

Robert's great grandfather had been a street preacher and consistently prayed for the salvation of his family. Little did he know that years after his death, his prayers would be answered. It came about in this way... Robert played football throughout high school and it was after practice one day in his later teens that he overheard a man named Steve sharing the gospel with one of his friends, Jerry. Though initially caustic, Robert began to read the Bible on his own and with Steve and Jerry. Though the influence of Catholicism weighed in on his mind, he wrestled in his mind and heart and eventually embraced Christ as his Savior calling, "Lord Jesus, save me!"

He was passionate about the Lord and happy in salvation. However, his heart gradually grew cold and hardened as indwelling sin sought to sabotage his new affections. Nevertheless, the Lord remained faithful to him despite various struggles and failings over the years. He's known the heartbreak of sin and strained relationships. But the Lord has preserved him to this day.

Nowadays, though retired from law-enforcement,



Robert Quesada

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Robert is an active and eager man, working part time as a contract investigator and studying part time as a student at the Los Angeles Bible Training School. Reading, working out, drawing, and painting are some of his favorite pastimes.

He's been tremendously grateful for the faithful teaching of God's Word at FBC and looks forward to how the Lord may use him for His glory. Robert doesn't just want to be a "bench-warmer" in the church. Rather, he desires to be an active participant in the work of Christ in and through the local body. Therefore, he may be seen smiling and serving on Sunday mornings as a greeter.

With the life of a believer in mind, one may be reminded... we don't all know the path the Lord may take us in life, however, we do know the destination: "And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." (Philippians 1:6)

Harvey and Heather Ignacio

by Julia Buehl

Harvey was born in the Philippines but when he was only 6 months old his family moved to Ohio to be near extended family. At a young age his mom and grandmother led him to the Lord. It wasn't until he was a sophomore in college and got involved in Campus Crusade for Christ that he became serious about his faith. Ephesians has spoken to Harvey and his walk with God because here Paul really addresses our relationships, and specifically our identity in Christ.

Heather grew up as a preacher's kid in Chino Hills and was a self-described prodigal child. She said it was a miracle that God saved her from her life of rebellion. When she was 16, she moved to New Jersey and then at age 17 she started walking with the Lord. Because God loved and pursued her when she did not deserve it, she says the book of Hosea speaks to her personally.

Harvey and Heather met in Nyack, New York. Here is where Harvey attended seminary and received his

Masters in Divinity. After they married Harvey took a job as an associate pastor in Clearwater, Florida at the suggestion of a mentor for the next three years. Harvey transitioned to a sales job and after two years, they relocated to Burbank, California and now reside in LaVerne.

What has helped Heather to keep her focus on the Lord is 1 Thessalonians 5:16-18 by being reminded to rejoice always, pray without ceasing and giving thanks in all circumstances. Romans 5:3-5 encourages Harvey when he is going through hard times because it produces in him perseverance, because God's love has been poured into his heart through the Holy Spirit.

For just over a year, the whole family has attended FBC. Robert (21) and Ryan (20) Murphy are both in Crossroads while younger brother David Ignacio (13) is in ONE28. Robert is a civil engineering major at Cal Poly Pomona and Ryan is a sophomore at Pepperdine University where he is an opera singer. David also loves singing and participates in the sport of fencing. Harvey and Heather can



Robert Murphy, Heather and Harvey Ignacio, David Ignacio, Ryan Murphy

be found on Sunday mornings in the Old Testament Survey class and are active in the Shwetz small group.

The whole family enjoys traveling, camping, and hiking when they can find the time. They especially love cooking together and trying new recipes. Be sure to greet this foodie family and find out what their latest gastronomy has been!

Connection



*Carol Bugbee, Kathy Proctor, Lillian Hoobyar, Gina Farrar, Brittanie Bravo, Sheila Sutton.
Photo by Amber Williamson.*

Women's Retreat continued from page 2

we are out of fellowship with God and one another. A retreat offers a unique atmosphere with opportunities of deeper conversations due to the time given alone with God for confession and repentance, and time given to sharpen one another.

Furthermore, deep relationships take time: time to trust, time to share, time to listen, and time to pray for one another. A retreat provides for deeper fellowship because we are given time to trust one another and to transparently share struggles, fears and doubts.

It was evident this retreat was prayerfully and strategically planned to strengthen faith in Christ. If you haven't attended a retreat in awhile, you should consider kingdom investment. This is precious time of fellowship with God and brethren.

Special acknowledgment: As her final event, Gina Farrar led the team that coordinated the women's retreat. A heartfelt thank you to Gina for her years of leadership of Women's Ministry at FBC.

FBC Connection

The purpose of the FBC Connection newsletter is to inform and inspire the FBC body of what God is doing in the life of its members. Please note that the testimonies and articles are written by volunteers and do not necessarily reflect the sentiments or endorsements of the elder board. The apostle Paul explains in 1 Corinthians 12 that the local church is one body made up of many members and gifts. FBC Connection recognizes this diversity in the FBC body and seeks to promote community through this form of communication. On behalf of the elder board of FBC, we invite you to proclaim the excellencies of Christ who called us out of darkness into His marvelous light.

Art Nakamura, editor-in-chief

Julia Buehl, editor

Linda Arroyo, photo editor

Ann Inlow, layout

Photos by Linda Arroyo unless otherwise noted.

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and striving to be committed to the purposes of God in their lives though often challenged and even persecuted for their faith at school and at home.

The day following small group, we transitioned to staying in the homes of the two families FBC supports in India, the first in New Delhi and the second in Lucknow. We lived daily life with them whether we attended their Sunday worship services, participated in team meetings, transported children to and from school, or participated in the routine activities scheduled for these families in a week. Most of the moments in between were spent in long conversation with the field workers, discussing marriage, parenting, and ministry challenges.

Like those of us stateside, workers cross-culturally face challenges of many kinds in their walk of faith and in their attempt to declare gospel truth. Unlike us, however, though the Word of God is their ready aid, they often lack regular fellowship opportunities with others who will preach truth to them. In the absence of such fellowship one may lose objectivity and perspective. Challenges come, the cloud of discouragement hovers, and the work can seem downright overwhelming. Yet all of us can take comfort in 1 Corinthians 10:13, "No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it." What we brought to the table of conversation was not our own thoughts and words, but the Word of God, with the hopes that the spirit would use this faithful means to bring hope where hope had dimmed and to bring comfort to hearts that had endured much change and challenge in their years of service internationally. (Psalm 119:49, 50)

We thank FBC for allowing us to travel so far for the purpose of supporting our international workers with more than a monthly check, but with our very presence among them. Our trip was the fruit of a fundamental shift Foothill Bible Church made in the support of cross-cultural workers several years ago. The desire then as is practiced now is to supplement the financial support of our overseas workers by coming alongside them by way of regular communication and, when possible, by way of personal visitation as they live out their faith and service in a foreign land. Art and I experienced this kind of practical and personal encouragement as international workers ourselves 15 years ago and count it a privilege to have had the opportunity to return to India once again and love others as we also were loved by the body of Christ here at FBC.