

# Colton SDA Newsletter

October 2010

## Photo Directory

The photo shoots for the photo directory have begun. Be sure to get your family together and come to the Junior Sabbath School Room following Church. Before your picture is taken your family will be requested to fill out a data sheet. Each family will take three pictures, then they will be

**“Remember the success of the directory depends on each member’s participation.”**

allowed to pick their favorite for the directory. Photo shoots will continue until December 18, excluding Thanksgiving week-end. Remember the success of the directory depends on each member’s participation. If you have any questions see Rob or Kristi Cruise.



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## Parenting Seminar

Presented by Family Ministry

November 6 & November 13

3:30 p.m.—5:30 p.m.

Topics:

- Basic Biblical Principles of Parenting
- Parenting Myths



- Discipline God’s Way
- Parenting Styles
- Spiritual Influences vs. Worldly Influences
- And much more...

*Child care provided for ages 3-12 with parent registration*

See Mary Lou Domingo or Mary Lemos if you have any questions.

## Mark Your Calendars



Oct 23 (Tonight) 7:04 PM – Final Area Evangelistic Mtg – LL Chinese Church

Oct 24 (Sun) 8:00 AM – Men’s Ministry Service Project

Oct 24 (Sun) 9:00 AM – Women’s Ministry Meeting and Breakfast

Oct 27 (Wed) 7:00 PM – Prayer Meeting: Pastor Art Bell

Oct 31 (Sun) 8:00 AM – Work Bee

Oct 31 (Sun) 11:00 AM – Church Board Meeting

Oct 31 (Sun) 6:00 PM – Game Night @ Fontana SDA Church

Nov 6 (Sat) 3:30 PM – Parenting Seminar – Family Ministry

Nov 7 (Sun) 2:00 PM – Cooking Class: Fontana SDA Church

Nov 10 (Wed) 8:00 PM – Board of Elders meeting

Nov 13 (Sat) 3:30 PM – Parenting Seminar – Family Ministry

Nov 14 (Sun) 10:00 AM – Men’s Ministry Annual Thanksgiving Brunch

Nov 20 (Sat) 1:00 PM – Thanksgiving Potluck Dinner

Dec 4 (Sat) 6:00 PM – Christmas Concert: Riverside Concert Band

## Verse of the Month

Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3 John 2

## Redlands Group Walk

A small group got together on Sabbath afternoon, October 16, for a stroll through the south Redlands neighborhoods between Ford and Prospect Parks. Ford Park has large lawns and two artificial ponds, while Prospect Park is surrounded by orange groves and contains numerous landscaping features. The group also visited the Redlands Fire Prevention Garden, to see examples of drought- and fire-resistant plants.

This was the final organized Sabbath Afternoon group walk scheduled for 2010. During the year, the Colton church organized the following Sabbath Afternoon group walks, to promote fitness and fellowship:

- 1) Redlands/ "Extravaganza of Churches", January 16
- 2) Crafton Hills hike, March 20
- 3) Mt. Rubidoux walk, Riverside, April 3
- 4) Jenks Lake hike, San Bdn. National Forest, July 24
- 5) Big Bear Lake/ North Shore Trail walk, August 28
- 6) Green Valley Lake & vicinity hike, September 18



Here's the whole group after the "easy" walk. Robert Broom was kind enough to take the picture.

- 7) Redlands/ Ford Park walk, October 16
- Thank you to everyone who participated.  
*Jerry Johnson*

## Just For Today

1) Just for today, I will try to live through this day only, and not set far-reaching goals to try to overcome all my problems at once. I know I can do something for 12 hours that would appall me if I felt I had to keep it up for a lifetime.

2) Just for today, I will try to be happy. Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be." He was right. I will not dwell on thoughts that depress me. I will chase them out of my mind and replace them with happy thoughts

3) Just for today, I will adjust myself to what is. I will face reality. I will try to change those things I can change, and accept those things I cannot change.

4) Just for today, I will try to improve my mind. I will not be a mental loafer. I will force myself to do something that

requires effort, thought and concentration.

5) Just for today, I will exercise my soul in three ways. I will do a good deed for somebody—without them knowing it. (If they find out, it won't count.) I will do two things that I know I should do but have been putting off. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

6) Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk softly, act courteously and speak ill of no one. Just for today, I'll not try to improve anybody except myself.

7) Just for today, I will have a program. I may not follow it exactly, but I will have it, thereby saving myself from two pests: hurry and indecision.

8) Just for today, I will have a quiet half hour to relax alone. During this time, I will reflect on my behavior and will try to get better perspective on my life.

9) Just for today, I will be unafraid. I will gather the courage to do what is right and take the responsibility for my own actions. I will expect nothing from the world, but I will realize that as I give to the world, the world will give to me.

*Contributed by Lisa Cairns*

# Pastor's Perspective

## The Community Health Expo: A Strange Sight!

Moses saw a strange sight, a bush that caught on fire, but did not burn up. The Scripture says Moses saw the angel of the Lord appear to him in the flame of fire. It was a strange sight, a bush caught on fire and was not burned up as it is mentioned in Genesis 3:1-5.

"Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, "I will go over and see this strange sight-why the bush does not burn up." When the LORD saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground."

I believe the Community Health Expo that the Colton Church displayed this past Sunday was a strange sight that caught the eyes of the community. Most of them came wondering what was going on at the Colton SDA

Church. So they stopped and came over to check it out. What do you think the people saw when they came over to register and go through different booth stations? Did they see a strange supernatural sight like Moses saw at Horeb; "a bush caught on fire but not burned up?"

There was no fire to put down, but there was a red fire truck and the fire fighters with their uniforms were seen at the site mingling and talking with people that stopped by to see what going on at the Colton SDA Church. The children with colorful balloons circled the red fire truck talking and asking questions of the fire fighters as if there was a real fire that just happened and the fire fighters had just finished putting it down.



"...the fire fighters with their uniforms were seen at the site mingling and talking with people ..."



"...caught on fire with the divine love of God..."

There was no fire, but there was a medical team of doctors, nurses, therapists, a

and counselors giving lectures and providing care to the people as if they were fire victims who had been rescued from the fire. Instead of voices of fear and terror to be heard, the camaraderie of joy, peace, and laughter transpired from the screening care area where the people received care from the professional medical team.



"There was no fire to put down, but there was a red fire truck..."

The mayor and the

master of ceremonies gave prizes away to the people. The face painting operation the youth offered for free to all children gave a new look of amazing surprise to all that came to see. Almost all of the people that came to the Community Health Expo left with a bag half full of helpful goodies, a hotdog and a bag of popcorn. What a wonderful sight was seen and a joyful moment was experienced.

I often wonder in my heart how God would reveal His awesome goodness through the humble effort of the Colton Church. I left with the conviction that all the people that came to see the Community Health Expo didn't see the bush caught on fire. However they saw the members of Colton Church and volunteers from the community caught on fire with the divine love of God for serving others just as Jesus said, "I didn't come to be served but to serve." No doubt all people that came over to see the strange sight experienced entering into the holy ground of God's grace, as it was manifest through the humble service of our church members of the Colton SDA Church.

Pastor Mataafa

# Health Fair Report

Because Your Health Matters!

The weather seemed gloomy but spirits were sunny and soon everyone was in an active mode on Sunday, October 17 for the second annual Health Fair.

Crews were scurrying around marking off areas for the LLU School of Den-



Marissa, Eunita, and Mary L. welcomed the attendees and helped them register.

tristry Van, the Colton Fire Department (Thanks to Chuck) and the Commu-

**“Our neighbors were very cordial and said, smiling, ‘Thank-you. How nice of you to do this for us.’”**

nity Services booth which was manned by Laura , Maribel and Gary.

Registration was well organized. Jerry, Mary Lou D., Mary L., Marissa, Eunita, Helen and Bud Kovarick and Beyss kept thing flowing nicely as the 115 people registered.

There was a variety of interests for the

very young and those of us young at heart. The booth with the “turtle” man and the forest ranger with a variety of small creatures of the wild; especially the live

snakes to pet or hold made a real hit!

Face painting and balloon painting, as always was well attended. Thanks Netanya, Jasmine and Esther.

On the more educational and informative side

were the two health related booths. CHIPS gave excellent information on life-style changes and information on cardiac health. The other was a booth on Lyme disease due to tick bites. Anne Mears ran that booth



Anne Mear presented important information on Lyme disease.

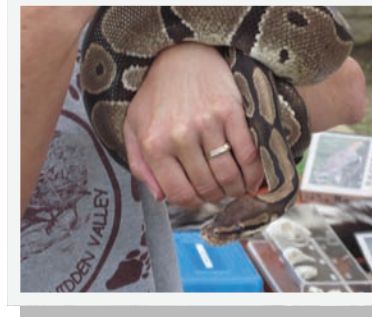
formation you need to know if you spend time outdoors even if it’s just



Evin had her face expertly painted by Jasmine.

around your yard.

Two excellent seminars were presented. Pastor Justin Singh presented how stress can severely affect our lives and



The visiting snake with the Ranger was a hit with the kids and gave a few the shivers.

how forgiveness can release stress and become a healing tool. A very informative seminar on asthma control was presented by Ana Wilson. One surprise was to learn acid reflux can cause asthma.

James Bauchert came dressed as MC and was in charge of

drawing the winning tickets to see who



Dave from Fontana donated his time to provide physician consultation.



Community Services provided a number of free items for attendees. Pictured is Gary and Maribel.

would get one of the donated 10 gift baskets.

Our neighbors were very cordial and said, smiling, "Thank-you. How nice of you to do this for us."



Ann was a volunteer from CHIPS and was assisted by

The last stop on the way was the Free Snack Area. Samples of veggie hot dogs, veggie chili beans, fresh popcorn, apples and bottled water seemed to be enjoyed by most. A great job and well organized by Cathy, Danni, Carla, Vi



Elida provided valuable information and preserving eyesight.

around 1pm. This happened due to the efficient preparation team of Robbie, Blanca, Delilah and the Kohl's Volunteers.

Thanks to those who loaned out their canopies for the booths, also.

It was good to have Pastor Mataafa with us this year. Last year he saw the fair by long distance in Iraq.

There are always a lot of behind the scenes work with a project like this, which starts months and weeks before the event. THANK-YOU FOR:

- Jerry and Theresa - PR, radio, newspaper, special contacts.
- Teresa - contacting Kohl's and getting volunteers
- Pastor Bell - Mapping area, getting all supplies and bread
- Carlos - signs, mapping, tables, grounds work, donation of baskets
- Young - gathering medical teams, doctors, nurses
- Assist Teams - Rubie and Eli

and the Kohl's Volunteers.

Continuing on the food theme: Thanks to all of those who brought food for all the volunteers. The food was good, and put together 10 lunches could start at about 11am which had everyone fed by

- Security Team - Tony, Dean, Jorge, Alex and Abner
- Photos - Keith just all over with his camera
- The Best Co-Leader Ever - Mary Lemos
- Our Prayer Team - Pastor Oli and Elizabeth
- Special Thanks - Dave Bennett from Fontana SDA Church for helping in medical consulting
- Step Test Crew - Sandra, Marilou



Food was appreciated by the attendees and volunteers.

and Flora

- Vision Screening - Elida, Bishop and Gino
- Sound - Donnie
- Roamers - Pastor Mataafa, Nestor, Carlos, Mary L. and Shirley



Our church volunteers were joined by the Kohl's volunteers to make sure all the volunteers had lunch.

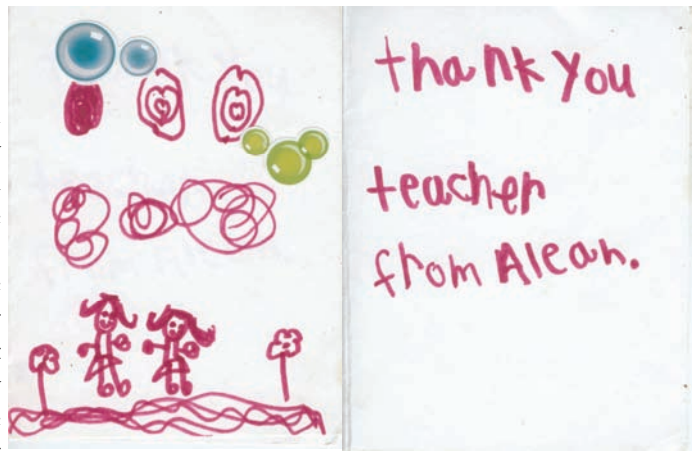
We appreciated everyone pitching in at the last minute to clean-up the church grounds - Bishop, Elias, Noe, Abner,

## What Made My Day

The ministry that I have enjoyed the most is teaching the pre-school kid's Sabbath School class. It brings me much joy and satisfaction. Jesus said, "Suffer the little children to come unto me, for of such is the kingdom of Heaven." It is such a treat to get hugs from the little ones; watch them participate in class, and listen to them pray. When we spend time together in Sabbath School we bond, and they learn to trust me. Sometimes I wonder if they are learning in my class. One Sabbath,

**"That made my day and helped me to realize that my teaching is not in vain."**

Aleah Galvan, who was then in the Primary Class, gave me a hand made "Thank-you" card that she had made in her new class. That made my day and helped me to realize that



*This is the front and inside of the card Aleah gave Marissa.*

my teaching is not in vain. To see these kids growing up who were in my class and are active in church is very rewarding, and yes, I'm referring to Aleah, Armand, Elizabeth, Evin, James, Kristen, Marshall and Socorro. And I wish to say to my faithful

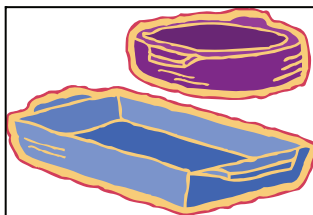
students now, JayJay, Gigi, Madison, Patricia, Josiah and to others that come to my class, you are a delight! You make my day, every Sabbath I see you!

*Marissa McConnell*

## Potluck Recipe

### Turkey Fondue

- 2 c. milk
- 2 2/3 c. seasoned croutons
- 1-10 2/3 oz. canned Fri Chic drained and chopped
- 2 c. shredded cheddar cheese
- 4 eggs separated



add croutons to milk; allow croutons to be softened by milk; add cheese and Fri Chic, then add eggs. Gently stir in egg whites. Pour into 9x9x2 baking pan; sprinkle paprika and parsley flakes on top. Bake

at 300° for 50 minutes.

This recipe is from Kettering Memorial Hospital in Kettering, Ohio. It was always served for Thanksgiving and Christmas meals and has been a favorite of our family for years during the holidays.

*Helen Kovarick*

## Remembering Kindness

Ten years ago my Mother was very ill to the point where she could not get out of bed, talk, or feed herself. I was working full time and had someone take care of her during the day. There were times when I couldn't go to church because of her full time care needs. At that time I was a member of the Inland

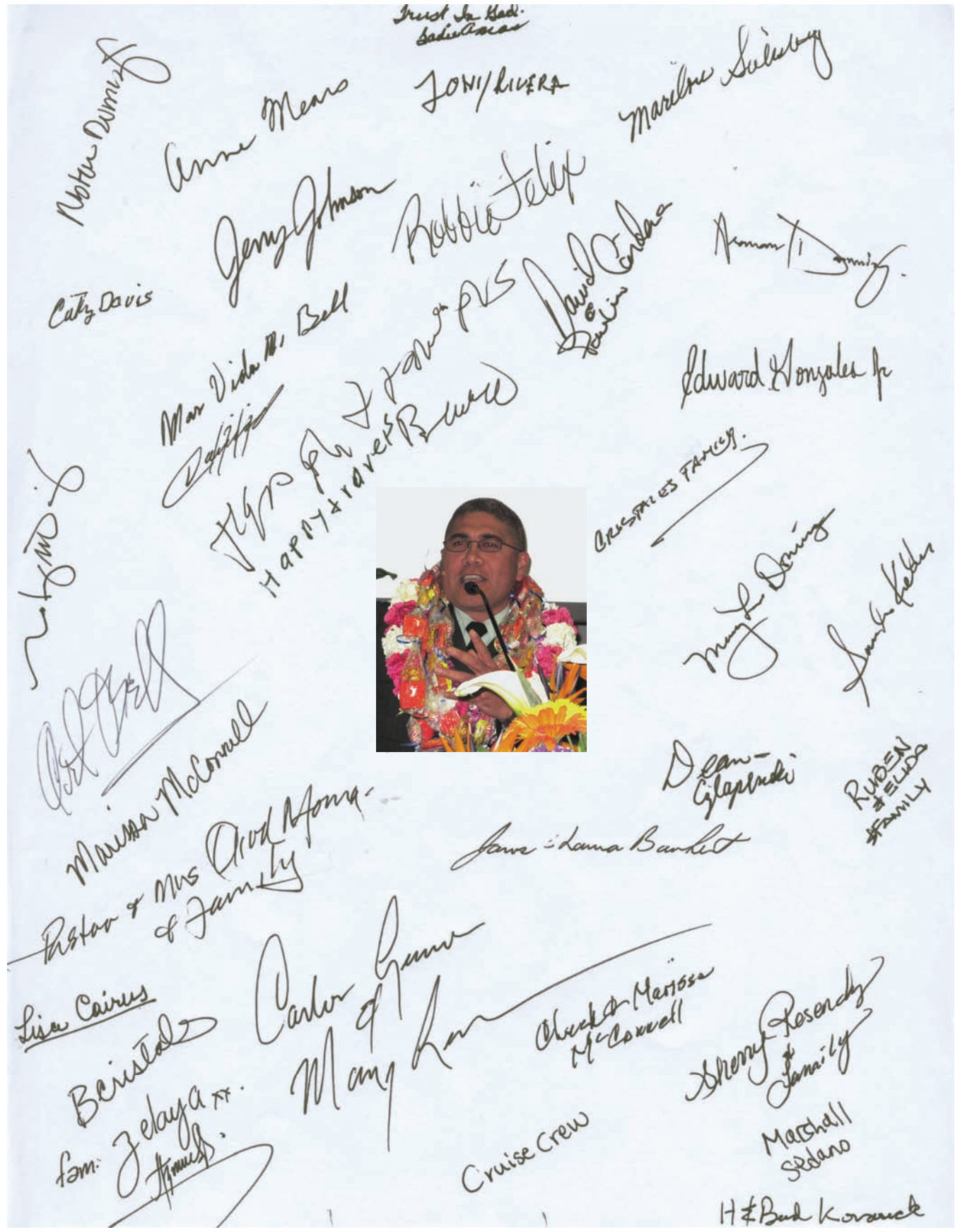
Spanish Church. When my brothers and sisters from the church found out about my hardship, they formed a group and many of them offered to

take turns taking care of my Mother on Sabbath so that my children and I could attend church service. I felt so grateful to them for their kindness, love, and their support.

*Teresa Padilla*

**"I felt so grateful to them for their kindness, love and their support"**

Pastor Mataafa: Thank-you For Your Dedication!  
Happy Pastor Appreciation Month!



## Colton SDA Church

### Mailing Address

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Phone: 909-825-9344

Increasing member  
communication

We're On the Web!  
[colton.adventistfaith.org](http://colton.adventistfaith.org)

### Church Mission Statement

*To provide a grace-filled environment where a diversity of worshipers may experience the healing love of Jesus through the ministry of the Word, the community of prayer, the fellowship of God's family, and the opportunity to serve.*

### Special Thanks

To all who contributed to the Newsletter this month and the many months in the past. A special thanks to Helen Kovarick for encouraging members to be involved in this ministry! I hope you all like how your articles look in this new format! You have all blessed me this month and I hope you get a blessing out of what you read here this month, too.

Happy Reading,

Kristi Cruise

### Contribution Instructions

The mission of this newsletter is to provide communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at [jrklijcruise@sbcglobal.net](mailto:jrklijcruise@sbcglobal.net) or home phone (909) 872-0394 or cell (909) 936-0005. The next Newsletter will be published November 20. Please turn in your articles or photos by Thursday, November 18 before 5:00 pm.

## Meet Our Newest Member

Hi. My name is Anne Mears. I was born in Michigan over 50 years ago, but grew up in Nigeria, where my parents went as missionaries in 1959. We spent 6 years there, at two different hospitals: Ahoda and Ile Ife. Ile Ife has now developed into a major university. We crossed the Sahara desert when we left Nigeria.

When we returned to the USA in 1965, we landed in New Orleans, just in time to be greeted by Hurricane Betsy. After a couple of years there and another year in Georgia, we moved to La Sierra, where I finished Academy.

I had always wanted to become a health care practitioner of some sort, but was unable to decide whether to become a doctor or a nurse. I finally settled on nursing and finished that in 1980. In 1983, I met my husband, Mike; and in 1984, we welcomed Justin into our lives. Mike was baptized several years later. I was baptized when we lived in New Orleans.

Over the years, I switched from nursing in hospitals to helping people at home. I specialized in IV therapy in the

home. My health started to deteriorate, and I had difficulty maintaining the workload required by my job. In 2002, I had to take a leave of absence for a few months to recuperate. In 2004, I was diagnosed with Lyme disease. Diagnoses of other infections came later; and in 2005, an immune deficiency was diagnosed. I was initially responsive to treatment and was able to return to work full-time in 2007. That summer, I was bitten by another tick and my health has steadily declined since then. I am now considered disabled and am unable to work in my former profession.



I have not given up, though. I went back to school in 2003 to complete my Bachelor's degree in nursing. I graduated in 2005 with my BSN. I continued on to earn my MSN in 2008. I remain in school, working on a PhD in General Psychology. I hope to be able to conduct research on tick-borne infections and other chronic illnesses when I graduate. I praise God that He has brought me through these trials, and drawn me closer to Him. I continue to study His Word and depend on His strength day by day.

Anne Mears, BSN, MSN/IH, RN