

# Colton Seventh-day Adventist Church

## Newsletter

April 2012

### Up Coming and On Going Activities

#### Mark Your Calendars



**Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.**

Apr 15 (Sun) 8:00 - 11:00 AM Work Bee

Apr 15 (Sun) 9:00 AM CORE Pancake Breakfast

Apr 15 (Sun) 11:00 AM - 1:00 PM Board Meeting

May 6 (Sun) 8:30AM International Breakfast

May 6 (Sun) 10:00AM Family Fun Day

#### Community Services Corner

##### International Breakfast 2011



##### International Breakfast

Sunday, May 6, 2012, @ 8:30 AM

- ⇒ Cost \$5.00 a plate. Tickets will be given once payment is made.
- ⇒ Sign-up is important as we need to know how many people to prepare for.
- ⇒ Look for a flyer in the bulletin, and sign-up sheets in the foyer.

##### MENU

Soyrizo (vegetarian chorizo with eggs and potatoes)

Rolls

Pagikeke (fried bananas)

Tilolo (Tapioca dish)

Oats

Fruit Cup (seasonal)

Scrambled eggs

Waffles

Hot drinks and juice

Mark the date on your calendar. Plan to come for a fun filled day of enjoyment as Breakfast will be followed by the "Family Fun Day" of outdoor fun and games planned by Kristi and Rob Cruise.

Laura Bauchert

#### Family Fun Day 2012

Sunday, May 6, 2012, @ 10:00 AM

Come and have a breakfast with international flair then stay and play. Activities will include:

Obstacle Course

Gunny Sack Races

Water Balloon Toss

3 Legged Race

Egg and Wood Spoon Race

50 yard Dash

Crafts

Bounce Houses

And few surprises!

Bring a friend, or two, and enjoy the fun. This year Women's Ministries will be selling food for lunch as a fundraiser.

See Kristi Cruise if you would like to help or if you have any questions.

##### Spring Family Fun Day 2011



#### Inside this issue:

Pastor's Perspective 2

How Do You Think 2

Fit For God 3

Home Potluck Fellowship 3

Talent Show 4

Easter Cantata 5

Bible Quiz 6

#### Verse of the Month

And everyone who has left houses or brothers or sisters or father or mother or children or fields for my sake will receive a hundred times as much and will inherit eternal life.

Matthew 19:29

## Pastor's Perspective

### *The Triumphant Entry Reflection*

Timothy Tebow had his triumphant entry on the national sport stage when he drew a massive crowd for Easter Sunday weekend at the service in Georgetown, Texas. The 24 year old football quarterback of the New York, Jets, Timothy Tebow, drew a massive crowd of people wanting to celebrate Easter Sunday with him. The major news media went crazy airing the live report of the Easter service which highlighted an interview of Tebow by the pastor of the Celebration church in Georgetown, Texas. Tebow's popularity and his bold stand on Christian faith have been made popular because it has been very rare for someone so popular in the area of national sports to make a public gesture to demonstrate a bold stand for his Christian faith.

There are a few reasons why the world is paying attention to the story of Tebow: One is it is good for advertising. Second, Tim's popularity unites different faiths groups through the common interest of sports entertainment, which good for business. Third, he is considered to be a role model for traditional Christian moral values that most Americans hold. And fourthly, the human spirit has the tendency to follow after a national popular icon to represent human pride and glory. Tebow finds his triumphant entry of popularity in the world sports arena which rallies around worldly interests and human pride.

However, the biblical account of the "triumphant entry" of Jesus as He rode on the colt into the city of Jerusalem was a prophetic gesture that caught the attention of the religious leaders and the crowd that was following Him. First, the gesture of Jesus riding on the colt indicates that He was the anointed Messiah to liberate the Jews from the Romans according to the messianic expectation of the Jewish people. That was the reason the people threw their garments and palms leaves and shouted "hosanna". Matthew 21: 1-25 says, "Jesus sent two disciples, saying to them, "Go to the village ahead

of you, and at once you will find a donkey tied there, with her colt by her. Untie them and bring them to me. If anyone says anything to you, say that the Lord needs them, and he will send them right away." This took place to fulfill what was spoken through the prophet: "Say to Daughter Zion, 'See, your king comes to you, gentle and riding on a donkey, and on a colt, the foal of a donkey.'"



Second, the people believed that it was the fulfillment of prophecy that Jesus, the coming Messiah, would establish the earthly kingdom of David. Unfortunately, the people's expectation of a popular Messiah with his conquering authority was disappointed to see Jesus surrendered himself to the hands of the religious leader to be condemned under their false prophetic interpretation. Those were the same people that were shouting "hosanna" to the coming king, were the same people that were first to shout "crucify him".

Thirdly, the conquering authority of Jesus was not to gain national popularity in the media who has worldly and selfish interest in material things. However, His triumphant entry was to liberate humanity from the power of sin and death. The triumphant entry of Jesus was to demonstrate his authority over the fearsome enemy of human life, which is death. Jesus conquered death and demonstrated His victorious resurrection from the grave to the glorious ascension to heaven. He promised His faithful followers that He would come back to take them all as honored guests to the eternal kingdom in glory that has been prepared for them. That is what the gesture of the triumphant entry of Jesus Christ for. It is to liberate us from deception of sinful evil and rescue us from the power of death unto life eternal with Him.

Have a triumphant walk with Jesus this week!

*Pastor Mataafa*

## How Do You Think

If you think you are beaten, you are;  
If you think you dare not, you don't!  
If you'd like to win, but you think you can't,  
It's almost certain you won't.  
  
If you think you'll lose, you're lost;  
For out in the world we find  
Success begins with a fellow's will;

It's all in the state of mind!  
  
If you think you're outclassed, you are;  
You've got to think high to rise.  
You've got to be sure of yourself  
Before you'll ever win the prize  
  
Life's battles don't always go

To the stronger or faster man;  
But sooner or later the man who wins  
Is the person who thinks he can!



Author Unknown  
Contributed by Lisa Cairus

## Fit For God

*These are excerpts from Jason Reams, "J's Fitness Bootcamp."*

### *Eating Healthy While Eating Out*

When you eat at home, you know what you're getting.

Head to a restaurant, and it's another story. The ingredients, method of preparation, and portion size can easily add excess calories to your diet.

Restaurant menus have so many choices and are often full of unfamiliar terms. Is a food fried or baked? Does it come with a sauce or dressing? If you're not careful, you won't know answers to these questions and more until you ask them.

Before heading out to dinner tonight, here are some tips to enjoy a healthy meal.

### *So Many Options*

When considering what to choose from dozens of options, you can easily become overwhelmed. Just as easy is to be tempted by the unhealthy choices. Thankfully, most restaurants these days include healthy options on their menus and label them accordingly.

For your main course, choose vegetarian, chicken, turkey, ham, or fish over beef. If it comes with a sauce, avoid creamy or cheesy sauces and go with a tomato or vegetable sauce.

Additionally, try to include a salad, fruit, or steamed vegetable, and go sparingly on dressings, cheese, salt, and butter. Instead of chips, fries, or fried rice, choose boiled rice or potatoes.

Need some extra seasoning? Leave the salt and butter alone. Instead, reach for some fresh herbs or lemon. And if the meal comes with bread, choose a whole-grain option and go with a sherbet, sorbet, or fresh fruit if you can't say no to dessert.

### *Food Preparation*

Menus are often vague when it comes to the way the food is prepared. If you're not sure or the menu doesn't say how the food is prepared, be sure to ask.

Remember—restaurant foods are full of fats, as fats help keep the food moist and yummy.

To play it safe and to avoid excess fat, choose foods that are grilled,



boiled, steamed, stir-fried, or poached instead of fried, baked, or battered. Also, take control of your food destiny by asking that your meal be prepared with olive oil instead of butter or other fats.

When your salad arrives, opt for oil and vinegar rather than dressing. Or have your dressing on the side so you can limit the amount you use.

Terms to watch for include "lightly breaded," "wrap," "baked," and "viniagrette." These may all sound healthy but may be deceiving.

Foods that are lightly breaded are often deep-fried. A wrap may sound like a good option, but two slices of bread may have fewer calories than a 10-inch tortilla. Baked sounds better than fried, but it

could possibly mean the food is baked deep-dish style and contains high-fat, creamy ingredients. While baked salmon is a good choice, baked lasagna is high in fat. And though vinaigrette dressing sounds healthier than a cream based dressing, it is mostly oil, so order it on the side.

### *Portion Control*

Not only do portions keep getting bigger, so do the plates that hold them! With so much food sitting in front of you, it is sometimes hard to resist the temptation to eat it all—especially when you paid so much for it.

To avoid the temptation to eat unhealthily large portions, split or share the entree, then choose a soup, salad, or extra side. If you know you'll get too much food, go ahead and ask for a to-go box when you order. That way you can divide the food as soon as you get it, so you won't have to stare at the extra food as you eat.

### *Know What to Look For*

Knowing what to look for on a menu and what to avoid will help you choose healthier, low-fat options. If you find that your diet is lacking fruits, vegetables, or whole grains when you eat out, make up for it when you eat your other meals at home.

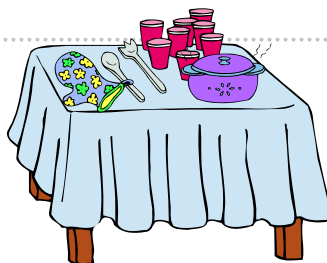
Remember that healthy eating is only half of the battle when it comes to losing weight. *Adjust Your Mindset*

*Contributed by Teresa Padilla*

## Activities Report

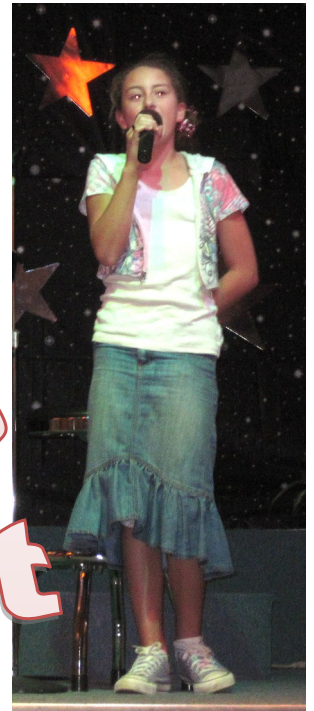
### Home Potluck Fellowship

Three families from our congregation welcomed fellow members of the Colton church family, and visitors to our Worship Service that day, into their homes on Sabbath Afternoon, April 7, for a Home Potluck Fellowship organized by the Social Committee. Members had been requested to sign up in advance for this activity, and those who did were divid-



ed among the three host sites, which were the homes of the Zelaya, Cristales, and McConnell families. The three groups had a special opportunity to celebrate the Easter weekend together in an atmosphere of hospitality, friendship, and gratitude to the Lord.

*Jerry Johonson*



# Colton's Got Talent



The 2nd Annual Core Talent Show was on March 24. It was filled with talent some known and some new. With Jason and Armand leading the way with skill and comedy, the brave and talented took the stage to both entertain and fundraise. Thank-you to all who performed and extra thanks to those who came and supported our young people.

Before you know it next year's talent show will arrive. Begin your preparation now and plan to be a part of the show next year!

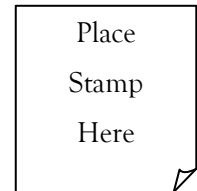
## Easter Cantata 2012



In celebration of the life, death, resurrection, and ascension of Christ Jesus, the Colton SDA Church presented an Easter Cantata on Sabbath morning, April 7. This was a mixed program of music, drama, and spoken word. Volunteers in period costume gave first-person presentations of the perspectives of different characters from Passion Week, from the Triumphal Entry to Christ's Resurrection: Elizabeth Sheffield as a villager from Bethany; Donnie Cristales as John the Beloved Disciple; Carlos Lemos as the disciple Peter; James Bauchert as Pontius Pilate; Robbie Felix as Mary, the mother of Christ; Art Bell as a Roman Centurion; and Leanne Galvan as Mary Magdalene. Other cast members helped re-enact different Passion Week scenes described in the Bible, with Anthony Parsons portraying Jesus Christ. The Cantata Choir led the congregation in a hymn medley at the beginning of the service to commemorate the Triumphal Entry, and another hymn medley celebrating the Resurrection to conclude the service. Interspersed throughout the presentation were other musical or spoken work presentations by Netanya Domingo, Diana Moura, Nestor Domingo, Sandra Kebbas, Chuck McConnell, Teresa Padilla, and Mary Lemos. After the Cantata, the drama cast greeted the congregation at the exit and wished everyone a blessed Easter weekend

Jerry Johnson





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**Increasing member  
communication**



*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.*

**Contribution Instructions**

This newsletter provides communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at jrkljccruise@sbcglobal.net, home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
May 8	May 12
June 5	June 9
July 3	July 7
August 7	August 11
September 4	September 8
October 9	October 13
November 13	November 17
December 18	December 22

**Who Said This?**

1. "Look, Lord! Here and now I give half of my possessions to the poor..."
2. "I have never eaten anything impure or unclean."
3. "I have sinned against the Lord."
4. "I baptize you with water for repentance."
5. "Now, O Lord, take away my life, for it is better for me to die than to live."
6. "But as for me and my household, we will serve the Lord."
7. "I appeal to Caesar."
8. "I have sinned for I have betrayed innocent blood."
9. "Your father and I have been anxiously searching for you."
10. "Come, see a man who told me everything I ever did."

**Answers to Last Month's Trivia**

- Paul Slept Here
- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1. Lydia's house. Acts 16:14-15 | 6. Jason's house. Acts 17:5        |
| 2. Straight Street. Acts 9:11   | 7. Damascus. Acts 9:25             |
| 3. Troas. 2 Timothy 4:13        | 8. Publius' house. Acts 28:7       |
| 4. Jail in Philippi. Acts 16:25 | 9. Pisidian Antioch. Acts 13:13-51 |
| 5. Lystra. Acts 14:19           | 10. Corinth. Acts 18:1-3           |

**Royal Roosts**

1. Candace was queen of the Ethiopians. Acts 8:27
2. Nebuchadnezzar was king of Babylon. 2 Kings 24:1
3. Cyrus was king of Persia. 2 Chronicles 36:22
4. Shalmaneser was king of Assyria. 2 Kings 17:3
5. Pharaoh (all of them) was king of Egypt. Genesis 41:46
6. Nero was the emperor of Rome
7. Ben-Hadad was king of Syria. 1 Kings 20:1
8. Evil-Merodach was another king of Babylon. 2 Kings 25:27
9. Sennacherib was king of Assyria. 2 Chronicles 32:1
10. Og was king of Bashan. Numbers 21:33