

Colton Seventh-day Adventist Church

Newsletter

July 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.

July 8, Sun., Men's Ministry Day at the Ballpark.

July 11, Wed., 7:00 PM, Prayer Meeting

July 11, Wed., 8:15 PM, Board of Elders Meeting

July 21, Sabbath, Youth Beach Outing

July 22, Sun., 8:00 AM - ????, Work Bee/Church

Board Meeting

July 27 - 29, Campout Trip

Church Camping Trip

Time to find the tent in the garage and start thinking about camping gear. Our Church camp out is just 3 weeks from now. If you plan to attend, sign up in the foyer and pick up a flyer with all of the important information. This year will be at Table Mountain Campground.



Table Mountain Church Campout 2011

Sad But True

Unfortunately many homes, yes even so-called Christian homes, are like the one in which the little girl pointed to the Bible on the mantle, and said to her mother, "Whose book is that?"

Her mother, startled by her daughters question replied, "Why honey, don't you know? That is God's book!"

The child demonstrating that she had a very practical mind said, "Don't you think that we had better give it back to Him? No on around here ever reads it."

Author Unknown

Contributed by Marilyn Lindsley

My Mom gave this to me for this newsletter shortly before she passed away. The word of God was very important to her and she wanted everyone to love it too.

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Verse of the Month

Let us hold on to the hope we say we have and not be changed. We can trust God that He will do what he promised.

Hebrews 10:23

New Life Version

Fit For God

Excerpts from "Get Fit Newsletter" on behalf of Js Fitness Bootcamp

The 7 Deadly Dieting Mistakes

It's a common problem. You've been on a diet for weeks and aren't losing weight like you thought you would. It may be because you're consuming more calories than you think. Keep reading to discover seven sneaky habits that may be sabotaging your weight loss efforts.

Mistake #1: Forgetting Liquid Calories

It's easy to forget that the things you drink have calories - some more than you'd think. In fact, some beverages have more calories than an entire plate of food.

It is estimated that around 20 percent of your daily calories come from what you drink. So as you drink your juice with breakfast, rehydrate with a sports drink at the gym, or drink a sugary soft drink, think about the calories you're adding.

For calories' sake, it's best to avoid all sweetened sodas, sweetened or flavored coffee drinks, sweetened tea, and smoothies. Replace these high-calorie drinks with water, skim milk, and unsweetened herbal tea. Because while they taste great, liquids generally don't satisfy hunger, so they are just empty calories.

Mistake #2 Meal Skipping

Many dieters think they'll cut their calorie intake by skipping a meal, usually breakfast. But this is a mistake.

Research has shown that those who skip breakfast actually weigh more than those who eat three meals a day. Skipping a meal usually causes you to eat more calories during the day because you will end up eating even more food later in the day because you're so hungry.

So aim to eat three (or more) meals a day. A healthy breakfast that will keep you feeling full all morning contains protein and fiber. An example would be whole-wheat toast and an egg.

Mistake #3: Oversized Portions

Just because restaurants load your plate with a mountain of food doesn't mean you should eat that much at home for a normal meal.

Remember that your stomach, like your heart, is the size of your fist. Don't think you could fit much food into your fist? You're right. And contrary to what mama taught you as a child, you don't have to eat all the food in front of you.

To eat a little less, use smaller plates and eat slower so you know when you're full. Also, remember that portion control also applies to healthy foods, as they, too, contain calories.

Mistake #4: Too Many Extras

A salad is a healthy, low calorie option. At least until you add dress-

ing, fatty meats, cheese, and croutons. These add extra calories fast.

One tablespoon of dressing contains 75 to 100 calories. With that in mind, it's no wonder grilled-chicken salads at a fast-food restaurant can have more calories than a hamburger.

Mistake #5: Blaming Your Genes

Many people give up on dieting or think there's no hope when it comes to meeting their goal weight because of their genes.

Just like you may share your father's hair color or your mother's eye color, there is a small chance you also share your parent's body type. However, this is no excuse for doing nothing about trying to lose weight. Stick to your diet and exercise plan and you should definitely see results.

Mistake #6: Eating Without Thinking

It happens to everyone. You're tired after a long day and you just want to veg in front of the television or read a good book. Unfortunately, mindlessly eating is often involved. You may think that since it's not on a plate it doesn't matter, but every bite you take counts.

When it comes to a successful diet, make rules for appropriate times to eat. And don't always feel the need to eat when relaxing. Try sipping on water or tea, chewing gum, or simply don't put anything in your mouth.

Mistake #7: Eliminating All Treats

Dieters often become overzealous in their plan and completely rid the house of all the food they enjoy, whether chips, sweets, snacks, or any high calorie food.

This commitment may last a few days until you can't tolerate it any longer and you overindulge on what you deprived yourself of. A better plan is to allow yourself a treat every once in a while.

Remember that everyone makes mistakes, but be smart and don't let these common pitfalls keep your from meeting your weight loss goal!

Reach your fitness potential faster by coupling your good diet with a challenging exercise program.

It's easy to only focus on the foods that you're not supposed to eat when on a diet, but by changing your focus to all the foods that you are able to freely eat you'll stay motivated and stick with it.

Pack as many non-starchy vegetables as you'd like into your daily diet as well as fresh, seasonal fruits. Experiment with different methods of preparation for exciting variety.

Quinoa Fruit Salad

This refreshing summer salad is made with quinoa. Quinoa is a gluten-free, protein-packed seed. It's a complete protein, containing all 9 essential amino acids. Add a side of lean protein to your salad and you've got a highly nutritious, balanced meal.

Servings: 6

Here's what you need...

3/4 cup plain non-fat greek yogurt

2 Tablespoons lime juice, divided

1-15 fresh mint leaves, minced

2 cups cooked quinoa

optional dash of salt and pepper

1 cup blueberries

1 cup green grapes, halved

1/2 cup raspberries

1 teaspoon agave nectar

In a small bowl combine the yogurt, 1 tablespoon lime juice and the mint. Pour over the cooked quinoa and mix well. Season with salt and pepper.

In another bowl combine the fruit, agave nectar and remaining lime juice.

Cover and refrigerate each bowl for 2 hours, to allow the flavors to emerge, then combine the fruit with the quinoa and serve.

Nutritional Analysis: One serving equals: 114 calories, 1 fat, 13mg sodium, 20g carbohydrate, 2.5g fiber, and 6g protein.

Motivate your friends, family and co-workers!

Contributed by Teresa Padilla

Activities Report

SKY! VBS

Vacation Bible School (or VBS if you say it cool), started on Monday, June 25 and graduation was on Sabbath, June 30. Sky was a high flying success! Here is a quick recap and then turn the pages for snap shots of the fun.



PAT

Day 1: Pat the Bat taught us that "No matter who you are, Trust God!" *Memory verse:* "People judge by outward appearance, but the Lord looks at the heart." 1 Samuel 16:7 *Story:* The Centurion's servant healed *Snack:* Pop-corn & Surprise



ORVILLE

Day 2: Orville the Pig taught us that, "No matter how you feel, Trust God!" *Memory verse:* "Don't let your hearts be troubled. Trust in God." John 14:1 *Story:* Lazarus risen from the dead *Snack:* Jello and Strawberry Hearts



SCOUT

Day 3: Scout the Eagle taught us that, "No matter what people do, Trust God!" *Memory verse:* "But those who trust in the Lord will find new strength. They will soar high on wings like eagles." Isaiah 40:31 *Story:* Jesus Crucified *Snack:* Rootbeer Floats



APOLLO

Day 4: Apollo the Caterpillar taught us that, "No matter what happens, Trust God!" *Memory verse:* "I am convinced that nothing can ever separate us from God's love." Romans 8:38 *Story:* Jesus Is Risen *Snack:* Strawberries dipped in Inseparable Swirls



ROCKETTE

Day 5: Rockette the Flying Squirrel taught us that, "No matter where you go, Trust God!" *Memory verse:* "Be strong and courageous do not be afraid or discouraged. For the Lord your God is with you wherever you go." Joshua 1:9 *Story:* Abundant Catch *Snacks:* Dumb bell treats.





Marissa McConnell (front row in black shirt) with her Lil' Cadets and her crew leaders.



Pastor Bell is helping "Lazarus" out of the tomb.



Mary Lemos is explaining the latest Imagination Station experiment. Kids made butterflies that really flew and made their own bubble liquid as well as many other fun activities.



Every evening the crews gathered around and discussed different topics that were relevant to their lives and how God can be trusted in every aspect of their lives.



The Lil' Cadets had flying lessons in Cloud 9 from Marissa every day during music time.



Esther Gonzalez with her crewmembers in Lil' Cadets, listening and holding still, that's a miracle during story time.



Add a parachute and a ball and fun will always result! Every size and age enjoyed the games at VBS.



James Bauchert portrays Pilates unwilling role in Jesus's Crucifixion.



This attendee is decorating his flying butterfly.



Flash (Jason Frias) learns that no matter how you feel, you can trust God!



The soldiers fell down when the angel came to roll away the stone from Jesus's tomb.



Every day crewmembers got to put "clouds" on the Sky poster.



Carlos joined a perfect triangle with a very imperfect triangle with a red cross, just like Jesus joins us to a perfect God through his sacrifice on the cross.



Dumbbell Treats



Carlos Lemos and Leann Galvan tested all sorts of things to see if they would fly.



Tammy Figueroa prays with her crew in the "Garden of Gethsemane."



Asleep, Asleep, Asleep, Awake! Run, Madison, Run! All the little ones enjoyed this version of Duck, Duck, Goose.



The Lil' Cadets were enraptured while they were fishing in their boat. After fishing all night they still hadn't caught any fish until Jesus told them to throw the net to the other side.



We can trust God to remove the negative things that tangle us up in life.



Nestor Domingo "hiding from the Roman Soldier."



"Mary and Martha" taking care of "Lazarus."



Nilah demonstrates how negative things can tangle us up.



Be Strong and Courageous! Every game a VBS helps to solidify the stories and lessons for the day.



No matter what people do, Trust God! Flash decided to trust God even though others tied him up.



Marissa McConnell shows Missy a crown of thorns, like the one they put on Jesus's head. Ouch!



On Sabbath June 29, VBS graduation took place in front of the VBS backdrop, created by Carlos Lemos. The entire church service was dedicated to VBS, here the Lil' Cadets perform the songs and motions they learned all week.



Getting the a buddy was a highlight everynight.



Every evening singing and dancing to the Lord was led by Marissa McConnell.



This kids learned how to fly.



More yummy snacks!



Crew leaders are vitally important for VBS! Thank-you to everyone who took the time to volunteer.



This year's mission was raising money for the children of Mali to have mosquito nets to prevent malaria. Mali's children will receive 19 nets from the VBS kids.



Opening night and graduation began with pledges to the American flag, the Christian flag and the Bible.



On the first night we met Flash. He wanted to be a pilot, but didn't think he was good enough. But at VBS he learned that "No matter who you are, Trust God!"



Here the kids are pretending to be sick like the Centurion's servant.



The Centurion knew that Jesus could just say the word and his servant would be healed because the Centurion was able to get things done just by giving a command. Jesus was thrilled with this man's faith. And of course the servant was healed by Jesus even though he never saw Jesus.



Pastor Bell tells the kids about the how Jesus multiplied the Disciples' catch after his resurrection.



Never underestimate how much these little ones learn at VBS!



"Lazarus" being prepared for burial. Learning that story definitely makes you realize that no matter what happens you can always trust God.



Andy and Jasmine showing off the heart shaped strawberries they worked to produce for snack time.



Blanca Gonzalez and some of her crew Beys Cristales and Robbie Felix. Snack time was very important in such an action packed VBS, everyone enjoyed refueling at snack time.



Blowing bubbles was more satisfying because they made their own bubble solution.

Color the buddies and connect the Buddy with their saying.



“No matter what happens, Trust God!”



“No matter how you feel, Trust God!”



“No matter where you go, Trust God!”



“No matter what people do, Trust God!”



“No matter who you are, Trust God!”

Place
Stamp
Here

Mailing Address
880 W. Laurel Street
Colton, CA 92324

Street Address
1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344

**Increasing member
communication**

We're On the Web!
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.

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.

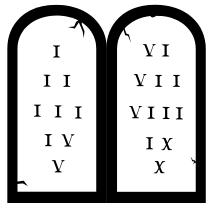
Submission Deadline Date by 5 PM	Distribution Date
August 7	August 11
September 4	September 8
October 9	October 13
November 13	November 17
December 18	December 22

The Ten Commandments

Very simply, list the Ten Commandments. Can you get them in order?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Which of these commandments is the greatest? Can we do without one of them?



Explain.

- _____
- _____
- _____

If you would like your answer included in the next newsletter submit it.

Answers to Last Month's Trivia

- | | | |
|------------------|-------------|-------------|
| J-Walk | 4. Jephthah | 8. Jeremiah |
| 1. Jabbok | 5. Jericho | 9. Joel |
| 2. Jonathan | 6. Jezreel | 10. Jogli |
| 3. Jehovah-Jireh | 7. Jochebed | |