

# Colton Seventh-day Adventist Church

## Newsletter

May 2013

### CURRENT ACTIVITIES

#### Mark Your Calendars

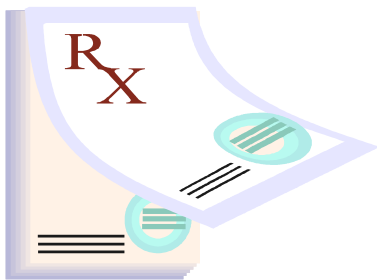


Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.

May 16 (Thurs) 6:00 PM VBS Preparation Meeting  
 May 18 (Sab) 2:00 PM Health Expo Preparation Meeting  
 May 18 (Sat) 6:00 PM Cooking/Vegetarian lifestyle show & tell, plus sampling.

May 19 (Sun) 8:00 AM Work Bee  
 May 19 (Sun) 11:00 AM Church Board Meeting  
 May 23 (Thurs) 6:00 PM VBS Preparation Meeting  
 May 30 (Thurs) 6:00 PM VBS Preparation Meeting

#### Doctor's Prescription For You!



RX Choose your food with great care. Disease never comes without a cause. To keep cholesterol down, the diet should

exclude refined foods and foods containing cholesterol.

If you have coronary heart disease, diabetes, hypertension, obesity and/or arthritis and want to regain your health, your diet should consist of fruit, whole grains, vegetables and greens.

From: Dr. Milton Crane, M.D.

Food for thought: Think of Daniel and his three friends and who resolved not to defile themselves with rich food or with wine, but asked to be given vegetables to eat and water to drink. At the end of ten days it was seen that they were not only better in appearance but that they had ten times the wisdom and understanding of those who ate the rich food and drank the wine. Please read about it in the first chapter of Daniel. Would it be wise to resolve to take a ten-day test of your own? \*\*\* Studies indicate that a number of items which are considered "foods" do much damage to the human body and should be entirely avoided.

#1. Foods prepared with the combination of milk, sugar, and eggs. This combination destroys the cells lining the blood vessels more quickly than any other food combination available.

#2. Any form of dry milk.

#3. Cheese. Cheese contains no fiber, vitamins or minerals and is extremely high in fats and toxic chemicals produced by the manufacturing processes. Hard cheeses caused the most damage; the worst were Parmesan and Romano.

#4. Animal fat, LARD. Animal fat is difficult to digest and damages the human body but lard is more destructive than any other (From Natural Lifestyle and Your Health Volume 2, #10)

I encourage you to enjoy living a healthier life style. Our bodies are made of what we eat and drink; therefore, it is important that we follow right living habits. A thorough knowledge of right living habits will keep our physical being well, if we put them into practice.

*The HEALTH MINISTRY DEPARTMENT IS HOSTING A COOKING CLASS ON MAY 18, 2013 @6 P.M. HERE AT COLTON SDA CHURCH.* Please bring friends and relatives foan evening Cooking with Natural Foods for abundant health!!!

#### Inside this issue:

HEALTH TIP	2
COLORING SECTION	3
HIS VOICE	4
NATURE EXPERIENCE	6
BIBLE QUIZ	8

#### Verse of the Month

**“When You stand to pray, if you have anything against anyone, forgive him. Then your Father in heaven will forgive your sins also.”**  
 Mark 11:25

# INSPIRATION SECTION

## Health Tip

Excerpts from J's Fitness Newsletter

*How To Gain Weight Eating at Subway*

It's been over 10 years since Jared Fogle captured the world's attention by losing over 200 pounds eating only at Subway. Here's a recap of his famous story:

Back in March of 1998 Jared was a college student with a problem. He weighed a staggering 425 pounds. That was a lot of weight for anyone to handle, let alone a busy college student. So one day Jared made the decision to change his life.

He knew that his diet would need to change drastically, but also wanted to keep things simple so he could stick with it. A Subway restaurant near his apartment caught his eye. Sandwiches were healthier than burgers, right?

His simple plan was to eat the same thing everyday:

Breakfast - coffee

Lunch - "I ate the 6-inch turkey, tons of vegetables, including hot peppers and a bit of spicy mustard." He left off the mayonnaise and cheese and had a bag of Baked Lays® potato chips and a diet soft drink

Dinner - Footlong veggie sub - again no mayonnaise or cheese.

You probably know the rest of the story. His Subway diet, along with exercise, got Jared to drop over 200 pounds. He then became a spokesperson for Subway, sharing his story and inspiring millions of people.

And suddenly Subway became synonymous with healthy eating. Have you looked at a Subway napkin? It lists 7 of their lighter sandwiches. Then at the bottom it compares these sandwiches to the Big Mac and the Whopper, burgers that hold 31 and 40 grams of fat, respectively.

The Subway meal is much healthier, right? Well, yes and no.

Go back to your napkin and read the small print. The 7 sandwiches listed are calculated with only bread, veggies and meat. So if you add cheese, mayonnaise, or oil (as most people do) then you need to recalculate the numbers.

I've done the math for you, with a 6" Roasted Chicken Breast sandwich.

Menu Item	Fat	Calories
6" Sandwich (bread, veggies and meat)	6	342
Cheddar Cheese (2 slices)	5	60
1 Tablespoon Mayonnaise	12	110
1 Tablespoon Oil	15	135
<b>Totals:</b>	<b>38g</b>	<b>647</b>

Let's not forget the side items that most people add to their meal..

Menu Item	Fat	Calories
Wild Rice and Chicken Soup	11	210
1oz Bag of Sun Chips	6	140
Chocolate Chip cookie	10	210
<b>Totals:</b>	<b>65g</b>	<b>1207</b>

Wow, just like that your 'healthy' Subway meal has 1,200 calories and 65 grams of fat!

Sure, you probably don't get all of the extras when you eat at Subway but that's not the point.

The point that I'd like you to take away from this is that you shouldn't classify any restaurant as 'healthy'.

You could gain weight eating anywhere, just like you could lose weight eating anywhere.

Jared's weight loss happened when he drastically cut calories and started to exercise. He could have done this at any restaurant. In fact, last year a woman from Virginia claimed to have lost 75 pounds by eating exclusively at Starbucks.

Your weight loss success all comes down to choices.

Each day you make choices that directly influence your weight. Do you get mayonnaise on your sandwich? Will one cookie hurt? Will one missed workout really make a difference?

You decide.

At some point you reach your breaking point. For Jared it was 425 pounds. For you it might be when you buy the next size up. Or when you feel new aches and pains. Or when your doctor sits you down to have the talk.

I know that sooner or later you will decide that you are worth it. You'll decide that your health is important. You'll decide that you deserve to look great. And you'll dig down deep to do what it takes to achieve amazing results.

Get started on a fitness plan that will change your body and your life...just like Jared.

*The Best Lower Body Exercise*

Most fitness experts agree that squats are the most effective lower body exercise.

This is probably due to the fact that the squat is so versatile. By making a few adjustments in foot placement you're able to concentrate the exercise on different portions of your lower body.

Bring your feet in to a narrow stance and you'll concentrate more on your quads. Bring your feet to a wide stance and you'll activate more of your glutes.

Always remember to push your hips back as you go down and to avoid leaning forward with your knees.

*Wild Green Salad with Beets & Asparagus*

Here's a delicious salad recipe to serve with your dinner. Tender asparagus, sweet beets and crunchy apples make this salad far from ordinary. The simple recipe below for homemade dressing contains none of the chemicals and preservatives of store bought dressing. Servings: 6

Here's what you need:

For the Healthy Salad Dressing

1 Tablespoon Dijon mustard, organic

1/4 cup red wine vinegar

1/4 cup olive oil

2 Tablespoons fresh orange juice

1 Tablespoon dried, ground mint

1 packet Stevia

For the Beet & Asparagus Salad

3 beets

1 bunch asparagus

1 apple, chopped

2 celery stalks, chopped

4 cups mixed greens

For the dressing: Combine all the ingredients in a small bowl and whisk until well combined. Set aside.

Trim the ends from each beet. Place in a small pot of water and boil for 10-15 minutes. Remove from the water and allow to cool before peeling and slicing. Set aside.

Trim the ends from the asparagus and cut into 1-inch pieces. Bring a small pot of water to boil and fill a medium bowl with ice and cold water. Add the asparagus pieces and boil for about 3 minutes, until bright green. Remove from the hot water and throw into the ice bowl for 20 seconds. Remove from the water and set aside.

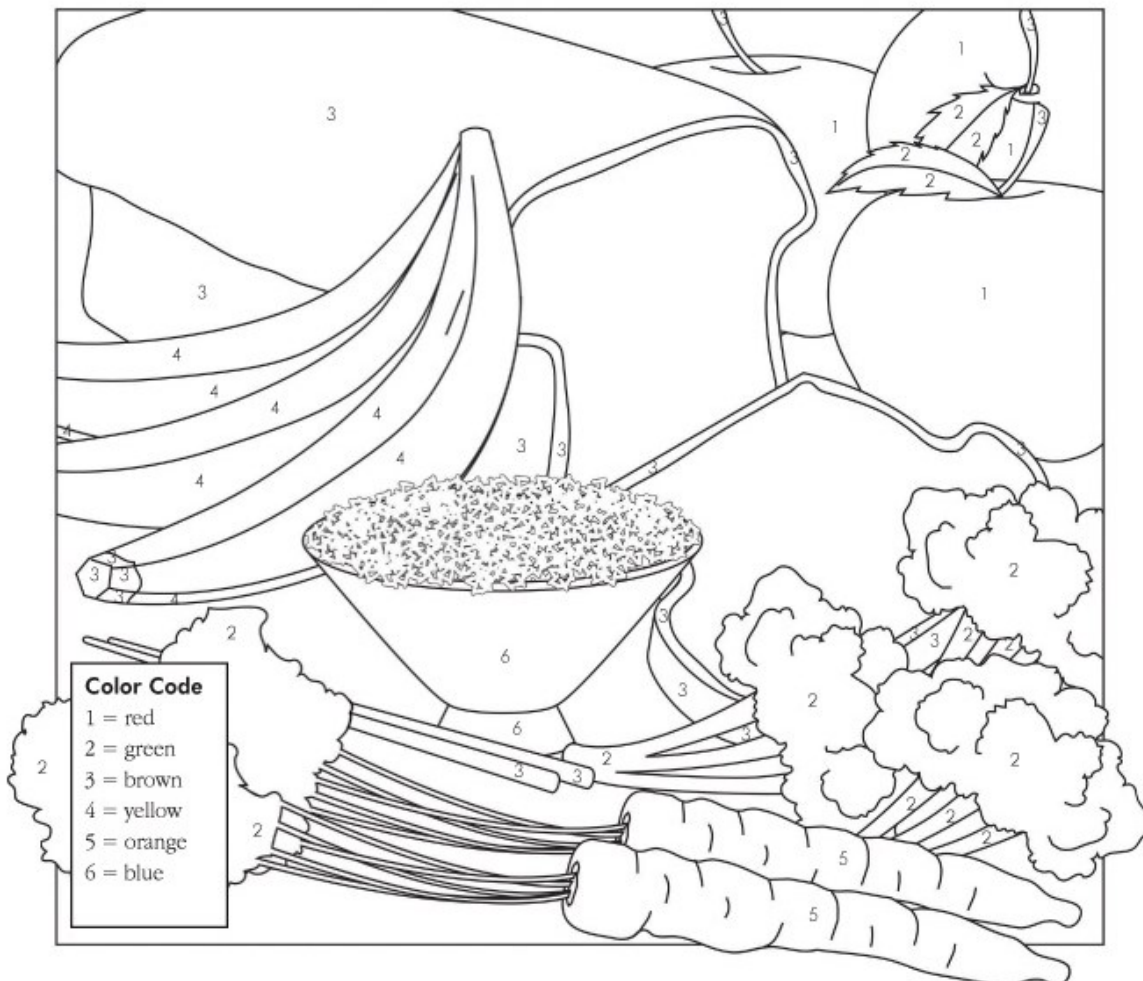
Place the mixed greens in a large salad bowl and top with the beets, asparagus, apple and celery. Drizzle with the dressing and serve.

Nutritional Analysis: 134 calories, 9g fat, 131mg sodium, 10g carbohydrate, 4g fiber, and 4g protein

Contributed by Teresa Padilla

## Healthy Food Coloring Page

Use the color code to color the picture below. Leave the areas with no number white.





# ACTIVITIES REPORT

## Singing At The Crossroads—His Voice

Early Saturday morning, April 13, 2013, the men and families of *His Voice* headed for the legendary railroad junction known as Colton Crossing, once the busiest railroad crossing in the United States.

But the men's chorus wasn't jumping on a train, as interesting a journey as that might be, they were stepping into the sanctuary of the Colton Seventh-day Adventist Church on Rancho Avenue to sing beneath the crimson-draped cross.

Below are a few pictures taken during the worship hour and if you scroll all the way to the end of the page, you can read the story about a special tailgate sign.



The wives of *His Voice* are always a big encouragement to their men. L-R: Julie Gwinn, Edith Batori, Millie Jeffereson, Luz Romero, Natalija Krkljus, and Lorraine Fisher.



The Colton Adventist Church is located at the corner of Rancho and Laurel Avenues.



Greeters Abner, Tony, and Oliver gave us a royal welcome.



The Scripture, John 10:1-4, read by Don Troyer, opened the worship hour.



*His Voice* under the direction of Michael Naluai and accompanist Jerry Albritton at the organ.



Bob Ferguson is thoroughly involved in telling the





Director Mike shares words of wisdom with the congregation.



His Voice Concert Scheduler Gary Kerstetter introduces His Voice to the Colton Church.



Jay Robinson, right, sings "All Through The Night" during the children's story while Zeke Vieira played his violin.



The children of the Colton Church gather up their offering ... just a few days ahead of Uncle Sam.



Following the worship service, everyone enjoyed a delicious meal.



THE TAILGATE SIGN: "Honk if you love Jesus!" - Hanging where? On the sanctuary wall of the Colton Adventist Church in loving memory of an old friend. The homeless man, Doug Hetrick, traveled across the states on his bike and landed in Colton where he won a lot of friends at the Colton Church. Whatever vehicle he had, whether it was his bike, van, or RV, Doug would hang this sign on the back. Doug was drawn to this loving church and started attending services, was baptized, and became a deacon in the church before his untimely death by a hit and run driver. Doug was unforgettable and because he was so loved, the members hung his favorite sign inside their sanctuary. A real tribute to not only a once-homeless man but also to a loving congregation!

Photos & Article by Nancy Troyer

His Voice Communications

HisVoiceNews@aol.com

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Our church was richly blessed to have *His Voice* perform and give their testimony!



The Colton Church cooks are shown here mixing up a lot of love. L-R: Nelene, Ellie, Elizabeth and her grandmother Elizabeth



# Children's Ministries Nature Experience: Mormon Rocks

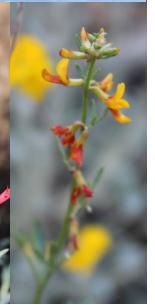


The Sabbath afternoon on May 4 had perfect weather for a hike into the hills of Mormon Rock. A group of 20 perched on the top of a ridge for a picture after tramping on and off the nature trail for several hours. The wildflowers added color to the slopes and fellowship sweetened the hike.

Upon return to the parking lot Marissa McConnell provided snacks for both old and young to regain their strength.

The Forrest Service Fire Station was so kind to provide us with a first hand experience of fire-fighting.

*Kristi Cruise*







Thank-you Mormon Rock Fire Station!



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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 jrkljrcruise@sbcglobal.net, home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
June 4	June 8
July 2	July 6
August 6	August 10
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

**Whodunit?**

Who raised these people from the dead?

- The son of the widow at Zaraphath.  
A. Elijah      B. Elisha      C. Jeremiah
- The son of the Shunammite woman who sneezed seven times when he was brought back to life.  
A. Elijah      B. Elisha      C. Jeremiah
- The only son of the widow of Nain.  
A. Paul      B. Peter      C. Jesus
- The 12 year old daughter of Jairus, a ruler of the synagogue.  
A. Peter      B. Jesus      C. Paul
- Lazarus, who was called from the tomb after four days.  
A. Peter      B. Jesus      C. Paul
- Tabitha (Dorcas) from Joppa.  
A. Peter      B. Jesus      C. Paul
- Eutychus, the guy who went to sleep and fell out of a three-story window.  
A. Peter      B. Jesus      C. Paul

**Answers to Last Month's Trivia**

- Esau cried when Jacob got their father's blessing. Genesis 27:38
- Joseph cried when he saw Benjamin in Egypt. Genesis 43:3
- Benjamin cried when he saw Joseph in Egypt. Genesis 45:14
- Joseph cried when he saw Jacob in Egypt. Genesis 46:29
- Samson's wife cried to get the answer to his riddle. Judges 14:16
- King Joash cried at Elisha's death bed. 2 Kings 13:14
- Esther cried while convincing King Xerxes to save her people. Esther 8:3
- Baby Moses cried when Pharaoh's daughter found him. Exodus 2:6