

Colton Seventh-day Adventist Church

Newsletter

June 2013

CURRENT ACTIVITIES

Mark Your Calendars



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

June 13 (Thurs) 6:00 PM VBS Preparation Meeting

June 15 (Sab) Father's Day Service

June 15 (Sab) 2:00 PM Gary Smalley Video

June 19 (Wed) 7:00 PM Prayer Meeting

June 20 (Thurs) 6:00 PM VBS Preparation Meeting

June 21 (Fri) All Day C.O.R.E. Beach Outing and Vespers

June 22 (Sab) 12:30 PM Community Services mini-potluck and meeting

June 24-29 (Mon-Sab) 6:00 PM (M-F) Vacation Bible School

June 30 (Sun) 8:00 AM Work Bee

June 30

Inside this issue:

THOU SHALL NOT STEAL 2

TWO CHOICES 4

MOTHER'S DAY POEM 5

BIBLE QUIZ 6

Happy Father's Day!
Dads don't just carry us
when we are young they lift
us up for a lifetime.



VBS!

Vacation Bible School will be gin on June 24. Volunteers are already planning for this fun and effective outreach. Begin inviting friends and relatives to enjoy this event.



Verse of the Month

For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

Psalm 30:5

Thou Shall Not Steal

Simple phrase, two words in Hebrew אֵלֶּךָ ,”נִגְנַב“Not shall you steal” is the literal translation. This complete phrase only appears three times in the Bible. Exodus 20:15, Matthew 19:18, and Romans 13:9. In the Hebrew the root word means to thief, to deceive, carry away, steal away, or to get by stealth. In the Greek, as quoted by Jesus and Paul, it becomes more familiar, “ὄυ κλεψεις”. The root word of the second word is pronounced “klepto” which means to steal, to filch. Sound familiar? There is a common phrase calling one a “klepto,” as in a “kleptomaniac”, one who steals by stealth, usually when they do not even have a need for the item.

What does it mean? God and Jesus are warning us against acquiring anything that is not ours, anything that is gotten improperly, even by stealth, not just something that you pick up and carry away while no one is looking.

Ever find the clerk at the store gave you too much change? What was your reaction? Many would say that it was the clerk’s mistake and their profit. Problem is that you acquired something that was not yours by stealth and mistake. If you walk off with it, you really have stolen it. The proper thing to do, and the way that establishes you as a true Christian, is to tell the clerk he or she made a mistake and correct it. The clerk will be relieved, you have shown yourself to be honest, you have not crossed the boundary established in the Ten Commandments against stealing, and you have shown yourself to be a Christian, one of God’s people, by your actions and concern for another, the clerk who’s drawer would be short at the end of his or her shift.

I have a friend who ordered a costly item from a supplier. When the shipment arrived, he discovered that he got two instead of just one of those very expensive items instead of the one he ordered. When he checked the invoice, he was only billed for the one. What to do? Knowing this person, I knew what he was going to do before he shared the rest of the story. Sure enough, he called the supplier and con-

vinced him that he had gotten an extra part that needed to be returned. Had he kept the part he would have actually stolen it within the boundary of the commandment – even if the supplier never missed it or figured out where he lost the one part. My friend would have acquired it by stealth, and it was not his to have. I am positive that this person’s Christian influence and testimony were strengthened in the eyes of the supplier because of his honesty. God’s reputation was enhanced because the world looks at us and sees God.



How about the business world? There is something called “inside trading” in the stock market. That is when you are in a position to learn information about a stock and use it to your advantage before the general public has the chance. Let’s say you are a scientist for a company that tests, manufactures, and markets new drugs. The company has been testing a new drug that is about to be released as a great drug, one everyone should talk to their doctor about. If it is a success, the company’s stock will shoot up. It just so happens that you read a lab report that it causes fatal side effects and it will not be released. You immediately call your broker and sell your shares of the company stock. The day after that the company announces that the drug will not be sold because of the deaths related to its use. The company’s stock drops! But be-

cause you sold the day before you actually made a profit while everyone else takes a loss. That is also acquiring by stealth something to which you would not normally be entitled to have. You stole it according to the Bible.

The legal profession is far too often in violation of this commandment. In fact, more than any other profession lawyers are guilty of stealing this way, perhaps because they are taught to find the little chinks in the other sides case and to fashion their arguments in a “winning” way which may or may not be entirely truthful. There are those who believe that they are free to do whatever it takes to win for their client. Hiding evidence, tampering with evidence, misstating facts, wording things in just the right way to say something without saying anything ... sadly, these are tools that far too many lawyers use. This is stealing a win, with no regard for the truth. They pay for it in the loss of respect of their peers, the lack of cooperation from other lawyers to resolve cases, and the fact that judges do not believe them even when they tone it down and actually try to tell the truth. A bad reputation arrives before you do and lingers long after you leave. This is hardly the reputation a Christian would want.

Ever “fudge” on your tax returns to keep down what you owe? You kept your money by stealth. Now, this is not the same as using the legal deductions you are allowed, which is legal.

As a child, did you ever divide something with your brother or sister and it wasn’t quite an equal division, but you convinced them it was? You acquired extra that extra portion by stealth – you stole it.

Bargaining is different. If both people have equal knowledge and are approaching the deal with the idea that they are both trying to reach a figure with which they can both live they are just haggling over the price. That is acceptable, unless you are doing something like selling a car and you don’t let the buyer know that the transmission has been making odd noises for the past month and the engine smokes worse than a

chimney! In the old days the seller might pour some sawdust in the transmission to stop the slippage and noise, and a much heavier oil to keep it from leaking for a few days. Then the seller is not bargaining from a fair position and is using stealth to keep the price up from their end. The seller will acquire an unfair profit, more money than he should have received.

We are called to be honest to show that we are true followers of God. This means more than never walking into a 7-11 with a submachine gun and emptying the register and safe. It means that we must develop the reputation that others can trust us in every dealing, every transaction, every event - no rationalization that you need it, no thinking that the other person, business, church, whatever, has more than they need or will never miss it. If you take something through stealth, deception, just walking off with it when you had no permission to do so, you have broken this commandment.

There are those who have a compulsion to steal. These people have a problem that requires professional intervention to resolve the issues that make them steal. That

is an issue I cannot address simply because I do not have the educational background to understand or treat them. We have all heard of stories of celebrities who could buy the entire store but instead walk out with "just a few items that the store would never miss".

It also shows a lack of faith in God. He has promised to meet our needs in His time and in His way. If someone takes something even to support themselves in a time of need that person is showing that they do not trust God to keep up His promise. They resort to self-help and are telling God that they no longer trust Him or need Him

So, keep in mind that God helps us sustain ourselves. If you don't have something, perhaps you don't really need it. If you decide you need it and have a right to take it without permission or consent, or even just while no one is looking, you have stolen it. You have sinned before God and the Universe. You have seriously weakened your testimony as a follower of God. Consider that it may have been a test of your faith that God allowed. Now, before the Universe, you have denied your faith in

God and resorted in "self-help" that was contrary to the way God's people act.

So for everyone I urge you, resist the temptation to act as the world acts, to "get yours while the getting is good," to profit from some else's loss. For by so doing you have stolen and have to answer for that act. Perhaps this world may look at one like this as a successful person, but try to measure such success against God's plan for success and see where the true profit is.

If you are having doubts or troubles in this area, keep in mind that you have a team of elders and a pastor who are standing by to help.

James L. Bauchert

Editor note: If you have volunteered to write an article for the commandment series please submit them as soon as you can so we can wrap up this topic. Next up is Rob for commandment number 9 and then Mary Lou for number 10. Thanks!



Two Choices

From J's Fitness Newsletter

Choose Your Hard

I know why you've been reluctant to jump on the fitness bandwagon, and I'm not blaming you for it. Because fitness is hard. Want to know just how hard? Here's a glimpse into the Fit Life:

Fit Life Truth #1: Exercise Counts

Lace up your shoes and hit the gym instead of getting extra sleep, watching TV or doing whatever else it is that you'd rather be doing. Do this 3-5 times each for 30-60 minutes.

Fit Life Truth #2: Nutrition Counts

Choose your meals based on the nutritional makeup rather than following your taste buds. Limit your intake of simple carbohydrates and get lots of protein and fiber in each meal.

Fit Life Truth #3: No Room For Junk

Turn down your favorite junk foods –even when you really, really want it. Cut simple sugars and harmful, processed fats out of your diet completely.

Fit Life Truth #4: Push Harder

Push your body to be stronger, faster and better during each workout. Don't simply go through the motions in your routine – consistently challenge your muscles to do more each day.

Fit Life Truth #5: Calories Count

Limit your total calories to within an appropriate range for your size and goals. Remember, even healthy calories can add up to weight gain when you're not careful.

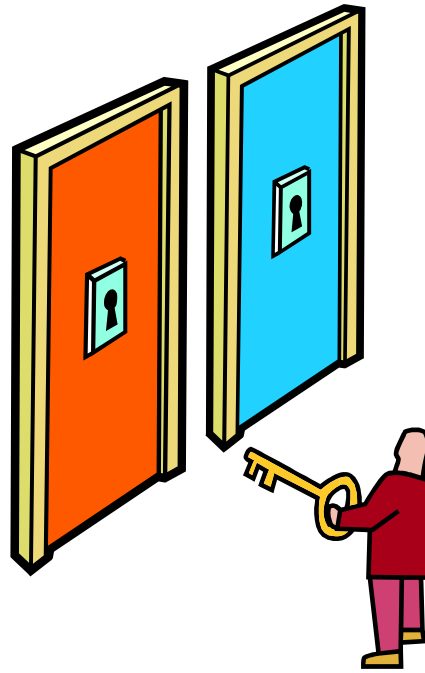
That's just the basics on what it takes to enjoy a fit and healthy body. Pretty hard, right? Now let's take a look at with the NOT-Fit life looks like...

NOT-Fit Life Truth #1: Be Sedentary

Spend your spare time being as sedentary as possible. The less that you use your muscles, the more aches, pains and mobility limitations you'll experience. Oh, and if you're consuming more calories than your natural metabolism burns then you'll steadily gain weight.

NOT-Fit Life Truth #2: Eat For Taste

Eat whatever sounds and tastes good. The human palate is naturally drawn to items that are high in sugar, salt and fat. Your eat-whatever-diet will be filled with these fattening foods and will be lacking in protein and fiber. You'll find your weight increases, and your energy levels plummet, accordingly.



NOT-Fit Life Truth #3: Just Say Yes

To your favorite junk food, that is. As I mentioned above, your favorite foods are likely high in sugar, salt and fat. Or, more likely, your faves are high in all three! Your indulgent eating is going to raise the number on your scale higher, and higher, and higher.

NOT-Fit Life Truth #4: Get Comfortable

Your goal is to be comfy. This means use as little muscular strength as you can on a daily basis. When you don't use your muscles they begin to atrophy (shrink!), leaving you with less lean tissue. Since lean tissue raises your metabolism, a drop in lean tissue means you'll be burning fewer calories at rest than ever before.

NOT-Fit Life Truth #5: More Is Better

There's no limit on how much you eat – in fact more is better. As a result you often feel sluggish from your overloaded digestive system. And your motivation to exercise and turn your NOT-Fit Life into a Fit Life gets dimmer and dimmer.

So which life is harder? The Fit Life? Or the NOT-Fit Life?

The truth is that both of these lifestyles are hard. Just depends on which hard you'd rather deal with.

The Fit Life's hard has to do with discipline, motivation and determination. It's about doing the right thing rather than the easy thing. Most of all, the Fit-Life is about constantly striving forward.

The NOT-Fit Life's hard has to do with excess fat, aches, pains and physical limitations. It's about avoiding doing the hard thing now and ending up with a body that's just plain hard to live in. Most of all, the NOT-Fit Life is about NOT taking action. Which hard do you choose? If you'd like the Fit Life then take action now by calling or emailing me today to get started on a fitness program that's going to be hard.

The best kind of hard.

Got Stress? Get Moving!

Stressed out? Exercise is a simple solution to get you feeling good fast. This is because every time you exercise your body increases its production of endorphins, which are responsible for that feel-good euphoria you get after a great workout or while chomping down on a piece of chocolate.

However, before you turn to chocolate and skip the gym, remember the end result of each and choose which one will help you reduce stress in the long run. (Hint: It's not the chocolate!)

Contributed by Teresa Padilla

ACTIVITIES REPORT

Colton SDA Mother's Day 5/11/13 by Nestor Domingo

Whether it be Maribel R, Marilou S,
or a Mary Lou D,
Their love for a child never contrary
but trustworthy as moms will always be.

Oh but the making of tamales con
Vicky y Teresa,
Madres excelente para de corn
husks y masa.

Now let's try some Korean: Hyundai
and Kia we'll ever know and speak,
But if you say "Ah-ma-né" it's
Young whose potluck dish we always seek.

Memory verses, Primary classes,
and Bible stories to tell,
Instincts of a mother and a teacher
but who else? Ma Bell!

But less we never ever forget... Mary
L-E-M-O-S,
Organized and together she does
the very best!

Every child a gift of God, every mu-
sic a worship of harmony,
Blended in praises and songs hall-
lujah! Thanks to Sandra and Carmi.

Lost and then she's found, Cherris
and crayons, boo-boo little bruise,
Mommies are always there... so true
amen and amen say Kristi Cruise.

Wash your hands, stand in line, let
the visitors go first, seconds al-
ready?

Red Robins got nothing on the orig-
inal R & R in Ruby and Robbie!

Oh those kids love to climb up and
down the trees but no worries,
Experienced Islanders, Eunice and
Ellie, with band aids ready for their
knees.

Marissa, Gloria, Violeta, and oh my
Lourdes! Wow! Our own Filipino
tribes,

Their smiles so radiant a child
would see, Jesus in them, abides.

Our women of faith all believe, truly
believe in the power of prayer,
So God bless Erlinda and Anne,
Elizabeth Elsa and Diana too, Cathy
and Dean,

Grand Beth and Ella Mae, and of
course Sadie and Shirley are all
who care.

Now there's these three: Isabel, Lin-
da, and Dovee, unassuming in char-
acter and quiet as a mouse,
But it's their eyes one can see
strength and these moms are in the
house.

Oh taste and see the Lord is good in
Barbara, Laura, and Tammy Fig,
Now that's a BLT any of our sons
and daughters can dig.

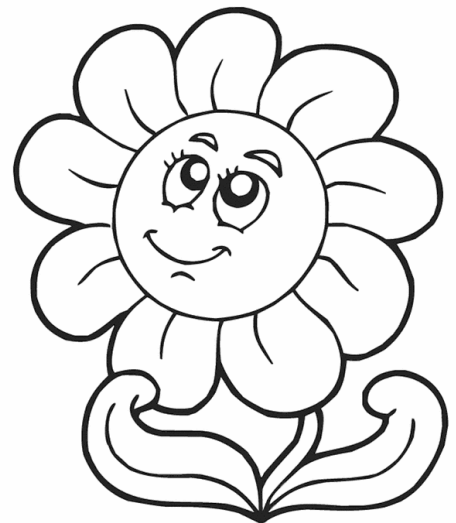
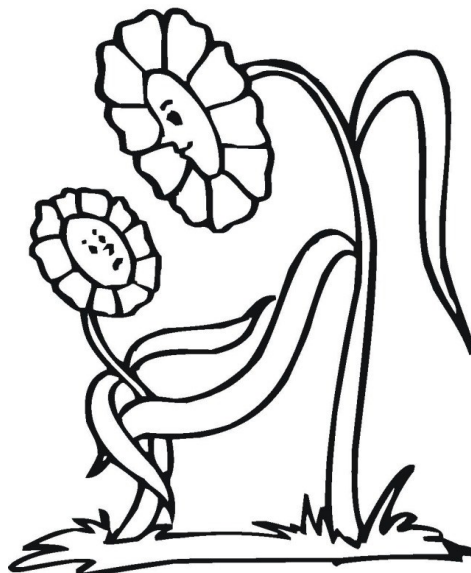
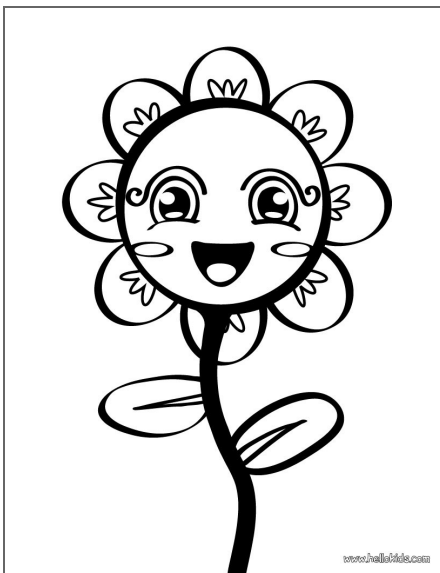
Rivera, Castellanos, Resendez, Ze-
laya, Ramirez, Cristales, y Gonza-
les,

Our very own (SWAT) Spanish
Women Attack oops I mean Advent-
ist Team,

Colton Latinas: protecting our
ninos all with God's power no less.

And so dear ladies of Colton
Church we honor you on this your
special weekend
and may each day be a blessing
and a Mother's Day for you!

On behalf of all the Women listed here,
Nestor we are amazed by your talent and
honored to have a place in your poem.



Colton SDA Church

This newsletter was sent to you by a member of the Colton SDA Church.

Place
Stamp
Here

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Colton, CA 92324

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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
July 2	July 6
August 6	August 10
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

Verily I Say To You

To whom was Jesus speaking when he said.

1. Come down immediately. I must stay at your house today.
2. Woman, why are you crying?
3. Didn't you know I had to be in my Father's house?
4. Before that rooster crows today, you will disown me three times.
5. Mary has chosen what is better, and it will not be taken away from her.
6. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
7. Here is a true Israelite, in whom there is nothing false.
8. Come, follow me, and I will make you fishers of men.
9. Are you still so dull?
10. You would have no power over me if it were not given to you from above.

Answers to Last Month's Trivia

- Whodunit?
- | | |
|-----------------------------|------------------------|
| 1. Elijah. 1 Kings 17:17-23 | 4. Jesus. Luke 8:40-56 |
| 2. Elisha. 2 Kings 4:32-35 | 5. Jesus. John 11:1-44 |
| 3. Jesus. Luke 7:11-17 | 6. Peter. Acts 9:36-43 |
| | 7. Paul. Acts 20:9-12 |