

Colton Seventh-day Adventist Church

Newsletter

December 2013

CURRENT ACTIVITIES

Mark Your Calendars



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

Dec 28 (Sat) 1:00 PM - Fellowship Potluck

Jan 12 (Sun) 11:00 AM 2014 Scheduling Summit

Newsletter Changes in 2014

Do you ever feel like you are personally working to fulfill the end time prophecy of Daniel 12:4, “many shall run to and fro.” I have. Especially this year! So to decrease my running to and fro and to increase family and spiritual time in 2014 I am making some changes. One of those changes is decreasing the number of newsletters produced each year. Beginning in January the newsletter will come out every other month. I hope this change will not decrease your enjoyment of the newsletter. To the right you will see the schedule for 2014.

Kristi Cruise

Submission Deadline Date by 5 PM	Distribution Date
February 18	February 22
April 22	April 26
June 24	June 28
August 26	August 30
October 21	October 25
December 16	December 20

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Verse of the Month

...You ought to say, “If it is the Lord’s will, we will live and do this or that.”

James 4:15



INSPIRATION SECTION

Baptisms



Willie Felix, Jorge Alvarado and Marcelino Romero (*top left to right*) demonstrated their love and commitment to Jesus Christ on October 19, 2013. If you haven't already, be sure to give them a warm welcome into our family of believers here at Colton and worldwide!

Do This To Slim Down

J's Fitness Newsletter

You are completely fed up...and I don't blame you.

For ages you've been eating healthy and exercising, and yet still haven't met your fat loss goal.

What's the deal?

This is a quandary that all dedicated fat-loss-seekers find themselves facing, sooner or later.

Why won't the weight come off? You are doing everything you can think of to make it happen.

It's time to come face-to-face with an ugly truth about yourself...and until you do you'll always be stuck in this place where healthy eating and exercise do not get you that amazing body you want.

There's one simple thing standing between you and a slimmed down, amazingly fit body. One. Simple. Thing.

And here it is...You eat too many calories.

That's it.

Solve this problem and your dream body will quickly and easily become reality.

Wait, don't give me the excuse that, "I only eat healthy calories." That's great, but even healthy calories add up to extra pounds when we let them go unchecked.

Back to Basics: Why Calorie Counting Works

You may have heard about the professor from Kansas State University, Mark Haub, who performed a famous junk food diet. Professor Haub proved a powerful lesson for anyone who still has weight to lose, so let's listen up.

In a demonstrative experiment for his nutrition class, Professor Haub ate a diet of pure junk food for 2 months. I'm talking candy bars and packaged snacks – the

kinds of things you find in a snack machine.

You'd expect him to gain weight, right? Well, there was one catch. He was only allowed to eat 1800 calories each day. Yes, those calories were pure junk, but the limit was firmly put at 1800 calories.

Before the experiment, Professor Haub's typical calorie intake was closer to 2600 calories. So his junk food diet put him at an 800 calorie per day deficit.

Boy did that calorie deficit pay off. Within 2 months he had dropped 30 pounds, bringing his BMI from overweight down to normal.

No, I'm NOT recommending a junk food diet as your answer for fat loss. What I am pointing out is how powerful a reduction in calories is when it comes to lowering your body weight.

Do you know how many calories you eat each day?

If you're not sure, don't worry. You're about to learn the one fat loss tool that will change everything for you. First we need to get to the bottom of how many calories you're eating each day.

Yes, even those healthy calories.

Before you start whining, let me explain. Food journaling doesn't involve lugging around a journal, writing down each food item throughout the day then looking everything up at the end of the day to manually tally calories like it used to.

These days food journaling has gone digital, and tracking your calories only takes seconds of your time.

Here's what I need you to do:

#1: Download a food journal application to your smart phone. At the touch of your fingers you'll be able to look up food items and instantly see your running calorie tally.

#2: Meet with your doctor to find a daily calorie count that will allow for safe weight loss and then diligently maintain that number. Eat healthy, fresh foods and when you decide to indulge, make sure to do so within your target calorie range.

#3: Plan and exercise for a consistent and challenging routine. My exercise programs are specifically crafted to get you into amazing shape as quickly as possible.

These three, simple steps will give you structure and clarity that you need when it comes to making food choices and will quickly result in pounds lost and goals achieved.

Once your goal weight is met, your target calorie range will be adjusted for maintenance.

The Healthy Calorie Trap

I see it happen all the time, but that doesn't make it any less heartbreaking...

Well-meaning folks, like yourself, losing the battle of the bulge to a bunch of excess healthy calories.

I've got to level with you: When it comes to gaining and maintaining fat, ANY extra calorie does damage. No matter if it's whole grain or processed, sugar-free or sugar-full.

Pay attention to your total calorie intake. It really does matter.

Contributed by Teresa Padilla

Anne's Dairy-free Green Bean Casserole

Dairy-free Green Bean Casserole

2 lbs. Green beans- fresh (stem/string as needed)

1 lb. Mushrooms, stems removed, washed - sliced into good-sized chunks

2 med to large Onions - sliced thinly

Sliced Almonds (optional)

Homemade margarine

Salt and pepper

White Sauce:

4 Tbsp. homemade margarine

4 Tbsp. Flour

2 1/2 -3 Cups hot rice almond milk

2 tsp. Dill Weed

Salt and pepper to taste

Stem/string green beans as necessary.

Then throw into a pot of boiling water and blanch for about 3-5 minutes after the water comes back to a boil. If you like your green beans less crunchy, blanch them for up to 10 minutes before draining them.

In a pan, sauté cut-up mushrooms with 2-4 Tbsp. homemade margarine over medium heat until they are golden.

In another pan, thinly slice two medium-to-large onions and sauté slowly in homemade margarine (2 to 4 Tbsp) on low heat until they're a beautiful deep brown.

Now that the veggies are done, make the White Sauce.

The following is for a 9x13 pan:

In a saucepan, make the white

sauce by combining 4 Tbsp. homemade margarine and 4 Tbsp. flour, stirred together briefly over medium heat, into which you will whisk 2 1/2 to 3 cups of hot milk.

You want it to be fairly thick, so add the milk fairly slowly until it reaches the consistency you like.

Turn the heat down to low on the white sauce and season to taste with salt, pepper, and a generous sprinkle of dill weed - approximately 2 teaspoons.

THEN: you can mix all the vegetables together or mix the green beans and the mushrooms, then put a layer of them in the casserole and top them with the caramelized onions, then half the white sauce, then repeat the process. Make at least 2 layers. Top with French's crunchy fried onions and bake at 350 for 25-30 minutes, until the mixture is bubbly and the fried onions are a deep golden brown.



French Fried Onion Rings

Gather your ingredients.

2 or 3 big sweet onions (shallots are a good variation)

enough milk for soaking onions

1 1/2 - 2 teaspoons salt

Pepper to taste

1 1/2 C gluten free flour

oil for frying

Measure gluten free flours, salt, and pepper and put into a zip lock bag.

Slice the onions and separate into rings. I chose to fry both the little and big onion slices since I was frying them for a casserole topping.

Heat oil in a large frying pan. Oil should be about an inch deep. When the oil is hot enough, a flick of water will make the oil sizzle.

Soak the onions in milk for a few minutes.

Don't try to do all the onions at one. Just one batch at a time.

Dredge the onions in the gluten free flour. Give them a good coating of flour.

Place the onions in the frying pan with the heated oil.

When the onions start to float to the top turn them over and cook until just golden brown (mine cooked very quickly).

When the onion rings have finished cooking, lay them on a paper bag or paper towels to cool/drain some oil.

Almond and Rice Milk

Ingredients:

1/4 cup blanched almonds

1/2 cup hot rice

4 cups hot Water

One or more pinches of salt to taste

1 teaspoon Vanilla Extract (omit the vanilla if utilizing the Rice Milk for savory dishes)

Directions:

Put all three ingredients in a blender, and puree for about 3-5 minutes, until smooth. Let it stand for 30 minutes or more, up to several hours. Then, without shaking, pour the Rice Milk into another container, being careful not to let the sediments at the bottom pour into the new container. Alternatively, if you are in a hurry strain the Rice Milk through a cheesecloth. This makes about 4 - 4 1/2 cups.



ACTIVITIES

Men's Ministry Thanksgiving Brunch

A group of about 25 gentlemen assembled at Coco's Restaurant on Highland Avenue in San Bernardino on Sunday morning, November 10, for the annual Men's Ministry Thanksgiving Brunch. The attendees enjoyed a fine breakfast, as well as the opportunity for fellowship. The Men's Ministry leaders had some opening remarks for the group, and then the floor was opened for a number of personal testimo-



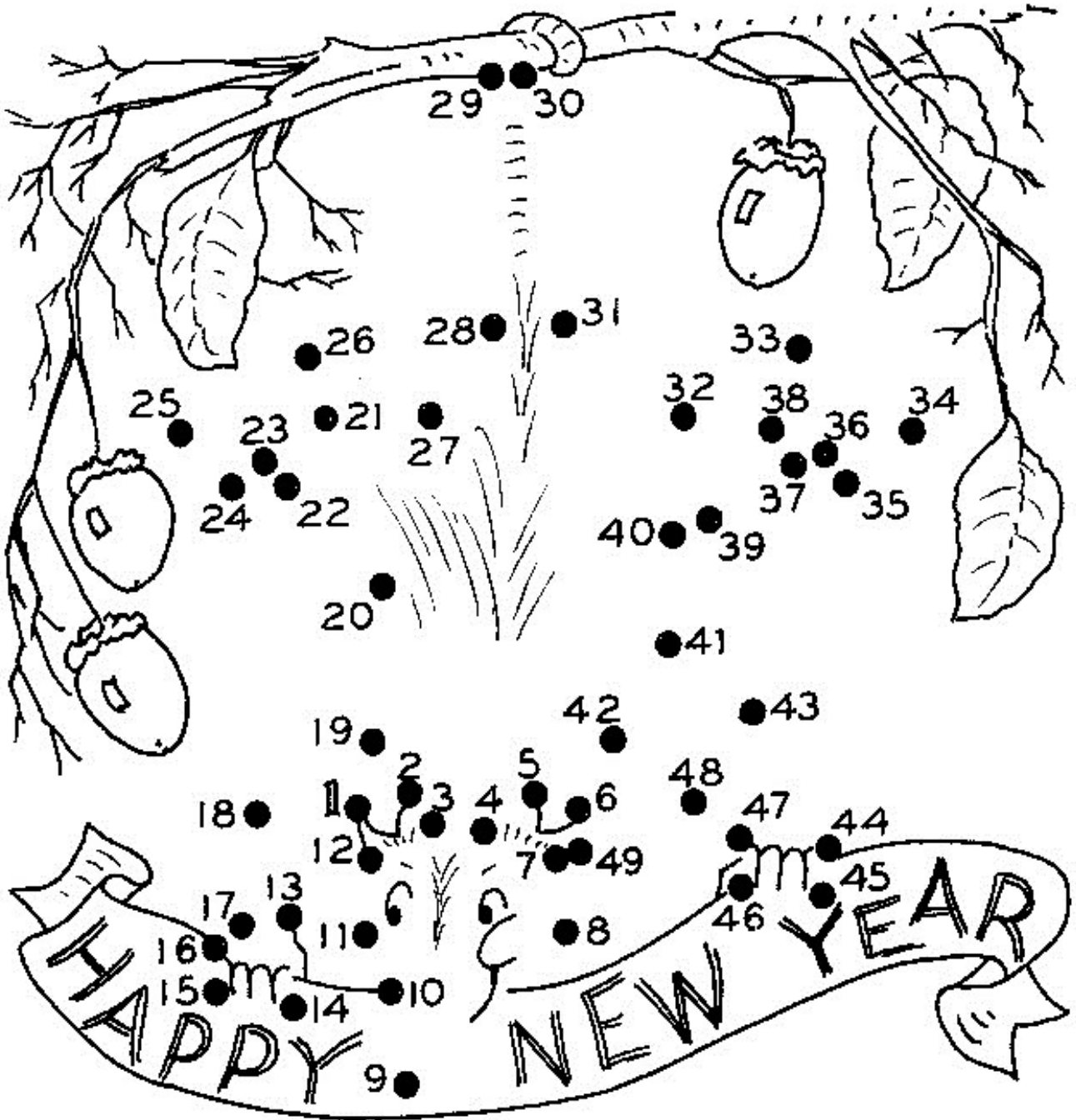
Christmas Concert - Riverside Concert Band

Our church family enjoyed a familiar seasonal blessing with the return of the Riverside Concert Band for their annual Christmas Concert on Sunday evening, December 8. The band performed for an audience of about 75 people, and included Christmas favorites from past years in their diverse repertoire. After the concert, everyone was invited to a delicious feast of mini-sandwiches and other refreshments in the Fellowship Hall.



Coloring Page

Can you guess the animal? Can you guess the type of tree it is in? My family has seen this in our own back yard!



Colton SDA Church

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

Place
Stamp
Here

Mailing Address
880 W. Laurel Street
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**Increasing member
communication**

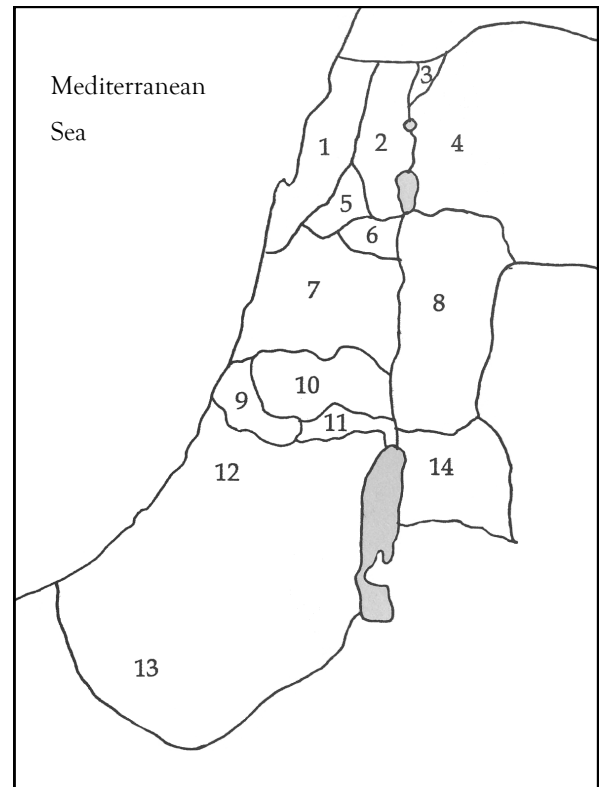
We're On the Web!
colton.adventistfaith.org

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.

The Good, The Bad, And The Abysmal

Place the names of the tribes of Israel in their designated land allotments. There are, as you know, only 12 tribes and 14 sections of land, so think hard.



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.

2014

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Answers to Last Month's Trivia

- The Good, The Bad, And The Abysmal
- | | |
|-----------------------------------|---------------------------------|
| 1. Rehoboam was evil in Judah. | 6. Ahaziah was evil in Israel. |
| 2. Asa was good in Judah. | 7. Jehoahaz was evil in Israel. |
| 3. Nadab was evil in Israel. | 8. Ahaz was good in Judah. |
| 4. Jehoshaphat was good in Judah. | 9. Amaziah was good in Judah. |
| 5. Omri was evil in Israel. | 10. Manasseh was evil in Judah. |