

Colton Seventh-day Adventist Church

Newsletter

August 2013

CURRENT ACTIVITIES

Mark Your Calendars



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

Aug 10 (Sat) Fellowship Potluck

Aug 10 (Sat) 2:00 PM, Sabbath School Council Meeting

Aug 17 (Sat) 4:00 PM, Pet Show & Tell

Aug 18 (Sun) 8:00 AM, Workbee

Aug 21 (Wed) 8:15 PM, Church Board Meeting

Aug 24 (Sat) Baptism and Fellowship Potluck

Aug 24 (Sat) 2:00 PM, Big Bear Picnic/Evening Vespers

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Pet Show & Tell



One of the best gifts God gave humanity were fuzzy, scaly or feather friends.

On August 17 Children's Ministries Committee is hosting a Pet Show & Tell. Every animal is

welcome! (Be sure you are equipped to control your



best friend.) Assemble your pet or a borrowed pet at 4:00 p.m.

here at the church. You will get to talk about your animal and hear about other participants pets as well. Come celebrate the gift of animals!



Big Bear Picnic



2012 Big Bear Picnic.
Will you be in the picture for 2013?

It's Big Bear picnic time! August 24 following church, jump into your car and meet your church family by the Lake. There will be food, a walk, time for wading, singing and a vespers devotion, all in the

cool shade of pines with the whisper of the waves rolling ashore. Ahhhh, doesn't that sound relaxing! Plan to join the fun.

Verse of the Month

When the ways of a man are pleasing to the Lord,
He makes even those who hate him to be at peace with him.

Proverbs 16:7

INSPIRATION SECTION

Thou Shall Not Bear False Witness

"Thou shalt not bear false witness against thy neighbor." Exodus 20:16. The ninth tenant of God's Kingdom, the Ten Commandments, is clearly given to us. Some English translations use the word "testimony." What word picture comes to mind when you read this verse? I often think of a court with the witness stand, a judge and jury, and an audience watching the proceedings. People are instructed to "tell the truth, the whole true, and nothing but the truth." Of course we know this passage has more meaning than that! What scenarios come to mind? "Does this article of clothing make me look fat?" "Yes?" Can you say that? Or is telling something else that isn't quite the "whole truth, and nothing but the truth" a real lie? We'll get back to that later...

You shall not bear false witness... or put positively, you shall tell the truth. Does it mean the whole thing? Honesty. Really? Is there no gray area that we can hide in our discomfort to say what we really think? What will people think of me if I



hurt their feelings? I can't hurt their feelings, right? On purpose? Let's go back to that question asked earlier: "Does this make me look fat?" At some point in our lives, we've heard this from either a loved one or from someone else while shopping. First, it is not a fair question, but who said life was fair? It is one of those "kaboom" questions. If you say "yes" then you are insensitive and called the person fat. If you say "no" then you might be questioned if you are telling the truth or not... KA-BOOM. No win; just loss. How about saying, "I've seen better outfits, let's keep looking?"

The next part of the text tells us who we are not to bear false witness against. "Thy neighbor..." who is thy neighbor? Well, Jesus answered that question, posed by a lawyer in Luke 10:25. Jesus answered the lawyer by telling the story of the Good Samaritan. Jesus asked in return, "which of

these three, do you think, proved to be a neighbor to the man who fell among the robbers?" The lawyer "said, 'the one who showed him mercy.' And Jesus said to him, 'You go, and do likewise.'" Luke 10:36-37.

I've heard some say that to be totally truthful would mean to be brutally honest; bordering on cruel. We can't do it because we are supposed to love each other and that means we can't really say what we are thinking! That would be too ugly and mean. Wait! Stop just a minute! Let's readjust our thinking here. Just because you tell the truth doesn't mean that civility is thrown out the window.

Remember back to the last time you found out that someone lied to you. Remember how you felt. Remember the distrust it brought into the relationship. Why would you want to inflict the same pain on someone else? Our Lord was able to live His whole life without telling a lie. He is our example. Let's follow Him.

Rob Cruise

The Junk Has Got To Go

J's Fitness Newsletter

Today I'm going to dole out a little tough love, so brace yourself and know that this is for your own good.

It's time that we had an uncomfortable little talk about a very important issue... That junk food in your house.

You know the stuff that I'm talking about. The ice cream jammed into the back of your freezer. The packaged cookies that you say are for the kid's lunches. The candy stash that's leftover from the last few holidays. Those bags of crunchy, salty snacks in your pantry. The bottles of soda that you know you shouldn't drink. And the list goes on...

Here's the bottom line: If you eat junk food then you'll get fat. Junk = Fat.



Now I know that you have justified the presence of junk food in your house, so let's walk through these justifications and I'll shine some truth on it for you.

1) It's For The Kids: This is the oldest excuse in the book when it comes to keeping junk food in the house. It's flawed for many reasons, namely because you know you eat some of it. When junk is in the house you are bound to eat some of it at times. And your kids should NOT be eating junk food on a regular basis, such as in their lunches. It's not good for them and it's not good for you.

2) I Didn't Buy It: Oh, I didn't buy it. My in-laws, friend, sister, kids, spouse bought that. OK, it's still in your house. I understand why you may be hesitant to throw out food that someone else gave you, but look at the big picture. By throwing junk out of your house you are protecting your health

and the health of everyone who lives under your roof. That's huge!

3) A Little Bit Won't Hurt: When you keep junk food in the house you're fooling yourself if you think that you only eat a little bit of it. The contents of your kitchen become the things that you habitually eat. If there's junk in the house then you habitually are eating it, and a little bit of junk every day adds up to a LOT of junk over a week or month. And you wonder why you haven't lost the weight yet...

4) It's My Favorite: I understand that there may be junk foods that you've become so used to eating that it's hard to imagine going a day or more without it. In this case, you really need to cut the junk out in order to achieve your ideal health and fitness level. Birthdays, holidays, and special occa-



sions are the time to have a taste of your old favorite junk. And after you've stopped eating it daily you may find that it doesn't even taste as good as you remember.



that eating a favored junk food every day. Nothing tastes as good as fit and healthy feels.

Now it's time for you to take action. All you need is a big black trash bag and the determination to be fit and healthy. Grab that bag, march into your kitchen and start pitching the junk.

Look for anything in a package that contains processed sugar, grains and high amounts of sodium. Go get 'em!

Wheew! Didn't that feel great? Your kitchen is now wholesome and healthy, and your body will be too.

Eating a healthy diet, free from junk, is one side of the equation when it comes to getting into amazing shape. The other side is consistent, challenging exercise.

Zero Tolerance Policy

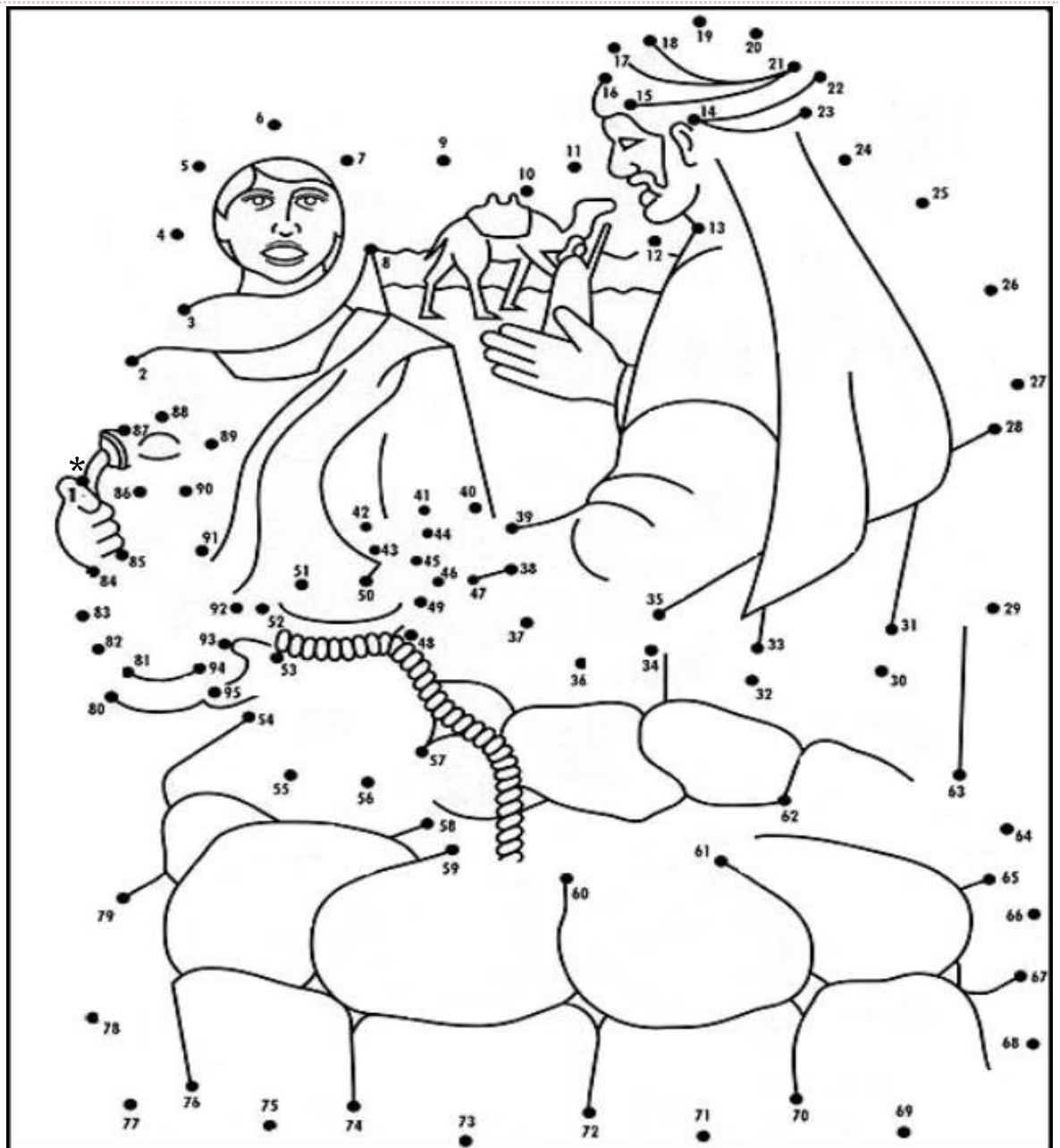
Watch out, or that junk food will come creeping back into your pantry. Decide here and now to adopt a zero tolerance policy when it comes to junk food in your house. Be vigilant and stay strong when your kids start to whine for their old favorites. Replace the junk with wholesome food such as fruits, veggies, nuts and seeds, and lean meats.

Contributed by Teresa Padilla

Kid's Section

Finish the picture. Can you figure out what Bible story this picture is showing? If not ask a grown-up to read Genesis 24:1-67. Then answer these questions:

- ◆ What is the woman's name?
- ◆ What act of service did she do?
- ◆ Who is the man?
- ◆ Who sent him?
- ◆ What is he looking for?
- ◆ What does this story tell us about God?
- ◆ What does the story mean for us today?



Colton SDA Church

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

Place
Stamp
Here

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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.

Stand By Your Man

Match the women to the men they were either married to or associated with.

- | | |
|--------------|------------|
| 1. Abigail | A. Abraham |
| 2. Abital | B. David |
| 3. Ahinoam | C. Jacob |
| 4. Bathsheba | |
| 5. Bilhah | |
| 6. Eglah | |
| 7. Hagar | |
| 8. Haggith | |
| 9. Keturah | |
| 10. Leah | |
| 11. Maacah | |
| 12. Michal | |
| 13. Rachel | |
| 14. Sarah | |
| 15. Zilpah | |

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
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

Answers to Last Month's Trivia

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|---|--|--|
| Judgment Day | 3. Deborah, the woman who accompanied Barak into battle. | 5. Ehud, who killed fat King Eglon with a home made sword. |
| 1. Jephthah, the one who sacrificed his daughter. | 4. Gideon, who won the battle with only 300 men. | 6. Samson, the strong one with long hair. |
| 2. Othniel, Caleb's little brother who got Israel away from Mesopotamia | | |