

Colton Seventh-day Adventist Church

Newsletter

September 2013

CURRENT ACTIVITIES

Mark Your Calendars



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

Sept 14 (Sat) Fellowship Lunch

Sept 14 (Sat) 2:00 PM, Gary Smalley Video Production

Sept 15 (Sun) 8:00 AM, Church Work Bee

Sept 15 (Sun) 11:00 AM, Church Board Meeting

Sept 21 (Sat) 2:00 PM, Personal Ministries Training

Sept 22 (Sun) 8:00 AM, Parking Lot Sale

Community Services Yard Sale!

Sunday, September 22, 9:00 a.m. - 2:00 p.m. will be the annual Community Service yard sale. Anyone or any department who wants to join the yard sale is welcome. Start gathering your "treasures" together now. Sign-up sheet will be in the foyer. See Laura Bauchert if you have any questions.



Health Expo!



Time to gear up for the 2013 Health Expo. For some people in the community this may be their only check-up for the year. Plans are in motion to make this year another time of service to our community. Spread the word and be willing to lead a helping hand.

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Verse of the Month

"Put your trust in the Lord Jesus Christ and you and your family will be saved from the punishment of sin."

Acts 16:31

INSPIRATION SECTION

Baptisms



“I tell you that in the same way, there will be more joy in heaven over one sinner who repents, than over ninety-nine righteous persons who need no repentance.” Luke 15:7 We know heaven was rejoicing on August 24th and we were too! Praise God for Vicky, Linda and Lizzie three wonderful women with powerful testimonies of God’s love and leading in their lives. We are privileged to call you sisters in Christ.



Tenth Commandment

It is very easy to get caught up in this materialistic World of ours. Studies show that we are exposed to about 2000 ads a day. Before we know it we start to desire a fancy new car, a larger home, bigger TV, name brand clothes or some other things that will soon take over our hearts and minds.

Now don't get me wrong because God wants us to enjoy a happy fulfilled life. For in John 10:10 He says, "I have come that they may have life, and that they may have it more abundantly."

It is not wrong to desire a better quality of life. It is not wrong to want a better job that pays more. It is not wrong to enjoy the better things in life. And it is not wrong to be rich. But it is wrong when this desire becomes a driving force in our lives.

God's tenth commandment, "You shall not covet your neighbor's house; you shall not covet thy neighbor's wife, nor his male servant, nor his female servant, or his ox, nor his donkey, or anything that is our neighbor's", warns us in Luke 12:15 about covetousness, "Watch out! Be on your guard against all kinds of greed (covetousness); a man's life does not consist in the abundance of his possessions."

Covetousness is a craving, a desire for more. So when does a desire become coveting? The desire becomes sin when it fails to include the love of God or man. We covet when we set our hearts on something that belongs to another and wish we could have it.

This issue is all around us. It's real. No matter how much stuff you do have, someone else has more.

Covetousness comes from within the heart that is selfishly motivated instead of spiritually motivated. The other nine commandments deal with outward actions. Coveting deals with inward motivations rather than outward actions. It starts in the mind and heart. We want something ... so we steal it. We desire someone's spouse... adultery happens. We feel a need for something that is not ours...we lie to get it. We want more time to make more money... we ignore the Sabbath. It is the summary of all Ten Commandments. It gives birth to all ten. It deals with possessions, people, and power.

Jeremiah 6:13 tells us, "Because from the least of them even to the greatest of them. Everyone is given to covetousness."

There are many temptations around us to break the Tenth Commandment. How many marriages, how many friendships and families have been destroyed because somebody wanted a person who was someone else's spouse? How much stress do you experience because you want to keep up with your neighbors and have what they have?

The Apostle John understood our temptations written in 1 John 2:16, "All that is in the world, the desires of the flesh and the desires of the eyes and pride in possessions, it is not from the Father but is from the world."

Have you noticed that what is of this world is passing away? The money you want is shrinking in value by inflation, and the young, attractive person who got your attention is likely to wrinkle and inflate also.



John continues in vs. 17, "The world is passing away along with its desires, but whoever does the will of God abides forever." God's will for us in the Tenth Commandment shows us that our need is to become content with who we are and what we have. Coveting is to lack the faith that God is giving you exactly what you need in life.

The Bible is filled with promises on this very point. We can learn to have an identity that's based on what Jesus did for us, not on what we have or what others have. Our feeling of self-worth needs to be because God loves us with an infinite love and sacrificed His Son to die for our sins.

What if no one coveted in this world? What if everyone was content with what they have and what they are? What kind of world would it be? It would certainly be different from what it is now.

Mary Lou Domingo

Food Tricks

J's Fitness Newsletter

Want Faster Results? Try These 3 Food Tricks

Working out hard is an essential part of any fat loss plan. It sculpts your muscles, raises your resting metabolism, whittles down your waist and gives you functional strength and endurance.

The only catch is that you can seriously slow, or even reverse, your results by eating poorly. There's nothing quite as frustrating as when you are working out like a champ only to face the same belly rolls each morning.

To keep you from giving up in frustration, I've put together the following 3 Easy Food Tricks to amp up your results. Why am I calling these tricks? A trick usually implies that someone is getting fooled, and, well, in this scenario you're that someone. These tricks will fool your taste-buds and your mouth into thinking that you're eating your regular favorites, when, in fact, you'll actually be eating a meal with fewer calories, fewer carbs and more fiber. This means quicker fat loss and smaller belly rolls.

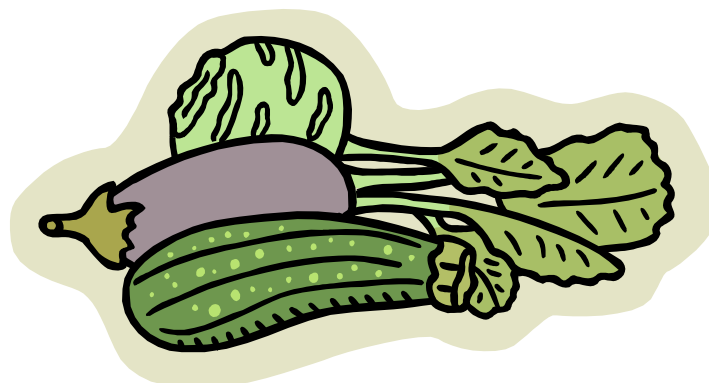
That sounds fantastic, right? So let's dig right in...

Easy Food Trick #1: RICE
Rice is a big part of many a meal. There's white rice, brown rice, stir fried rice, sticky rice, wild rice and the list goes on. All of these kinds of rice (yes, even brown rice) are packed with carb and calories. This is great, if you are a growing child or an athlete, but not so great for someone like you with a fat loss goal.

Rather than give up rice completely, because that would make your veggies and meat look really lonely on a half-empty plate, let's turn to Easy Food Trick #1. **CAULIFLOWER RICE:** Now, don't get skeptical on me until you give this food trick a try. To make rice from cauliflower first wash it and trim the leaves and stems. Chop into small pieces and then run those pieces through a food processor with the grating attachment. This will result in a rice-like consistency. Place the cauliflower rice in a large skillet with a Tablespoon of

olive oil and cook over medium heat for about 5 minutes. Season with salt and pepper and you are good to go. Serve your normal vegetable and meat dishes over a bed of cauliflower rice just as you would traditional rice.

Easy Food Trick #2: NOODLES
Have you ever noticed that when you crave your favorite pasta dish, you're actually just craving the sauce? Noodles alone are bland and unspectacular. The magic, as well as the protein, is in the sauce. Noodles, like traditional rice, are packed with calories and carbs that get in the way of your fat loss results. So, rather than just eating a bowl of sauce, try Easy Food Trick #2.



ZUCCHINI NOODLES: Again, try this trick before you knock it, I'm guessing that you'll be pleasantly surprised. Wash a zucchini, and then run a vegetable peeler down its sides, creating long, wide noodles. Stop when you reach the inner, seedy part of the zucchini. These raw, zucchini noodles do not require any cooking, simply throw them onto your plate and top with your favorite pasta sauce. (Of course, I'm assuming that you're not going to use a white, cream-based sauce, but that's another article for another day.)

Easy Food Trick #3: BREAD, BUNS, TORTILLAS
Cauliflower rice and zucchini noodles are all find and dandy for those meals that you prepare at home, but what about your meals eaten out? Many restaurant meals revolve around bread, buns or tortillas. These things are tasty, yet filled with calories and carbs that add to those annoying belly rolls.

That's when you turn to Easy Food Trick

#3. THE LETTUCE WRAP: This trick is more popular than the first two, so you may already be familiar with it. How does it work? When ordering your meal, be it a sandwich, burger or tacos, ask that it be wrapped in lettuce in place of the bread, bun or tortilla. Most places are really cool about it, and you end up getting to eat the good part of the meal – the meat and flavors—without the carb-filled extras. If for some reason the restaurant is unable to wrap it in lettuce for you, then ask for the filling to be placed on a pile of greens and eat it with a fork.

Try these 3 Easy Food Tricks out for the next 30 days, and see how quickly your fat loss results ramp up. The improved results will motivate you to workout harder and more consistently, which will then add to an even greater level of fitness. Tricks Become Tradition

The real fat loss benefits from the 3 Easy Food Tricks above come when you make this way of eating a part of your lifestyle.

It may sound strange or hard at first, but – like anything—once you grow accustomed to that style of eating it will feel comfortable, and you will be leaner!

Slow Cooker Turkey Spaghetti over Zucchini Noodles

Making noodles out of fresh zucchini dramatically cuts down on the carbs and calories in your dinner, while increasing the fiber content. Imagine what an impact this simple food trick could have on your fitness results if you always chose zucchini noodles over traditional noodles. Serving: 6
Here's what you need...

- 1 Tablespoon olive oil
- 6 cloves garlic, minced
- 1 yellow onion, chopped
- 1 fennel bulb, chopped
- 4 carrots, sliced
- 1 cup mushrooms, sliced
- 1/4 cup chopped olives

2 (14.5 oz) cans diced tomatoes

1 (14.5 oz) can tomato sauce

2 Tablespoons tomato paste

1/2 cup dry red wine (Cabernet works well)

2 Tablespoons Italian seasoning

1/2 teaspoon sea salt

1/4 teaspoon black pepper

1/4 teaspoon sweet paprika

1 pound ground turkey

6 zucchinis

1/4 cup fresh Italian parsley, chopped

In a large skillet, place the olive oil over medium heat. Add the garlic, onions and fennel. Cook for 5 minutes, until soft. Add the carrots, cover and cook for another 5 minutes. Remove from heat.

Coat the inside of your slow cooker with olive oil. Add the cooked veggies, mushrooms, olives, tomatoes, tomato sauce, tomato paste, wine and the seasonings. Mix well.

Add the turkey on top of the veggie mixture, breaking it into chunks. Lightly press the turkey down into the sauce, but be careful not to break up the chunks.

ACTIVITIES

Men's Ministry Breakfast



On Sunday morning, August 25, Men's Ministry organized an informal breakfast get-together for the men of the church at Hometown Buffet in Loma Linda. The intention was to gather a group for breakfast who could then go help one of the families in our church load their moving truck. Unfortunately, moving plans were postponed, so the Men's Ministry group simply enjoyed a fine breakfast and good conversation together.

Children's Church





On September 7 Children's Church was happening behind the scenes of regular church.. 24 children were in attendance. . Of those that attended, 11 were from the community whose parents or grandparents do not attend Colton church, so it was a great outreach.

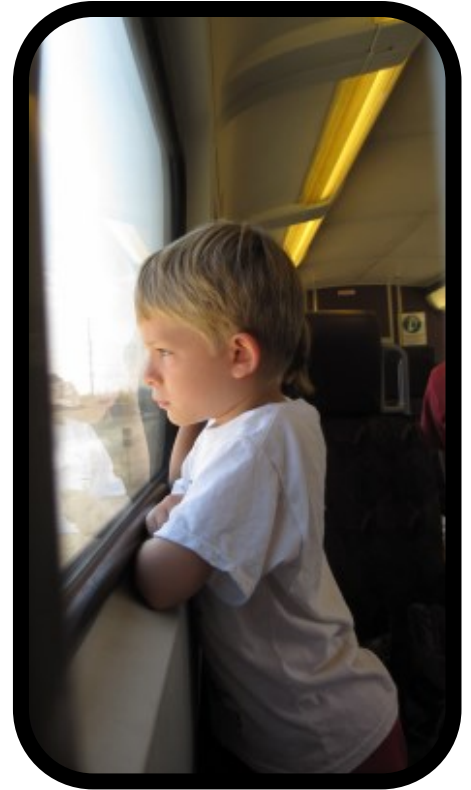
Marissa led out in praise with the songs the children learned at VBS.

The bible point, also from VBS, was "With prayer we can stand strong!" Carlos spoke about school and emphasized that though they may be afraid there or even at home, we can talk to Jesus through prayer.

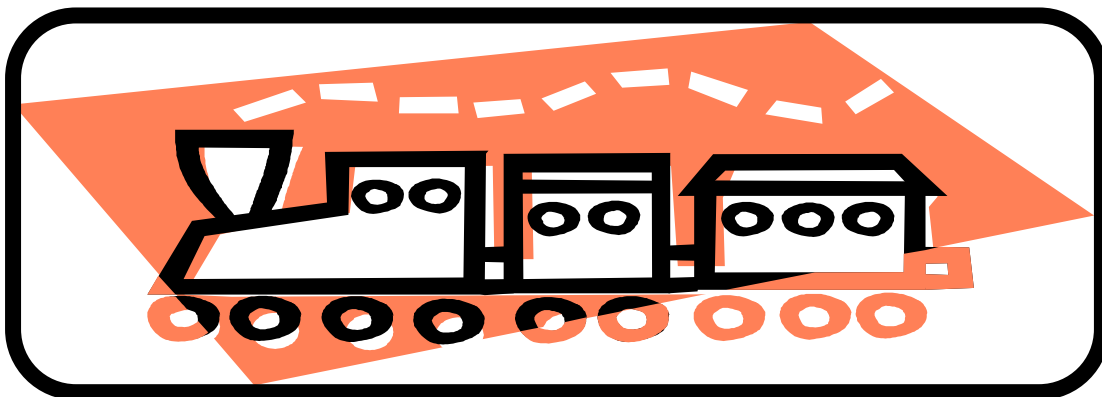
Nestor told the story about Nehemiah rebuilding the wall, and how he survived through prayer. Carlos ended with reminding them Jesus died for our sins so that we could have eternal life. The kids had a great time!

Mary Lemos

Train Trip



Colton Church family were assembled at the San Bernardino train station on August 4 to head to L.A. for the day. Birthdays were celebrated with singing and cupcakes. There was Karaoke style singing as well. Upon arrival the group dispersed to different locals including Olvera Street and China town.



Big Bear Vespers



Continuing an annual tradition that began in 2005, a group from the Colton SDA Church gathered on the shore of Big Bear Lake on Sabbath afternoon, August 24, to enjoy fellowship with each other and with the Lord in the beauty of nature. Over 25 people converged at Meadow's Edge Picnic Area on the north shore in mid-afternoon, and enjoyed the sunny weather from under the canopy of tall pines. After the group shared a potluck supper, Matthew Frias led a short song service, and Pastor Mataafa provided the vespers presentation focused on the 8th Psalm

Jerry Johnson



Farewell Ruby and Gary



On August 17 we said good-bye to Ruby and Gary in true Colton style with food and love. They will be sorely missed. May God Bless them in their new home.



Pet Show and Tell





Children's Ministries sponsored a pet show and tell in the afternoon on August 17. Both furry and scaly animals were in attendance. Everyone who brought a pet was given the opportunity to show it to the group and explain why they love it so much. Marissa and her dancing dog was a sight to see! A big thanks to Margie Valdez from the Hidden Valley Nature Center in Riverside for coming to our church even though it was her anniversary!



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.

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

Who Said?

1. Why have you disturbed me by bringing me up?
2. How can a man be born when he is old?
3. I am innocent of this man's blood.
4. No. You shall never wash my feet.
5. Jesus, remember me when you come into your kingdom.
6. He must become greater; I must become less.
7. Rabbi, I want to see.
8. I'll draw water for your camels, too, until they have finished drinking.
9. Samson, the Philistines are upon you!
10. You will not surely die.

Answers to Last Month's Trivia

Stand By Your Man

1. David: Abigail, Abital, Ahinoam, Bathsheba, Eglah, Haggith, Maacah, and Michal.
2. Jacob: Billah, Leah, Rachel, and Zilpah.
3. Abraham: Hagar, Keturah, Sarah.