

Mark Your Calendars

Come join us for Study & Worship Saturday mornings at 10 a.m., Prayer meetings on Wednesday at 7 p.m. and for the following activities.

Oct 31 4:00 PM Healthy Resolutions Walk: Corona/Skyline Drive Trail
Nov 1 12:00 PM Men's Ministry Annual Lunch

Nov 7 1:00 PM Fellowship Potluck (moved from Nov 14)
Nov 14 3:00 PM Friends Next Door Bible Club
Nov 15 8:00 AM Church Work Bee
Nov 15 12:00 PM Women's Ministry Lunch
Nov 21 1:00 PM Thanksgiving Potluck
Nov 21 Final Collection Date for Thanksgiving Baskets
Nov 22 CSv Pick-Up Date for Thanksgiving Baskets
Dec 3 6:00 PM Church Sanctuary Seasonal Decorating: Christmas

Dec 5 6:30 PM Riverside Concert Band — Christmas Concert
Dec 12 11:00 AM Christmas Cantata
Dec 12 5:00 PM Christmas Party
Dec 19 Final Collection Date for Christmas Baskets
Dec 20 Pick-Up Date for Christmas Basket
Jan 2, 2016 11:00 AM Communion Sabbath
2016 is coming soon.....

September/October 2015

Evangelism



Greetings Friends!!

What a 'prophecy revival experience' we have had with Pastor Tim Roosenberg, and with the faith community of the Colton.

1. According to Pr Bell's nightly count, we had about 250 people altogether that came to attend the prophesy seminar. That is a huge number in spite of the space limitation of 150+ seating capacity of our church auditorium place.

2. Special thank you to all of our church members for your willing spirit to partnership with the Lord to share the prophetic message of the world's current situation and the soon return of our Redeemer.

3. In spite of the huge number of people that respond to the prophesy seminar of "the end

time events prophecy," the people left each night with the sense of deep appreciation of the great hospitality that they have received from the members of the Colton Church. That was the sincere and powerful feedback of thankfulness from almost everyone that came to the preaching of the good news of the kingdom.

4. Every department ministry with their assigned volunteers step up to the plate and gave their best services. What an outstanding sacrifice of yourself to the Lord's call for discipleship.

5. Just to name few; brother Marcelino & Ramon did such a fantastic job beyond their call of duty on security.

6. Sister Marissa and Dovee were phenomenal with the children's care ministry.

7. The kitchen team of Shirley & Robbie and all of their dedicated volunteers did so much. The good Samaritan supporters of the refreshment supplies did just that.

8. Sister Carmi and the registration team were amazing. The greeters at the door, the parking team with their flashlights directing the in and out traffic

did an outstanding service.

9. The Usher's team of deacons and deaconess were on the alert at all times.

10. The musical team and the PA system team all came together as one mind and spirit to excite the message points.

11. Great thanks to the Prayer ministry for the ongoing prayers during the evangelism.

12. It will be a big mistake if I don't acknowledge the faithful and sincere commitments of all the volunteers that offered their service at every level of our evangelism effort even if I didn't mention their selfless sacrifice. The Lord knows your silent labor of love for His glory. Thank you.

13. Our last great effort to touch the pain, the tears, the wounds, and to feel the heartbeat of the community was the Colton Health Fair Expo, Sunday, October 8. My prayer is that your labor of love touched every person that came.

14. Lastly, the Colton church elders and the pastoral staff is very thankful for the spiritual dedication of all our members to minister to the community and demonstrate to them how it feels like to be at the presence of the Saviour, Jesus Christ. May the Lord richly blessed you with all His glorious grace.

Thoughts & Prayers

Pr Mataafa

Health Expo

A big THANKYOU to the Blue T-shirt Crew who helped make Health Expo 2015 a success.

The corner of Rancho and Laurel looked very festive and inviting with the colored pendants and balloons. Added pizzazz was the new colorful pop-up tents-thanks to the generosity of Ken-Barb and Dovee.

It takes planning, energy and many hands of cooperation to pull off such an event. Do you realize each year about 54 people come willingly to do the job?

Praise The Lord for The Spirit of Willingness and Cooperation!

The visitors expressed appreciation for what was offered

and the friendliness of everyone.

I must mention a special THANKYOU to some who burned the midnight oil and who were there at the break of dawn- Jerry, Carmi, Young and Izzy. And special Words of appreciation to our pastors. Ps Mataafa for suggestions and encouragement, Ps Vadim -our on the spot drafted reporter to Colton News, and Ps Bell our own Energizer Bunny of logistics.

Lastly but not least to Robbi's kitchen crews. A Big Ya HOO!! They fed us Good food and kept us fueled to get us through the day.

The greatest thanks goes to Our Lord Jesus! A few drops

of love but He held back the rain-He granted us safety -and moved 26 to respond to the offer of prayer.

Health Expo 2015 is now a memory -check out thePics by Kieth and Jerry and if I missed anyone -sorry

Ok everyone get ready in about 365 days we get to do it all again !

Shirley Purucker

We get to do it all again!

Lunar Eclipse

What can be better than enjoying an lunar eclipse? How about an lunar eclipse with a mega moon. And a whole bunch of church family surrounding you! That is what a group of our church enjoyed on September 27, 2015 in Oak Glen. It was an amazing sight to watch the moon turn a very noticeable red. More amazing was the hospitality of Marissa McConnell who brought food for everyone and even made sandwiches for my family so we wouldn't miss a thing! Thank-you!

Kristi Cruise

Photo by Rob Cruise



Fighting Viruses with Herbs and Supplements Part 1

...is vital in fighting infections of all sorts...

Several herbs have anti-viral properties, which can be useful in combatting viral infections of all sorts. Supplements are also important in fighting viruses. This is a review of just a few of the herbs and supplements that can be used to fight viruses. This is not intended to be a comprehensive list, nor are any of these proposed as being able to treat or cure any specific disease or infection. This is also not a substitute for medical care. Please consult your physician or other medical care provider for more information about specific conditions.

Vitamin D

Several doctors, including Dr. Miller and Dr. Mercola recommend taking Vitamin D during the winter months instead of getting a flu shot. Just increasing Vitamin D levels in winter can reduce the chance of actually getting sick with the flu by 50%, which is much better than the flu shot. The flu shot, in real-life conditions, prevents about one case of flu per 100 people. In laboratory conditions, it is about 48% effective. When measuring Vitamin D blood levels, the average person gets the best protection when levels are above 50 nmol/L. The chronically ill person gets the best results when blood levels are between 75-100 nmol/L. Most people with average sun exposure can take 5,000 i.u. to 10,000 i.u. daily to maintain these blood levels. A short burst of 50,000 i.u. daily for 7-10 days may be beneficial in fighting a new infection when Vitamin D has not been supplemented recently. If blood levels get above 125 nmol/L, there may be adverse reactions. It is wise to get blood levels

checked at the beginning of flu season and adjust supplementation accordingly.

Vitamin C

Vitamin C is vital in fighting infections of all sorts, but especially viral infections. It has recently been proven that Vitamin C is helpful in fighting cancer and increasing the effectiveness of chemotherapy. Vitamin C needs to be taken frequently, as the half-life is relatively short. About 6-8 hours after taking a dose, approximately 50% of it has been used or eliminated. It is difficult to overdose on Vitamin C. The worst effect of an overdose is diarrhea.

Suggested doses for maintenance is 500 mg to 1000 mg every 4-6 hours to maintain a good blood level. For acute illnesses that involve congestion, a dose of 1,000 mg can be taken every 10-15 minutes, until the congestion clears or the diarrhea starts.

There are several forms of Vitamin C. The most common one is Ascorbic Acid. This form is hard on the GI system and is more likely to cause diarrhea at lower doses. Sodium ascorbate is the easiest on the stomach and intestines. This form is tolerated at much higher doses without causing diarrhea. Magnesium ascorbate is another form that will also provide magnesium which is often deficient in many people. Vitamin C can also come with a coating of fat, called liposomal Vitamin C, which is the best absorbed of any of them.

Liposomal Vitamin C is available commercially, but it is expensive. Fortunately, it is easy to make with the right equip-

ment. Here is what you need.

- 1 ultrasonic jewelry cleaner
- 3 cups filtered or distilled water
- 6 tbsp Lecithin granules. (Look for Non-GMO or sunflower)
- 3 tbsp Ascorbic Acid

Soak the lecithin granules in 1.5 cups of water for about 20-30 minutes. Mix the Ascorbic Acid with the remaining water. Add the Ascorbic acid mix to the lecithin mix and blend together. Pour mixture into ultrasonic jewelry cleaner and turn on for 8 minutes. You may need to do this in 2 batches if the cleaner is not big enough to hold all of the mixture at once. Pour into a glass container and cover with a plastic lid. (Metal lids will start to rust from exposure to Vitamin C.) Dose is ½ oz to 1 ½ oz twice a day. One oz = about 1,200 mg of Vitamin C, which is about the equivalent of 6,000 mg Vitamin C given by Intravenous therapy. This mixture is stable for several weeks in the refrigerator.

For those that want to make their own Vitamin C powder, take the peels of well-washed organic oranges, lemons, and limes. Let them dry for several days until hard. The grind the dried peels into a powder using a blender. This powder can be added to smoothies or other foods. This will result in the Vitamin C and all the components that help it work, which is probably better than most commercial preparations.

Anne Mears

FNDBC is Back!



...Back by popular demand!





Loma Linda Academy's Friends Next Door Bible Club (FNDBC) is back by popular demand! We are privileged to have this group of young people who are dedicated to bring the stories of the Bible to life. The endeavor to make kids learn the truths of the Bible in a fun and unexpected way. There are skits, crafts, snacks, singing and yes the very popular puppets! The second Sabbath of every month they will bring their energy and fun to our church to share free of charge to our community. Gene Oswald promised a special gift for those who bring someone that wasn't there for the first meeting for the next meeting on November 14. Invite, Invite, Invite! Church family, even if you are no longer a child on the outside your inner child will find this program inspiring!

Kristi Cruise

All photos by the Cruise Crew



**Colton Seventh-day
Adventist Church**

Mailing Address
880 W. Laurel Street
Colton, CA 92324

Street Address
1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344



Distribution Dates

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Kristi Cruise