

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.
2016 is coming soon.

Merry Christmas

November/December 2015

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COLTON SEVENTH-DAY ADVENTIST CHURCH
NEWSLETTER

Thanksgiving Fellowship



Fighting Viruses with Herbs and Supplements Part 2

Zinc

Zinc is vital for the immune system to function in fighting any infection. Zinc gluconate is the most common form of zinc on the market, but it is not very absorbable. Zinc citrate, zinc chelate, or zinc picolinate are better absorbed. Taking too much zinc can result in diarrhea or copper deficiency, or other problems. Not taking enough can result in immune problems.

Olive Leaf Extract

Olive leaves have many healing properties. They are anti-inflammatory, anti-viral, anti-fungal, and anti-bacterial. Regular use can help boost the immune system, and improve the symptoms of heart disease, HIV, digestive problems, yeast, urinary tract infections, cancer, chronic pain (often due to infections) and arthritis. Other benefits include reducing blood pressure and blood sugar, as well as supplying anti-oxidants to help maintain general health. Olive leaf extract can be taken for long or short periods of time, depending on the illness. Chronic or persistent infections may require frequent dosing for many months. It is best to start slow at first, especially when dealing with a chronic illness, as it may produce a herxheimer reaction which is caused by killing too many pathogens at once. Look for standardized products of oleuropein.

Dosing ranges from 1-2 caps each day to 3-4 caps four to five times a day for someone with a severe, acute illness. Reduced doses are recommended for children.

Be sure to check with your health care provider for possible interactions with medications before starting this herbal product.

Elderberry

Elderberries have many uses, besides fighting colds and flus. They also improve eye health, boost the immune system and help to lower the bad cholesterol without damaging the liver. The scientific name for Elderberry is *Sambucus nigra*. This is the variety most often used in supplements. This variety can be eaten raw, but the best benefit comes when the berries are cooked a little. Other varieties of elderberries must be cooked to remove the poisonous effect. It is possible to make your own Elderberry syrup. Here is the recipe.

Homemade Elderberry Syrup Ingredients:

2/3 cup black elderberries

3.5 cups of water

2 T fresh or dried ginger root

1 tsp cinnamon powder

1/2 tsp cloves or clove powder

1 cup raw honey

How to Make Elderberry Syrup:

Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!)

Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half. At that point, remove from heat and let cool enough to be handled. Pour through a strainer into a glass jar or bowl.

Discard the elderberries (or compost them!) and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.

When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind.

Ta Da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity.

Standard dose is 1/2 tsp to 1 tsp for kids and 1/2 Tbsp to 1 Tbsp for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear. <http://wellnessmama.com/1888/how-to-make-elderberry-syrup-for-flu-prevention/>

By Ann Mears



Friends Next Door!!!
Ready, Set, Praise, Play
and Learn!





Cantata



Ex Ore Infantium

Little Jesus, wast thou shy
Once, and just so small as I?
And what did it feel like to be
Out of heaven, and just like me?
Didst thou sometimes think of *there*,
And ask where all the angels were?
I should think that I would cry
For my house all made of sky;
I would look about the air,
And wonder where my angels were;
And at waking 'twould distress me-
Not an angel there to dress me!

Hadst Thou ever any toys,
Like us little girls and boys?
And didst Thou play in Heaven with all
The angels that were not too tall,
With stars for marbles? Did the things
Play *Can you seen me?* through their wings?
And did thy mother let Thee spoil
Thy robes, with playing in *our* soil?
How nice to have them always new
In Heaven, because 'twas quite clean blue!

Didst Thou kneel at night to pray,
And didst Thou join thy hands, this way?
And did they lire sometimes, being young,
And make the prayer seem very long?
And dost Thou like it best, that we
Should join our hands to pray to Thee?
I used to think, before I knew,
The prayer not said unless we do.
And did Thy mother at the night
Kiss Thee, and fold the clothes in right?
And didst Thou feel quite good in bed,
Kiss'd, and sweet, and Thy prayers said?

Thou canst not have forgotten all
That it feels like to be small:
And Thou know'st I cannot pray
To Thee in my father's way-
When Thou wast so little, say,
Couldst Thou talk Thy Father's way?-
So, a little Child, come down
And hear a child's tongue like Thy own;
Take me by the hand and walk,
And listen to my baby-talk.
To Thy Father show my prayer
(He will look, Thou art so fair),
And say: 'O Father, I, Thy Son,
Bring the prayer of a little one.'

And He will smile, that children's tongue
Has not changed since Thou wast young!

By Francis Thompson (1859-1907)

Christmas Party



**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



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Thank-you Contributors

Thank-you to those who took the time to take pictures and write articles! Look how your picture or article added to the newsletter. If you haven't yet participated in the newsletter, please write articles and take pictures and then remember to send them to me via email at jrkljccruise@sbcglobal.net or text message to (909) 936-0005.

Kristi Cruise