

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
 Jun 23 Thu 6:00 p.m. VBS Preparation Evening
 Jun 30 Thu 6:00 p.m. VBS Preparation Evening
 Jul 2 Sat 2:30 p.m. Helping Hands

Jul 7 Thu 6:00 p.m. VBS Preparation Evening
 Jul 10 Sat 4:00 p.m. Hike: Big Bear Lake
 Jul 14 Thu 6:00 p.m. VBS Preparation Evening
 Jul 18-22 Sun-Fri 6:00 p.m. Vacation Bible School
 Jul 23 Sat 11:00 a.m. VBS Sabbath
 Jul 24 Sun 8:00 a.m. Church Work Bee
 Jul 28 Thu 6:30 p.m. Church Board Meeting
 Jul 30 Sat 11:00 a.m. Communion Sabbath
 Jul 30 Sat 1:00 p.m. Sab. Sch. Council-Mini Potluck

Aug 5-7 Fri-Sun Young Adults Retreat
 Aug 6 Sat 2:30 p.m. Helping Hands Project
 Aug 13 Sat 7:00 p.m. Evening Vespers
 Aug 13 Sat 8:00 p.m. Talent Show
 Aug 18 Thu 6:30 p.m. Church Board Meeting
 Aug 20 Sat 2:00 p.m. Big Bear Picnic and Vespers
 Aug 21 Sun 8:00 a.m. Church Work Bee
 Aug 27 Sat 11:00 a.m./2:00 p.m. Training Seminar
 Aug 27 Sat 7:00 p.m. Women's Ministry Vespers

Aug 27 Sat 8:00 p.m. Women's Ministry Movie
 Sep 3 Sat 2:30 p.m. Helping Hands Project
 Sep 15 Thu 6:30 p.m. Church Board Meeting
 Sep 17 Sat 1:30 p.m. Home Fellowship Potluck
 Sep 18 Sun 8:00 a.m. Church Work Bee
 Sep 18 Sun 9:00 a.m. Yard Sale
 Sep 24 Sat 11:00 a.m./2:00 p.m. Training Seminar
 Sep 29 Thu 6:30 p.m. Seasonal Decorating: Fall
 Oct 1 Sat 2:30 p.m. Helping Hands Project

June 2016

COLTON SEVENTH-DAY ADVENTIST CHURCH

Newsletter

Coming Up!



Our church has volunteers visiting the **Helping Hands Pantry** warehouse on the first Sabbath of every month. July 2 is the next opportunity to do (not just say) the love of Christ to our neighbors. Meet us and other helpers there at 2:30 p.m.



4th of July Chili Cook-off begins at 4:00 p.m. Bring your best chili for judging at 5:00 p.m. and a lawn chair to enjoy the fireworks our neighbors will provide!



Here's your opportunity to stretch your legs and enjoy beautiful scenery with great company. Gather up your hiking shoes, and day packs (filled with water, snacks and light jacket) and meet Jerry Johnson at the trailhead for **Healthy Resolutions Group Hike**: Grey's Peak Trail, Big Bear Lake Sabbath afternoon July 9 at 4:00 p.m. (Not to be confused with the Picnic below)



Vacation Bible School is coming our way! *Preparation Days begin June 9 at 6:00 p.m.* If you have already agreed to help great! If you still want to help join the team for set up and design as well as volunteer to be team leaders. Especially needed is a Snack Leader. See Leanne!

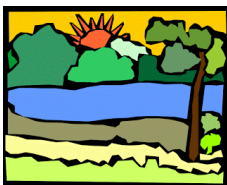
Vacation Bible School *this year will be July 18-25 beginning at 6:00 p.m.* sharp. Begin to spread the word and invite, invite, invite!



Bring your hard hat and a willing heart to the next **Work Bee** on Sunday, July 24. Carlos Lemos always has big plans for maintaining and beautifying our church campus.



Sabbath School Council will convene on July 30 at 1:00 p.m. This will include a mini-potluck so if you are a Sabbath School teacher please plan to attend and bring food to share.



August 20 at 2:00 p.m. join your church family for a **Picnic and Vespers at Big Bear Lake**. Bring food, a friend and a jacket, even if it is hot down in the valley the mountains drop the temperature sharply in the evening.

Dads and Grads

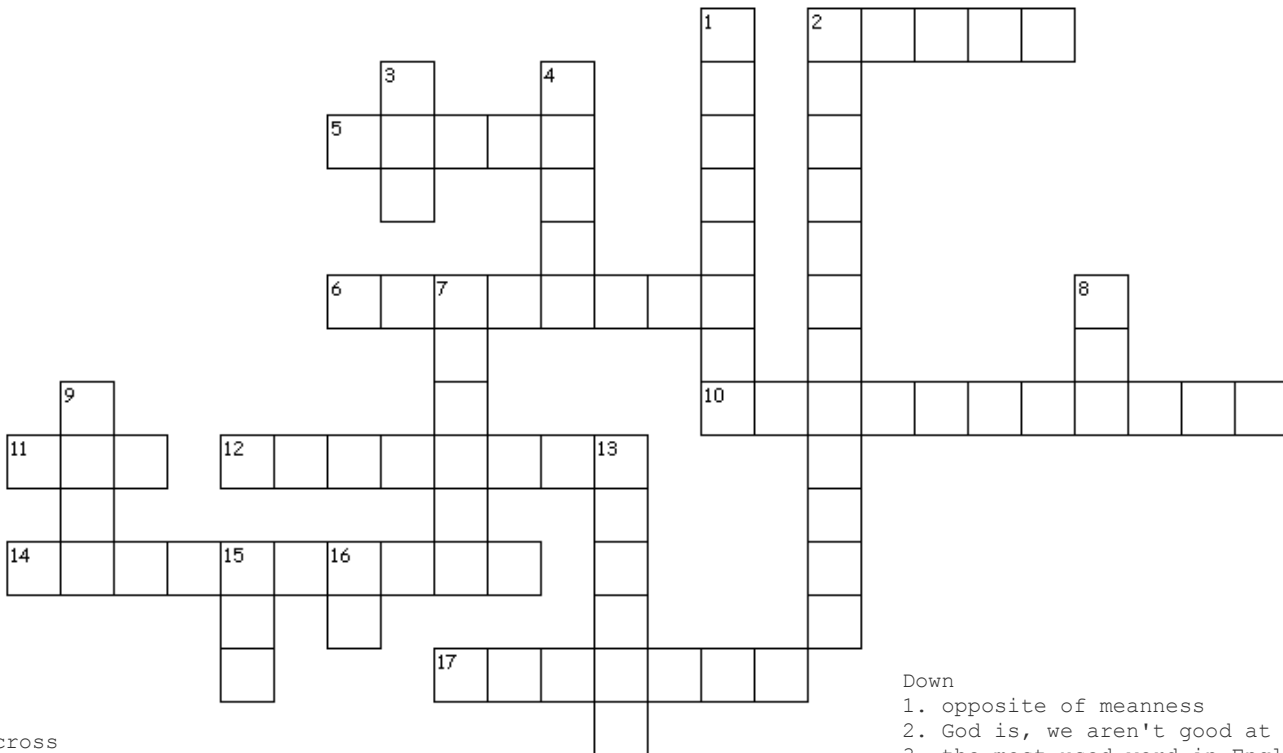
The Women's Ministry team, led by Carmi Lopez and Isabel Bellino, hosted a potluck on Sabbath afternoon, June 18, in celebration of Father's Day weekend. The ladies served the men a Hawaiian-themed meal, having decorated the Fellowship Hall island-style. One of the special features of the meal was an exquisite platter of fruit skewers, accompanied by tropical fruit "sculptures". Prior to the potluck, Women's Ministry had distributed gifts to the fathers during the Worship Service. In addition to celebrating the fathers, the potluck also honored students of various ages within the church family who had recently graduated from their various academic levels, complete with a congratulatory cake.



Jerry Johnson



Galatians 5:22



Across

- 2. it grows on trees, bushes and vines
- 5. not here but...
- 6. ...and I need it now!
- 10. keeping yourself together
- 11. happy only better
- 12. not just an exclamation
- 14. carefulness
- 17. not for but...

Down

- 1. opposite of meanness
- 2. God is, we aren't good at
- 3. the most used word in English
- 4. no war
- 7. person, place or... (plural)
- 8. no ifs ands or...
- 9. a strong like for others or things
- 13. part of the Godhead
- 15. God and man have them
- 16. the opposite of yes

Caring for The Temple of God

Hypertension

According to the CDC, high blood pressure (hypertension) increases your risk for heart disease and stroke, which are some of the leading causes of death in the United States. The only way to determine if you have high blood pressure is to have your doctor or a

health professional check. The process is usually quick and painless.

Here is a helpful chart that determines what categories individuals fall under based off of consistent blood pressure readings. (Note that blood pressure readings are recorded as

2 numbers. For example BP: 117/76, where 117 is systolic (top #) and 76 is diastolic (bottom #)).

If you already have high blood pressure, this can be managed with prescribed medications and lifestyle changes. Lifestyle changes are just as IM-

PORTANT as medications. Key factors to keeping your blood pressure under control are:

- **Diet:** Eating healthy foods that are low in salt, fat, and cholesterol.
- **Being Active:** Try taking brisk 10-minute walks more than once each day.
- **Not Smoking**
- **Managing Stress:** Take time to relax every now and then.
- **Limit alcohol consumption**

Engaging in these practices not only help manage/prevent high blood pressure, but over time, can significantly improve your quality of life. Adapting healthier lifestyle changes can help you enjoy life by allowing you to feel better about your body physically and mentally.

“Your body is your most priceless possession so go take care of it!” – Jack LaLanne

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Heat exhaustion and Heat Stroke

Summer is here and the weather has been exceptionally HOT! Temperatures in the triple digits are expected in Inland Empire in the summer. In extremely hot weather, it's important to be aware of heat related illnesses and how to respond appropriately.

Here is a helpful chart to identify the two most common heat related illnesses: heat exhaustion and heat stroke. It's important to note that a heat stroke is a very serious medical condition and can be fatal if treatment is delayed. Knowing the signs and how to appropriately respond could really help someone you know or love if it happens to them.

For more information on heat related illnesses and how to identify and treat them, you can check out the National Weather Service website at <http://www.nws.noaa.gov/om/heat/heat-illness.shtml>

In addition, make sure to stay hydrated, wear sunblock, and try to limit outdoor activities to the morning and evening as much as possible. Stay safe and healthy everyone!

Both Articles Submitted by Teresa Padilla

The infographic is split into two columns: Heat Exhaustion (left, yellow background) and Heat Stroke (right, red background). A central figure of a person is also split vertically to show the contrast in symptoms. The top of the figure is labeled 'HEAT EXHAUSTION OR HEAT STROKE'. The bottom of the figure is labeled 'CALL 9-1-1'.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

HEAT EXHAUSTION TREATMENT:

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

HEAT STROKE TREATMENT:

- Take immediate action to cool the person until help arrives

CALL 9-1-1

Weather.gov/socialmedia
Weather.gov/heat

@SacramentoOES
SacramentoReady.org

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Distribution Dates

The Newsletter will be published once a month on the last Sabbath of the Month.

July 30
August 27
September 24

October 29
November 26
December 31

January 28, 2017
February 25
March 25

April 29
May 27

If you would like to contribute please submit at least 7 days in advance of distribution date. Please send via e-mail at jrklijcruise@sbcglobal.net.

My Father's Amazing World - Weird Names part 3

One of the weirdest looking animals is the Aye-Aye. It sounds like sailors saying "yes" or you may image an animal made only of eyes, but it is actually a lemur. If you don't already know, lemurs live in only one place in the world, Madagascar. Aye-Ayes are the largest nocturnal primate which makes huge eyes and giant ears a must. It is their fingers that are most unusual however. Their middle finger is much longer and thinner than the other fingers. This finger has a very special purpose. Aye-Ayes eat bugs but they especially like grubs. At night they listen as they tap on

the branches of a tree and listen for the sounds of grubs. This foraging method is called percussive foraging and the Aye-Aye is one of only two known animals to use this method. Once they hear the sound of tasty grubs they use their sharp teeth, which never stop growing, to peel off the outer layers of the tree. Beneath they find the tunnels of the grubs. Now their unique finger comes into play, they stick this finger in the grub tunnels to pull out their meal. Unlike our fingers and all other primates this middle finger of the Aye-Aye is able to move in any direction making the

catching of the unseen grub more effective.

God gave this funny little creature all it needed to fulfill it's purpose. Yes it has a purpose, without it trees would be overwhelmed by grubs. If God has a purpose for this little creature surely He has a plan for you. And if He has a plan for you, He gave you the resources necessary to complete it.

Kristi Cruise

