

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.

Oct 28 Sat 6:00 PM Family Game Night

Nov 4 Sat 2:30 PM Helping Hands Project (at ministry warehouse)

Nov 5 Sun 8:00 AM Church Work Bee (Deacons and all church family)

Nov 11 Sat 3:30 PM Healthy Resolutions Group Walk: East Redlands Rails-to-Trails

Nov 12 Sun Women's Ministry End-of-Year Luncheon

Nov 15 Wed 8:00 PM Church Board Meeting

Nov 17 Fri 6:00 PM Thanksgiving Baskets Preparation

Nov 18 Sat 1:00 PM Thanksgiving Potluck (Fellowship Potluck - Special)

Nov 18 Sat Thanksgiving Baskets Distribution

Nov 30 Thu 6:30 PM Church Sanctuary Seasonal Decorating: Christmas

Dec 2 Sat 11:00 AM Communion Sabbath

Dec 2 Sat 2:30 PM Helping Hands Project (at ministry warehouse)

Dec 3 Sun 8:00 AM Church Work Bee (Deacons and all church family)

Dec 9 Sat 5:00 PM Christmas Party

Dec 16 Sat 11:00 AM Christmas Cantata

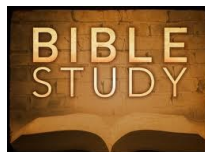
October 2017

COLTON SEVENTH-DAY ADVENTIST CHURCH NEWSLETTER

Coming Up!



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**: East Redlands Rails-to-Trails Sabbath afternoon November 11 at 3:30 p.m.



The next **Friday Night Bible Study & Dinner** begins at 6:30 p.m. If you haven't attended yet you are not left behind! Attend when you can and you are sure to find a blessing! If you are wondering about this event contact Kristi or Rob Cruise.



Our church has volunteers visiting the **Helping Hands Pantry** warehouse on the first Sabbath of every month. November 4 is the next opportunity to serve our neighbors. Meet our church and other helpers there at 2:30 p.m.



Bring your hard hat and a willing heart to the next **Work Bee** on November 5 at 8:00 a.m. Maintaining our facility is an act of worship!



Calling all board members! **Board Meetings** see bulletin for day and time. "Where there is no guidance, a people falls, but in an abundance of counselors there is safety." Proverbs 11:14

Luncheon

November 12 will be the **End-Of-Year Luncheon** sponsored by the Women's. Plan to bring a friend to introduce to our church in a less "churchy" environment.



Community Services will be giving out baskets of food for Thanksgiving. It's time to start thinking about what you can contribute to the basket as well as plan to help **Prepare and Distribute the Baskets** on November 17 and 18.

August Church Group Hike



The only group hike in the mountains for 2017 organized by the Colton Seventh-day Adventist Church happened on Sabbath afternoon, August 19. A small but determined group tackled the Cougar Crest Trail, which winds upward into the mountain ridge to the north of Big Bear Lake. After a few hours of slow but steady progress, the group succeeded in reaching the summit of the trail, with sweeping views of Big Bear

Valley to the south, and Holcomb Valley to the north. The group sang the first stanza and chorus of the hymn "Higher Ground", offered a brief prayer of praise and thanksgiving, then left the summit and retraced their steps to the trailhead parking lot, arriving back just after sundown.

*Jerry Johnson
Photos by Jerry Johnson and Nestor Domingo*

Welcome Back to Stay - Choi Family



On October, 7th Pastor Perez represented the Conference Office to install Pastor Choi as our acting Pastor for our church. We are happy to have him and his wife Nancy back to lead and minister to our church in a lasting capacity.

In the service Pastor Choi made promises to him and the congregation made promises to him. The whole ceremony could be summarized by the final prayer:

"Spirit of God; join us together this day in our shared ministry which proclaims the life and witness of Christ. May we pledge to love each other, to agree or disagree, to restrain from speaking unkindly of others, and to avoid all forms of unfaithfulness.

Bless our pledges as we minister together and seek to nurture harmony as pastor and congregation. May we witness your gifts in one another. May we grow together praising your Spirit."

May we as a congregation remember our vows as we help support Pastor Choi in fulfilling his vows.

It is a new chapter in the story of Colton Church, may we all step forward in faith through the power of Jesus Christ. Amen.

Kristi Cruise



Oct 8-Coltons 9th Annual Health Expo

Though some things have to be done in the morning of the expo, the real hustle and bustle is the night before -to get the rooms and the tables ready & outside the Pop-ups set up for morning. Thank you to all who helped Saturday night and Sunday. A special thanks to the Choi family who arrived on their first weekend at our Colton Church. Many things remain the same from year-to-year because people like to have them available - such as flu shots and blood pressure checks /etc. But we did have a few new booths:

- 1-Inland Eye Institute
- 2-Autism information

- 3-Free new shoes/Crocs
- 4-Information and Video on plant based diet with remarks by Dr. Shand and Sherry
- 5-Ford/Automotive Union offered complete free Turkey Christmas dinners to those who signed up.

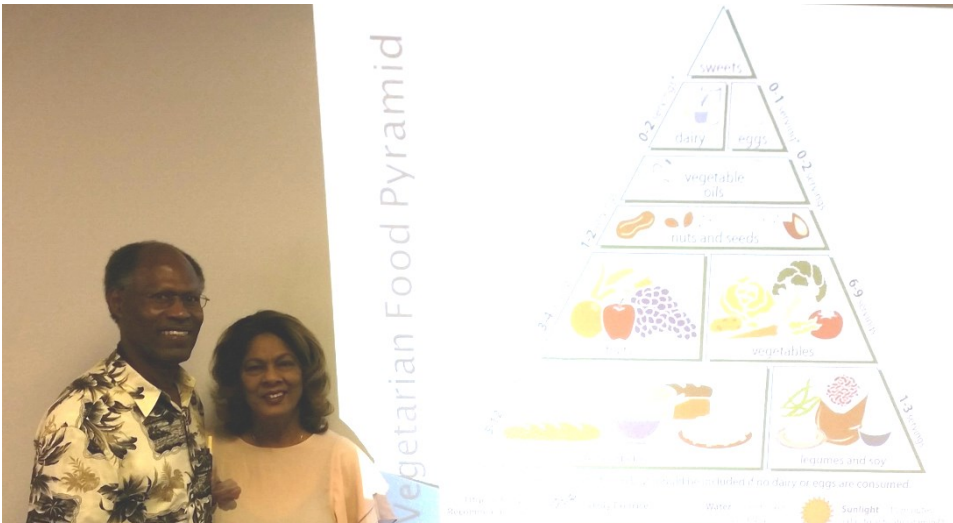
6-Kids bounce house
A special thanks to the kitchen crew for feeding us well to keep up our energy.

Shirley Purucker

Photos by Jerry Johnson and Keith Hong



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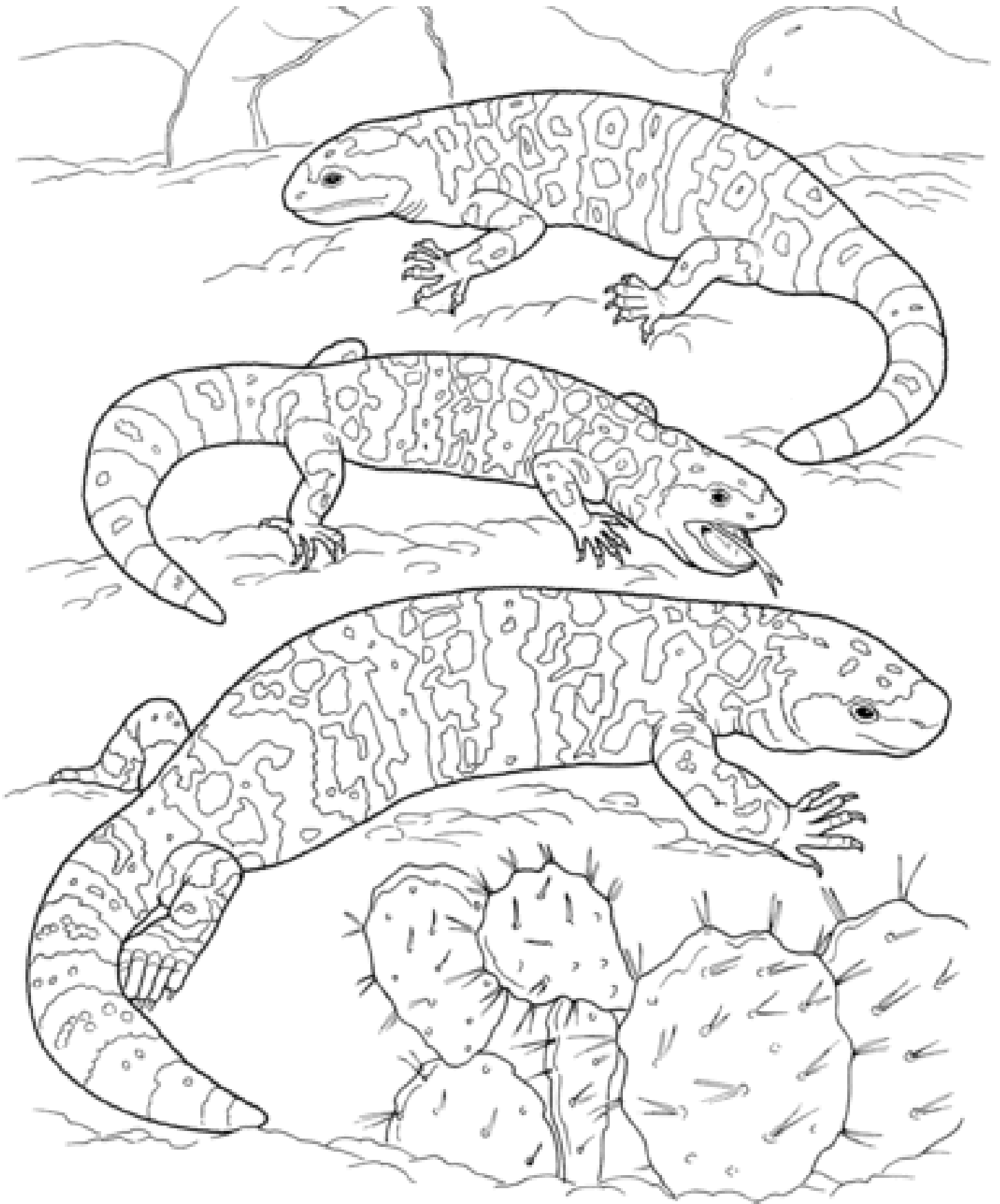




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Coloring Page



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My Father's Amazing World - Venom Part 6

Generally when we think of venom, lizards are not the first animal we think of, but there are at least three venomous lizards in the world. Most of us are aware of the Gila

monster and its relative the beaded lizard. But it has only been since 2009 that science has discovered that the largest lizard in the world, the Komodo Dragon, is also venomous. And

amazingly, Dr. Fry who discovered the venom in Komodo Dragons, says "research (has) shown that other lizard species—such as iguanas, legless lizards, and monitor lizards—are also venomous. In fact, Fry estimates that close to a hundred of the more than 5,000 known lizard species use venom."¹ However it appears there is a lot more research needed on these species to truly know what type of venom they have. In our experience the legless lizards in California are not venomous or at least not venomous enough to hurt humans. We know this since Gigi was bitten by one when we found one in the Nelson's back yard and she had no effects.

The Komodo dragon was thought to kill

prey by introducing massive amounts of bacteria into their prey. Now we know that venom is involved in their hunting success.

The venom has properties that cause anti-coagulation of the victim, thus causing hemorrhaging and loss of blood pressure.

Let's talk about a few facts of the Gila Monster. Folklore and legends make the Gila

Monster out to be, well a monster, but actually they are very elusive and rarely bite humans.

They are venomous, however, and use their venom to eat birds, other lizards, rodents, frog, and insects. And they won't pass up a chance for carrion either. If you lived in the barren landscape they lived in you likely wouldn't pass up a meal either.

Gila monsters and beaded lizards have many similarities including where they live which is in "arid habitats of the southwestern United States, western Mexico and Guatemala."² They even share a common benefit to hu-

mans. "The diabetes drug Byetta, and its newer cousin Bydureon, have sold in the billions and have helped thousands of people cope with type 2 diabetes, a debilitating disease that affects over 20 million people in the U.S." This medication is derived from Gila monster and beaded lizard venom.

Currently no drugs have been derived from the venom of the Komodo dragon. But

who knows maybe they will have the key to cure cancer. Only time and research will tell.

God's world is so complicated and intricate that scientists are constantly making new discoveries. God's Word is the same, the more you study it the more amazing you find

God. And even more amazing, this God, that made all things in the universe, loves you.

Kristi Cruise

¹<https://news.nationalgeographic.com/news/2009/05/090518-komodo-dragon-venom.html>

² & ³<http://www.reptilesmagazine.com/Lizards/The-Helodermas-Beaded-Lizards-and-Gila-Monsters/>



Distribution Dates

The Newsletter will be published on the dates below.

November 18

December 30

January 27

February 24

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.