

# Colton SDA Church NEWSLETTER

## Community Health Fair

Because Your Health Matters!

Sunday, October 17  
9:00 am-2:00 pm

- *Free* Services for All Ages!
- Multiple Health Screenings
- Dental Screening
- Vision Screening
- Flu Shots (age 5+)
- Safety Awareness Demonstrations
- Healthy Food Samples
- Children's Activities
- *More!*

## Mark Your Calendars

- Sep 25 (Today) 12:45 PM – Fellowship Potluck: Multi-Purpose Room
- Sep 29 (Wed) 7:00 PM – Prayer Meeting: Pastor Oliod Moura
- Oct 6 (Wed) 8:00 PM – Board of Elders Meeting
- Oct 8 – 23 7:04 PM – Area Evangelistic Meetings – LL Chinese Church  
(Fri, Sat, Tue, Wed evenings)
- Oct 9 (Sat) – Communion Sabbath
- Oct 9 (Sat) 1:00 PM – Sabbath Fellowship Picnic in the Park
- Oct 9 (Sat) 2:30 PM – Health Fair Team Meeting - final
- Oct 16 (Sat) 4:00 PM – Sabbath PM Walk: Redlands/Ford Park area
- Oct 17 (Sun) 9:00 AM – Community Health Fair
- Oct 24 (Sun) 8:00 AM – Men's Ministry Service Project
- Oct 31 (Sun) 8:00 AM – Work Bee
- Oct 31 (Sun) 11:00 AM – Church Board Meeting
- Oct 31 (Sun) 6:00 PM – Game Night @ Fontana SDA Church
- Nov 6 & 13 (Sat) – Parenting Seminar

## Photo Directory



The photo shoots for the photo directory will commence on October 2 in the Junior Sabbath School Room following Church. Each family will take up to three pictures, then they will be allowed to pick their favorite for the directory. Before your picture is taken your family will be requested to fill out a data sheet to confirm your names,

home address, home phone number, and individual cell phone numbers and e-mail addresses.

Photo shoots will continue until everyone who wants a photo has been taken or until December 18, whichever comes first, excluding Thanksgiving weekend. If you have any questions see Rob or Kristi Cruise.

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## Health Nugget

The best six doctors anywhere—  
And no one can deny it—  
are sunshine, water, rest and air,  
exercise and diet.

These six will gladly be your friends,  
If only you are willing.  
Your ills they'll mend, your cares they'll tend,  
and charge you not a shilling.

*Morris Vendon*  
Contributed by Helen Kovarick



## Verse of the Month

Lord, you have been our dwelling place throughout all generations.  
Before the mountains were born or you brought forth the earth and  
the world, from everlasting to everlasting you are God.

## A Day In The Life Of \_\_\_\_\_

Reading a good autobiography is one of my passions; and getting the author to autograph the book is a plus. Consequently, when I finished reading *First Lady From Pains*, by Rosalyn Carter in 1987, I wrote to Mrs. Carter asking for her signature in the book. She wrote back saying that she would be at the Maranatha Southern Baptist Church in Plains, Georgia on the third Sunday of March, 1988 and she would be happy to autograph my book at that time.

Bud and I had already made plans to spend two months in Georgia – away from the cold and snow of New York! On the third Sunday of March, we drove to Plains for church. After a cordial welcome, we were directed to a Sunday School room along with perhaps thirty other adults. The class began with prayer. Then a door to the left of the room opened and in walked former president Carter. He walked to the front of the class and began teaching the class! Mr. Carter noted that the theme of the lesson was Jesus and His treatment of human beings. As he continued the lesson he mentioned that white churches in Georgia were reluctant to integrate blacks into membership, but that Maranatha Southern Baptist Church was an integrated congregation with many black members. I noticed some satisfaction in his voice as he made this statement no doubt because, during his presidency, one of his initiatives was improving human rights. He had urged world leaders to promote human rights in their various countries throughout the world. All United States agencies were directed to practice better human rights wherever they were assigned.

At some point during the study, a young man raised his hand to speak. He was from Indonesia. He told of atrocities in his homeland involving imprisonment of his mother and other family members. Because of President Carter’s human right initiative, many people were released from prison, including this man’s mother. He said it had taken many years for him to travel to Georgia, USA and he wanted to thank the president personally for efforts which resulted in his mothers’s release.

Bud and I attended the eleven o’clock service followed by a period of picture taking with the Carters. We presented them with a copy of the *Desire of Ages*.

How very thankful Bud and I were to be in that class in Georgia; to be able to take away from there a spiritual blessing. It will be a day we will never forget. We were reminded of another Sunday morning some 2,000 years ago and what happened on Calvary that released us from a prison – the prison of sin. Our loving Savior is such an awesome God; Yes, we’re thankful to Jesus for His life, His Death, His resurrection and His promise to come very soon and reclaim this faithful ones. How about you?

*Bud and Helen Kovarick*

## Classified Ads

### Help Wanted

Newsletter Employment:

- REPORTER – No experience necessary M/F
- SURVEY TAKER – No experience necessary M/F
- ARTIST – Illustrations, pen, pencil No experience necessary M/F
- INTERVIEWER – No experience necessary M/F

See Kristi Cruise or Helen Kovarick if interested.

## Potluck Recipe

### Baked Nachos Supreme

#### Ingredients:

- 2 cups tomato sauce
- 2 cups salsa
- 1 cup sliced black olives
- 4 cups chili beans mild or hot
- 8 cups plus 1 cup tortilla chips
- 1 Tbsp. Minced jalapeno peppers

#### Instructions:

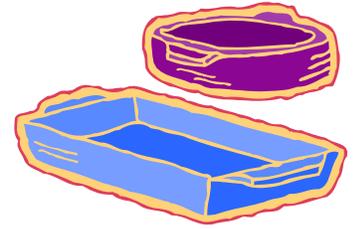
In a large bowl, mix together tomato sauce and salsa. Pour half of the tomato sauce into a 9 X 13” dish. Place 4 cups tortilla chips on bottom and sides of dish. Pour chili beans on top. Add ½ cup black olives. Cover with remaining sauce and layer with 4 cups chips, olives and beans. Crush remaining chips. Sprinkle on top of mixture, add jalapeno peppers. Cover with foil and bake at 350° F for 30 minutes. Remove foil and bake additional 10 minutes.

If you can’t possibly live without cheese, add it just before serving.

You don’t have to wait for company to serve this meal!

*From Cooking Entrees with the Micheff Sisters A Vegan Vegetarian Cookbook.*

Contributed by Helen Kovarick



## Picnic and Vespers at Big Bear Lake

A group of about 45 Colton church members and friends gathered along the forested and serene North Shore of Big Bear Lake on the afternoon and early evening of Sabbath, August 28.

This brief mountain getaway was organized by the Social Committee, and consisted of: a group nature walk on the North Shore’s Alpine Pedal Path; a bountiful potluck supper under the tall trees; praise singing led by representatives of the Core



youth group; and an evening Vespers devotional presentation by Gordon Figureoa. The weather was sunny, clear, and increasingly brisk as the evening approached.

In the time of Christ’s ministry on earth, His followers were blessed to be taught by Him on the shore of a lake (see

Luke 5:1-3); sometimes His followers today can still be blessed in the same way.

*Jerry Johnson*

## Editor’s Note

The mission of this newsletter is to provide communication and inspiration for our church. If you would like to contribute, please contact Kristi Cruise at jrklljcruise@sbcglobal.net or phone (909) 872-0394.

truly divine. As we behold Him we shall be changed and become the disciples of Jesus. Investigate the references that speak about

## Pastor's Perspective

### Spiritual Formation Jump-Start

Have you felt spiritually exhausted and grumpily distorted as if you were twirling downward in the circle of life as we know it to be the "same-old-thing?" I talked with a friend recently as he shared his frustration about life. He was tired with the "same-old-thing" cycle. He provided a health assistant care to a beloved friend. He counseled the friend to consider stopping a bad habit that had led him to the deterioration of his health and that his addiction contradicted with his new found faith and his spiritual wellbeing. However, he felt bad that his support made the situation worse rather than restoring and strengthening the situation to a healthy relationship. His friend got upset and expressed withdrawal signs from the spiritual encounter that had been recently experienced. Religious fellowship does not interest him anymore. He refused moral and religious support from friends. The situation not only directly affected his friend but also impacted him strongly. He got frustrated and blamed himself for not being a solution to the problem. He felt spiritually exhausted and drained both physically and emotionally. How would it be for him to be spiritual recharged and get on track? Is it going to be the "same-old-thing" again?

How has it been for you with your spiritual formation this week? Have you stayed on track in your relationship with God? Or have old habits caught up to you lately? I made a promise to myself that I will never eat late in the evening. My goal is to be sensitive to my diet and do more physical activities such as running, working outside in the yard, going to the gym and better yet not eating late at night. I was on the road away from home for two days. I got home late in the evening not too long ago. I felt exhausted and physically tired and the smell of the home cooked meal was irresistible. I knew I should not be tempted by this, for I already had a scheduled plan to stick with it. The plan was to get up early in the morning to study and meditate and then later on to go running. Unfortunately I broke my promise willingly and gave in to my weak appetite of hunger for a good home cooked meal. I didn't just eat to survive but the indulged lust for a good meal. I ate until I was fully satisfied. I was not able to wake-up as scheduled to have a devotional time with the Lord for the body was not rested from processing the late night meal I indulged on the night before.

Imagine the guilt that hit me the next day. Here again I am reminded of what Jesus said to his disciples at the garden of Gethsemane on the night before he was taken before Herod. The Scriptures says, "40 Then he returned to his disciples and found them sleeping. 'Could you men not keep watch with me for one hour?' he asked Peter. 41 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.'" Matthew 26:40-41.

The first thing Jesus recommends that we need to do is to spend one hour with Him. What can we do in one hour with Jesus, we may ask? The book John 1:35-42 tells the encounter of John the Baptist and his disciples meeting with Jesus. John points out to his disciples that Jesus was the, "Lamp of God that will take away the sin of the world". The two disciples of John the Baptist went to investigate where Jesus lived. The result of the investigation was the two disciples of John later became the disciples of Jesus. We need one hour to investigate the nature of Jesus Christ, both his divine nature and his human nature. He is truly human and also

both natures of Jesus. John 1:1-3; Philippians 2: 5-9; Isaiah 9:6; Isaiah 53; John 1:14; Mathew 1:23.

The second thing Jesus recommends that we can do to revive our spiritual feebleness is to stay watchful and prayerful that we may not fall into temptation. Being sensitive and watchful with everything that we do or with all activities we are involved in with a prayerful attitude that we may not fall into temptation is the secret of being and staying spiritually alert. Daniel was so calculated and sensitive to the details of his health. He chose to have a simple healthy diet of fruits and vegetables so that he would be spiritually alert to acquire knowledge and wisdom from God. Daniel 1 tells about his spiritual discipline through being watchful with his diet and his prayer life. His sensitivity to little things made him and his friends become the most brilliant and knowledgeable people, qualified to provide counsel to the kings of Babylon.

May we take Jesus' practical counsel, that he gave his disciples, as a spiritual training plan to be executed. "40 Then he returned to his disciples and found them sleeping. 'Could you men not keep watch with me for one hour?' he asked Peter. 41 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.'" Matthew 26:40-41. We need to spend one hour a day to investigate and learn about the life of Jesus. We need to be watchful and be sensitive about everything we do with a prayerful attitude so that we may not fall into temptation for the "spirit is willing but the body is weak."

Pastor Mataafa

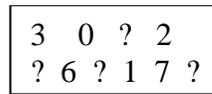
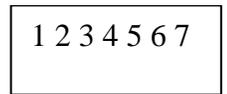
## A Few Of My Favorite Things

Pastor Mataafa's favorite color is blue because it helps his inner self remain clear and peaceful.



Tommie Cristales has a favorite animal. It's the orc. Don't know what it is? Ask him; he'll tell you all about it.

What's your favorite day of the week? Sadie Amos picks Sabbath first and then any of the other six that the Lord allows her to open her eyes, get out of bed, and praise him.



How about a best number pick? For Natanya Domingo it's seven There are seven letters in Natanya, Melodie and Domingo and it all equals 21....Good job.

Art Bell's favorite Bible text is Phillipians 4:13. It gives him courage to go on and do all things through Christ.



Marylou Sallisbury says her favorite musical selection is an arrangement that she played on the piano many years ago. It's Clair de Lune with Jesus loves me.

Reporter Helen Kovarick

## Live Well

### 75% of Americans Overweight by 2015

Fat will be the norm by 2015 if people keep gaining weight at the current rate. 75% of US adults will be overweight with 41% obese. A team at John Hopkins University in Baltimore examined 20 studies published in journals and looked at national surveys of weight and behavior for their analysis, published in the journal *Epidemiologic Reviews*. "Obesity is a public health crisis. If the rate of obesity and overweight continues at this pace, by 2015, 75% of adults and nearly 24% of US children and adolescents will be overweight or obese. Obesity is likely to continue to increase, and if nothing is done, it will soon become the leading preventable cause of death in the United States."

#### 8 THINGS YOU CAN DO EVERY DAY TO LOWER YOUR BLOOD PRESSURE:

1. Walk the dog. If you don't have a dog, take a friend. Aim for a total of at least 30 minutes of activity.
2. Eat plenty of fruits and vegetables. They're packed with potassium, a mineral needed to help control blood pressure. (Eat mostly natural plant foods. Unprocessed, foods-as-grown, provide energy and endurance, and their natural fiber helps to lower blood cholesterol.)
3. Get 3 servings of low-fat dairy foods. Milk, yogurt and cheese are rich in calcium, another mineral needed to control blood pressure.
4. Put down the salt shaker. Avoid adding salt to food at the table; use herbs and spices for seasoning.
5. Drink a cup of herb tea instead of another cup of coffee. Excess caffeine can cause spikes in blood pressure.
6. Limit alcohol consumption
7. Use a relaxation technique like deep breathing to help you control overeating. Excess body weight increases your risk for high blood pressure.
8. Do something to refresh and renew your psyche. Meditate, spend time with loved ones, play with your pet, listen to music, or just count your blessing.

*National Heart, Lung, and Blood Institute*

"A joyful heart is good medicine,  
but a crushed spirit dries up the bones."

Proverbs 17:22

Contributed by Young Hong

## Doodle Space

## Sermon Notes Space

# Artistic Expressions

Hope mery  
Age: 4

Jesus walking on water

