

Colton Seventh-day Adventist Church

Newsletter

February 2012

Up Coming and On Going Activities

Mark Your Calendars



Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.

Feb 12 (Sun) Men's Ministry Service Project, but all are invited to participate	Mar 18 (Sun) 8:00 - 11:00 AM Work Bee
Feb 19 (Sun) 2:00 PM, Cooking Class	Mar 18 (Sun) 11:00 AM Board Meeting
Feb 25 (Sat) Financial Seminar	Mar 24 (Sab) CORE Youth Sabbath
Feb 26 (Sun) 8:00 AM Work Bee	Mar 24 (Sat) 7:00 PM Talent Night (Sponsored by CORE Youth)
Feb 26 (Sun) 11:00 AM Board Meeting	Mar 25 (Sun) 11:00 AM Board Meeting
Mar 11 (Sun) 9:30 AM Yard Sale/Fund Raiser Day	Apr 7 (Sab) 11:00 AM Easter Cantata

Women's Ministries: Happy New Year!

Here we are again starting the New Year with resolutions that we started with last year and are continuing on or starting with new ones.

The number one resolution that was on my list last year was to stay within my "Fit for God" guidelines. Well, we didn't really have any guidelines except to eat better and exercise, right?

You know that eating the right foods is not always easy. Can we do it by ourselves? Sometimes we can but then again we need all the help we can get. I started to read up on healthy eating recipes and weight loss information on the internet, T.V. or magazines. Then I went to a healthy seminar in Temecula "Dinner with the Doctor" which was very interesting. Keeping in contact with my "Fit for God" buddy was also very helpful. It helped me to share all the good things I was learning.

The biggest help I got was getting advice and encouragement at home from my daughter-in-law. Choosing a healthy meal for breakfast or dinner was easy since we were both cooking and eating at the same time and we had the same goal....eat healthy. I was on the honor system for lunch, but we won't go into that!

Last but most importantly is to remember to exercise! We all have made excuses (yes, I have!) but

most of us know we cannot diet or even eat right without exercise. They go hand in hand.

Another encouraging group with the same game plan are the participants that get together for the "Fit for God" exercise class at church on Tuesdays. This is where the term "no pain, no gain" is really defined. Our expert Trainer (Sandra) gives a remarkable exercise class and has us totally laughing with each session.

You will begin to see and feel some differences right away. If you can, exercise at a gym or at home by using a DVD, play with your kids or grandkids—it's so much fun you don't even know you are burning calories! Strike up a conversation while you walk with someone in the evening. All these make a great difference. If you need just something simple and nothing else works, turn on the radio and do the twist, raise your arms up and down, hold onto a chair and swing your legs. All of these will work.

If you have an idea for a good low calorie meal or something that you want to share with us, please submit it to the newsletter and if you don't want your name added just say so.

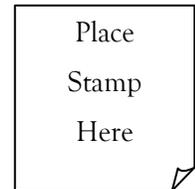
Let's jump on the band wagon! Who's with me?

Teresa Padilla

Verse of the Month

Blessed are those who keep His testimonies, who seek Him with the whole heart!

Psalm 119:2



Mailing Address

880 W. Laurel Street
Colton, CA 92324

Street Address

1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344

**Increasing member
communication**



Church Mission Statement

To provide a grace-filled environment where a diversity of worshipers may experience the healing love of Jesus through the ministry of the Word, the community of prayer, the fellowship of God's family, and the opportunity to serve.

Follow Me

1. Jesus first found him fishing in the Sea of Galilee.
A. Matthew B. Andrew C. Judas
2. He and his brother left their father to follow Jesus.
A. Andrew B. James C. Thomas
3. Jesus healed his mother-in-law.
A. Matthew B. James C. Peter
4. Jesus called him away from his job at the tax collector's booth.
A. Matthew B. Philip C. James
5. He tried to walk with Jesus on the water.
A. Bartholomew B. Peter C. John
6. This one gave Jesus a kiss but didn't do it out of love.
A. Judas B. Judas Iscariot C. Thomas
7. Jesus gave him to Mary his mother before he died.
A. Peter B. James C. John
8. He put his hand in Jesus' side after the Resurrection.
A. Thomas B. John C. Peter
9. He had an early breakfast with Peter, Thomas, James and John. Jesus cooked.
A. Andrew B. Philip C. Nathanael
10. He baptized an Ethiopian he met on the road.
A. Philip B. Simon C. Thomas

Answers to Last Month's Trivia

Who Am I?

- | | |
|-----------------------------------|------------------------------------|
| 1) Lot Genesis 19:36-38 | 6) Asa 1 Kings 5:13 |
| 2) Leah Genesis 29:16 | 7) Jezebel 2 Kings 9:33-37 |
| 3) Mephibosheth 2 Samuel 9 | 8) Zacchaeus Luke 19:1-3 |
| 4) Queen of Sheba 1 Kings 10:1-13 | 9) Silas Acts 15:40 |
| 5) Ziba 2 Samuel 16:4 | 10) Titus 1:12 |
| | Luke written to: <u>Theophilus</u> |

Contribution Instructions

This newsletter provides communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at jrklijcruise@sbcglobal.net or home phone (909) 872-0394.

The next Newsletter will be distributed March 10. Please turn in your articles or photos by Tuesday, March 6 before 5:00 pm.