

Colton Seventh-day Adventist Church

Newsletter

August 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.

Aug 11 (Sat) 12:45 PM- Fellowship Potluck
 Aug 11 (Sat) 2:00 PM- Smalley Video Presentation
 Aug 11 (Sat) 6:00 PM- Youth Outreach
 Aug 12 (Sun)- Youth Outing
 Aug 18 (Sat) 11:00 AM- Children's Church
 Aug 19 (Sun) 8:00 AM- Work Bee

Aug 19 (Sun) 11:00 AM- Church Board meeting
 Aug 24 (Fri) 7:00 PM- Women's Ministry Vespers
 Aug 25 (Sat) 2:00 PM- Group Picnic & Vespers at Big Bear Lake
 Sep 8 (Sun) 11:30 AM- Pizza Lunch and Church Business Meeting

Children's Church

Remember VBS, the energy, the fun, the Kids! Children's Church is on August 18. Invite those kids and their families back for a smaller scale but no less fun VBS style church service. Although some may resist a traditional style service on Saturday, most will come if their kids want to experience children's church at the same church they know for outstanding VBSs. So invite, volunteer and participate!



Children's Church August 2011

Vespers at Big Bear Lake

The weather is so HOT here in Colton during August. It is the perfect time to spend the afternoon at Big Bear Lake. On August 25 Colton Church will meet on the shores of Big Bear for a picnic potluck vespers. Bring food to share and escape the heat in sweet fellowship with other believers!



Group Picnic and Vespers at Big Bear Lake August 2010



Inside this issue:

Pastor's Perspective	2
Fit For God	3
Men's Ministry	4
Church Campout	4
Bible Quiz	6

Verse of the Month

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow thrown into the fire, will he not much more clothe you, O you of little faith?

Matthew 6:28-30

Pastor's Perspective

Can You Trust God, No Matter What!

How exciting it was to see the crowd of children, about 40 plus at the opening night of the Vacation Bible School evangelism which built up to about 60 to 80 children at the closing night. They came all excited to learn the biblical truths that were presented to them in adventurous ways that would stick in their young hearts

and minds forever! The big smiles that burst out of their faces as they exuberantly touched, felt, smelled, and even tasted the baked fish of the net-catching fishing charade. In this way they were actively involved in the recreating and retelling of the biblical truths of the Bible, stories forever impressed upon their hearts. One young boy could not contain his excitement and yelled out with the anxious anticipation that, "I just can't wait until next time around next year to invite my friends to join me at Colton VBS".

Can you imagine the great fun they had learning and experiencing biblical truths as they were eagerly role playing characters of the stories! About 80 % of the children were from the community.



about themselves and their relationship with God that no matter "Who they are! How they feel! What other people do them! And what will happen to them, they can trust God!"

The biblical narratives, that highlighted the teaching points for the children, engulfed and captivated their imaginations. They learned how it was like to be the Roman centurion when he went out to find Jesus to help his sick friend. The Roman centurion with his dying servant grew up in the culture that fostered the racial prejudice that bared people of different nationalities, cultural norms,



and even the hopeless from seeking help from those outside their own culture. The truth Jesus taught and demonstrated led the centurion to learn that no matter who he was, big or small, smart or not smart, rich or poor, your racial orientation, believer on non-believer and no matter who you are, you can trust God.

The story of Lazarus with a challenging message that most people find it difficult to comprehend was given in a surprise discovery. Mary and Martha the sisters of Lazarus and also the disciples thought that Jesus didn't care for he came late, very late, four days after the burial. That was mind boggling for relatives and friends of Lazarus was for Jesus to show up late and then tell them that he would go and awaken Lazarus. Can you imagine the bewildered look on their faces as they were asking, "What do you say you want to do, Jesus?" And what a sur-



prised that was to all of them and especially to all the VBS children who role played the eyewitnesses that witnessed the mystery of the resurrection unfolded before their eyes. Yes, no matter how you feel, "trust God!"

The rest of the lessons were soaked up like sponges in the hearts and mind of the little ones who came out. The lesson about what happen to Jesus at his betrayal and how He was resurrected from the grave. The lesson of His appearance to the disciples after they fished all night without catching any fish. However, He restored their faith by instructing them on where to fish and inviting them to eat with him but most importantly reminding them to just "trust God" no matter what; and so should you!!

Pastor Mataafa

Fit For God

Excerpts from J's Fitness Bootcamp Newsletter

Do You Believe This Belly Fat Lie?

So you want to get rid of some belly fat. And you can't help but be on the lookout for that magical exercise that will give you flat abs once-and-for-all.

I'm sorry to burst your bubble of hope... But all the ab crunches in the world won't make a dent in your muffin top, as long as you continue with your unhealthy lifestyle. This isn't a cutting edge discovery. In fact, by now it's common knowledge that spot reduction is a myth. And yet, time after time, I'm asked to reveal the exercise, or exercise machine, that gets rid of stomach fat. There is no such magical exercise. The magic is found in altering your diet and exercise routine to promote fat loss from your overall body, including - but not limited to - your midsection.

Here's how to really get rid of that belly fat:

Flat Belly Tip #1: Cut Out Processed Foods

You know how Disneyland has the FastPass tickets that allow you to cut to the front of the ride lines? Consider processed foods as a FastPass ticket to belly fat.

I wouldn't be surprised if future studies show that the over-processing, chemical additives and high fructose corn syrup that are pumped into processed food specifically adds fat around your belly.

If you want to lose pounds then stay away from sugars, sodas, chemically altered fats, processed, packaged, fried and preserved foods.

Flat Belly Tip #2: Eat Fresh, Whole Foods

Once you've cut the garbage out of your diet, fill in the void with fresh foods such as: Green veggies, Whole fruit, Lean, high quality meat, Colorful veggies, Whole grains, in moderation

While these foods may seem boring at first, stick with it long enough and you'll grow to love the unadulterated flavor of real food.

Eating a diet filled with the foods listed above will give your body all the nutrients it needs to shed pounds and lean out.

Flat Belly Tip #3: A Consistent, Challenging Exercise Program

The absolute best way to fight the battle of the muffin top is with a consistent, challenging exercise program.

Consistent: You should exercise 3-5 times each week.

Challenging: If you want to see results then keep your body guessing with new exercises and varied intensity.

Best Ab Exercises

Just because those crunches won't reduce your body fat, that doesn't mean you shouldn't strengthen your abdominal muscles. Regular ab exercises are an essential part of your strength and conditioning - necessary in order to get that fit physique you want.

Plank: Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle. Hold for 30 to 60 seconds, lower and repeat for 3-5 reps.

Knee Tucks: Start on your back, bend your knees into your chest, point your toes together, and open knees out to the sides, keeping toes touching. Extend both arms overhead on either side of your ears, palms facing up. Lift your hips off the floor and bring your knees up towards your armpits. Slowly lower your hips back down to start position. Repeat for 12-15 reps.

One-Arm Full Sit Ups: Start lying on your back with your right knee bent, foot flat on the floor, and left leg extended straight out on the floor. Extend your right arm to the ceiling and reach your left arm towards your left foot. Sit all the way up, rolling through your back, keeping your right foot on the floor, and your right arm up over your shoulder and your left arm reaching in front of you all the way up. Slowly roll back down to the floor. That's one rep. Repeat 15 times on one side, 15 times on the other. For an extra challenge hold a dumbbell in your extended arm

Contributed by Teresa Padilla



Men's Ministry: Night At The Ballpark

The Men's Ministry group organized an evening gathering at San Manuel Stadium in downtown San Bernardino on Sunday, July 8 to enjoy watching some baseball. The Inland Empire 66'ers were playing opposite the visiting Visalia Rawhide. Although the game did not go well for the home team, the weather was excellent for a summertime outdoor sporting event. The gentlemen from Colton SDA Men's Ministry enjoyed hanging out in their great seats close to the home plate, munching on tasty ballpark snacks, paying their respects to the home team's mascot, "Bernie", and conversing among themselves during breaks in the on-field action.

Jerry Johnson



Colton/Fontana Church Campout 2012

Jesus used examples of the natural world to point His hearers to eternal concepts. Today we spend so much time in artificial surroundings we have lost touch with much of the natural world. This is one reason we have an annual church camping trip. It helps us to reexamine the teachings of the Bible in the setting in which they were told. It is easier to understand parables of seeds when you are surrounded by the results and the processes that create those results. But of course that is not the only reason we go camping. We camp together to create a feeling of closeness, even Gary Smalley recommends camping to foster closer family ties. We camp to relax, to breathe deeply of pine and cedar scented air. We camp simply because it is fun!

On Friday attendees arrived at many different times, but I believe Leanne and Esther get the award for being the latest, poor girls! But without their late arrival I never would have been someone's angel. Ask them about that.

For Friday vespers Gordon lead in a rousing discussion of conversion, using Paul's experience as an example. What does conversion means? When does it happens? How can we know we are converted? Without conversion, that first step we take in following Jesus, nothing will ever happen in our Spiritual life. And though sanctification, or daily conversion, is the work of a life time, the importance of our first conversion—our first love—cannot be overlooked. We also spent some time discussing God's will and how we can know we are within His will.

Sabbath began with a filling meal, thanks to Tammy, Art, Vi, Cathy and other helpful volunteers that planned the food and then prepared it for all the hungry and wind blown campers. Poor Pastor was imaging the flight his tent might take into the distant valley below Table Mountain Campground. You know it was windy when our pastor finds it annoying considering his combat experience.

Sabbath School and Church was held under a beautiful and massive oak tree. A comparison of our spiritual experience and the live cycle of a butterfly was the topic of the panel discussion for church. If you weren't there you missed an amazing discussion and personal testimonies of some present.

Picnic potluck followed church and everyone ate heartily. For the afternoon some rested, some visited and some more eager campers went for a walk/hike.

At Sabbath Vespers we read verses describing God's creative ability and His creation. As we reflected on the range of God's creativity from the tiniest seed to the brilliance of the setting sun Sabbath came to a close.

Sunday morning was begun with yet another tasty meal. By noon everyone was packed up and headed back to their own homes and routines. It may be only a memory now, but it is a good one. I look forward to making more memories next year, plan now to attend!

Kristi Cruise



Friday evening: Donuts always bring smiles!



Friday night campfire and a vigorous but friendly discussion on conversion.



Have you ever used a rock for a pillow like Jacob? Well they kids can tell you it isn't comfortable!



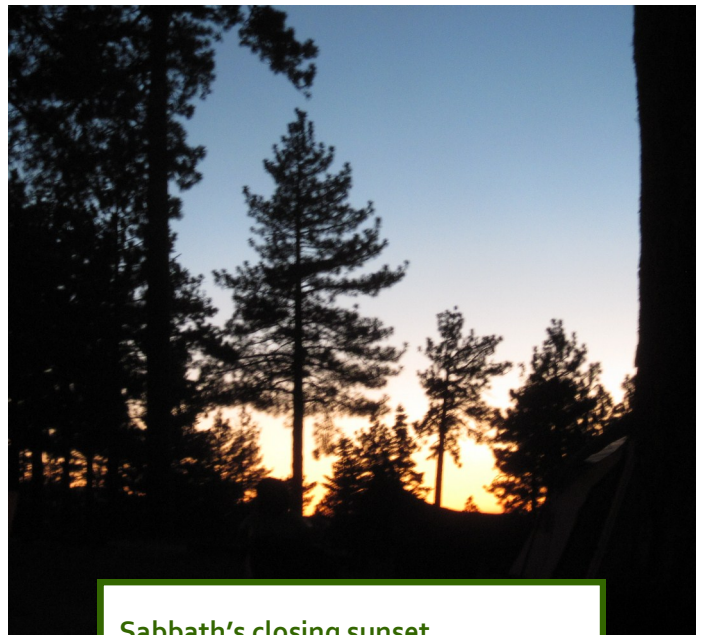
Panel participants for the church service explored our spiritual metamorphosis.



Church attendees.



Sabbath afternoon fellowship in the main gathering area.



Sabbath's closing sunset.

Place
Stamp
Here

Mailing Address
880 W. Laurel Street
Colton, CA 92324

Street Address
1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344

**Increasing member
communication**

We're On the Web!
colton.adventistfaith.org

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.

Contribution Instructions

This newsletter provides communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at jrkljrcruise@sbcglobal.net, home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
August 7	August 11
September 4	September 8
October 9	October 13
November 13	November 17
December 18	December 22

More Ten Commandments Stuff

Which of the Ten Commandments are not specifically relisted in the New Testament, either by Jesus, Paul, or the Gospel writers? Hint: There appear to be Four.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Are these commandments no longer needed? Explain.

What Bible text sums all these up into one command?

If you would like your response included in the next newsletter please submit it.

Answers to Last Month's Trivia

- The 10 Commandments in order
- | | |
|--------------------------------------------------------|--------------------------------------------------------------|
| 1. You shall have no other gods before me. | 5. Honor your father and your mother |
| 2. You shall not make for yourself an idol. | 6. You shall not murder |
| 3. You shall not misuse the name of the Lord your God. | 7. You shall not commit adultery. |
| 4. Remember the Sabbath day by keeping it holy. | 8. You shall not steal. |
| | 9. You shall not give false testimony against your neighbor. |
| | 10. You shall not covet anything belonging to your neighbor. |