

Colton Seventh-day Adventist Church

Newsletter

October 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.

Oct 13 (Sat) 2:00 PM - Health Presentations Finale

Oct 20 (Sat) 2:00 PM - CORE Outreach

Oct 21 (Sun) 8:00 AM - 11:00 AM Work Bee

Oct 21 (Sun) 11:00 AM - 2:00 PM Board Meeting

Oct 26 (Fri) evening - Christmas Cantata rehearsals start

Oct 28 (Sun) 2:00 - Cooking School

Oct 31 (Wed) - CORE Canned Goods Collection

Nov 4 (Sun) 12:00 PM - Women's Ministry Banquet

Nov 4 (Sun) 10:00 AM - Men's Ministry Brunch

Nov 11 (Sun) 8:00 AM - Work Bee here at the church

Nov 11 (Sun) 11:00 AM - Board Meeting

Nov 17 (Sat) 1:00 PM - Thanksgiving Potluck

Work Bee

Sometimes the best way to serve the church requires a little sweat. That's right it's Work bee time again! Just like at home there is always a "To Do" list here at the church too. It is important that we take better care of the house of God than our own, it

reminds ourselves and our community that our priorities lie in Jesus and His Kingdom. So move the Work Bee higher on your "To Do" list and join your church family on October 21 and November 11 at 8:00 a.m.



Rehearsals



Beginning Friday, October 26 rehearsals for the Christmas Cantata will begin. Every year volunteers join together to help us celebrate the birth of Jesus. No need to wait for someone to

ask you to join, just come and there will be a space for you. Being part of the program is always more of a blessing than being an audience member.

CORE Can Collecting

On October 31 the CORE will be canvassing the neighborhood collecting canned food donations to give to those who have food needs this holiday season. Check out your own pantry or pick up a few extra things at the grocery store and give to the first

CORE member you see. They plan on praying with those who answer the door that evening, pray for our young people as they go door to door, for their safety and for their unique ministry.



Inside this issue:

A New You	2
Welcome Home	2
Business Meeting	3
Health Expo	4
Bible Quiz	6

Verse of the Month

Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

1 Corinthians 3:16

Inspiration Section

Create a New You

Create a New You in 3 Steps

Are there things about yourself that you'd like to change? Your weight, your habits, and maybe even your outlook on life? We think that change is hard, that it takes time. But it really doesn't have to be.

Most people believe that change has to be a struggle. We expect to try and fail numerous times before ultimately giving up or succeeding.

Think about this - how many people do you know who struggle with their weight? They want to make a healthy change by getting in shape, but the change never seems to happen.

What is it in your life that you want to change? Do you have inches to lose? Do you have preventable diabetes? Do you have a pair of jeans that you want to fit into?

What is keeping you from making this change in your life?

Here are the 3 steps to instantly create a lasting change and a new you.

Step #1: Believe that something must change.

Do you sort of want to get into shape, or do you absolutely have to lose the weight? Does dropping a few pounds sound good, or is living another day in your current body simply unbearable? In order to make a lasting change you must believe wholeheartedly that things must change.

Step #2: Believe that you must change it.

It is vital that you take full responsibility in making the change rather than assigning responsibility elsewhere. Sure, others may help you, but in the end you are the one who is going to make it happen. You have to want this change enough to make it your personal mission - no one else can do it for you.

Step #3: Believe that you can change it.

Don't let past failures get you down. The truth is that you are capable of amazing things when you put your mind to it. Believe that you are able to lose weight or to make any other positive change in

your life.

Why do most people fail to make change stick? They rely on will-power. This works for awhile, but you'll soon revert back to what's comfortable. The solution?

Change what you are comfortable with.

People are motivated by two things: 1) to avoid pain and 2) to gain pleasure. When you want to change a behavior pattern the key is to associate pain with the behavior that you don't want and pleasure with the behavior that you do want.

You know that you want to lose weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night. Think about all of the negative things about being overweight and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise.

You are capable of making big changes in your life. Remember, change happens in an instant.

Don't believe the adage that "You can't teach an old dog new tricks."

Advances in neuroimaging techniques prove that the brain actually has dynamic properties throughout life. This means that your brain is always evolving. Through practice, you are able to change your habits and change yourself.

So go on, create a new you!

Excerpts from "Js Fitness."

Contributed by Teresa Padilla

Welcome Home Carmi!



Activities Report

Business Meeting



Sunday, September 9 convened our Church's business meeting. Each department had a chance to present any areas of interest to the church body. Although many areas were discussed there were two topics that garnered the most discussion: Finances and Strategies for Connecting to our church members and the community. Standing in for Art Bell was Jerry Johnson who presented the financial status of the church and explained proper tithe envelope entries as well as which area of the finances need special consideration, such as Sabbath School expenses. Mary Lou Domingo presented the membership numbers based on her clerk records. This discussion introduced the Pastor's concerns that a small percentage of the membership of the church is active in maintaining the function of the church. How can we motivate our membership that is less active to be more active? How can we bring more non-members into our doors? It was voted to try a Zone Strategy to reach our



membership and beyond. In the Zone Strategy, the city of Colton is divided in to sections and then assigned to the closest living Elders. Then the members in that section are assigned to the Elders. In this way we hope to improve our personal contact with members and non-members within our community and thus improve the involvement level of each church member and introduce the Gospel to the community at large. Look for more information on the Zone Strategy in the future.



Elder Training & Education for SECC

The elders from across the Southeastern California Conference met in the Riverside Conference Headquarter on Sabbath afternoon September 22 for a chance to fellowship and hear a couple of topics. These topics included the importance of the role of elder within the Seventh Day Adventist Church. The speakers spoke of commitments and duties the elders are responsible for and how to best accomplish the task set before them: helping others. The elders of Colton had a solid representation within the group at the standing-room-only conference room. Some of the practice tips were to pick a set time for personal devotion and stick to it, exer-

cise regularly, and keep your prayer life active. One of the most important tips was to make sure the elders ease the load of the pastor so he can minister to the congregation. It was an informative meeting and was a good opportunity to meet other elders from our conference.

Rob Cruise

Health Expo 2012



The 4th Annual Health Fair/Expo was a success on October 7. The volunteers were too numerous to count, that was a huge blessing! Church members and community members came for health information and screening. The kids enjoyed face painting, balloons and tortoisés. Adults enjoyed free food, free advice from professionals and free detox. Debbie, Ken and Barbie took foot washing to a whole new level with their detox station that was so

popular they continued the process on Monday and Tuesday after the health lectures. Flu shots and mists will help to keep our neighbors healthy this flu season. Basic eye exams were provided as well as blood pressure check, and weight checks.

Monday, October 8 continued our health outreach through health lectures. Olivia Moses had the crowd dancing in the aisles literally.

Dr. Moses motivated all of us to eat less and move more for better health. Tuesday Dr. Santos reminded us of our health heritage and our current “fame” as part of the world’s blue zones. The blue zones were areas that had the most people 100 years old or older. He then showed us what this diverse group of people had in common, such as strong family ties, vegetarianism, and vigorous exercise. Deputy Gonzalez prepared us to teach our children about the dangers that surround them on Wednesday. We need to know what are children are doing and who they are doing it with. And we need to have real conversations about drugs and risky lifestyles

with our children. On Thursday, Dr. Alfaro-McField passionately reminded us to keep God and family first in our lives. Homework was given on Friday by Dr. Wycliffe to read The China Study, learn about metabolic disorder, know the glycemic load and index of foods and decide to make a difference in your life for a longer better life. Each night of this lecture series was enlightening and challenging and was the perfect follow-up to the Health Expo. Thank-you to Young and Shirley for all the planning and to all the other people who made this ministry possible and successful!



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 jrkljccruise@sbcglobal.net, home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
November 13	November 17
December 18	December 22

True/False

1. T/F Abram traveled with his father away from his home in Uz.
2. T/F God said to Noah, "Whoever sheds the blood of man by man shall his blood be shed..."
3. T/F Peter baptized Lydia in Philippi.
4. T/F Isaac told people that his wife was his sister to save his skin.
5. T/F Joseph was 23 when his brothers sold him to the Ishmaelites.
6. T/F Jesus fed 4000 people with a few loaves of bread and some fish.
7. T/F Moses and Abraham appeared with Jesus on the Mount of Transfiguration.
8. T/F Samson was a judge over Israel for 20 years.
9. T/F The clothes of John the Baptist were made of goat skin.
10. T/F Lazarus had been in his tomb for three days when Jesus called him out.



Answers to Last Month's Trivia

- Casting Lots
- | | |
|---------------------------------------|---|
| 1. The scapegoat was chosen that way. | 5. Which family need to bring wood to the alter |
| 2. Distribution of land | 6. For Jesus' clothes |
| 3. Responsible party for a bad storm | 7. Choosing heads of family |
| 4. Choosing and new apostle | 8. To decide responsibilities |
| | 9. To assign families to gates |