

# Colton Seventh-day Adventist Church

## Newsletter

December 2012

### Upcoming and Ongoing Events

#### Mark Your Calendars



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

Ready or not, another year coming up! Come to the planning summit to schedule your ministry's activities for 2013.

### Inside this issue:

Fit for God	2
Core Glows	3
Pastor Appreciation	3
Thanksgiving	4
Christmas Decorating	5
Baptisms	6
Riverside Concert Band	7
Christmas Program	7
Christmas Party	8
Bible Quiz	12



### Inspiration Section

#### Fit For God

##### Excerpts from J's Fitness Newsletter

Is Your Belly Flat or Fat? Beer belly. Love handles. Fat.

Whatever you want to call it, excess weight around your middle can be the most difficult weight on your body to lose.

It is also more dangerous to your health than those extra pounds that accumulate on your hips or thighs. The fat around your belly is an outward sign of deep, internal fat surrounding your organs. Fat in this area causes an increase of hormones that raise blood pressure and increase bad cholesterol, putting you at risk for heart disease, stroke, and premature death. Belly fat has also been associated with an increased risk of dementia, Alzheimer's, osteoporosis, type 2 diabetes, colorectal cancer, and metabolic syndrome. What's to blame for belly fat? Stress, age, poor lifestyle choices, and genetics play a role—but so does your diet.

Here's what not to eat and what to eat if you want to banish belly fat.

(Continued on page 2)

### Verse of the Month

...so Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him.

Hebrews 9:28

(Continued from page 1)

### Recipe for a Fat Belly

It is fair to say that weight gain around your waistline and anywhere else on your body is caused by consumption of too many calories. That being said, there do seem to be certain foods and drinks especially associated with an increase of fat cells in the abdominal area. While you may use it playfully, the phrase "beer belly" is an accurate description of what goes on when you down too much alcohol. Drinking too much may make it difficult to fasten your jeans. Why does this happen? When you drink alcohol, your liver goes into overdrive to burn it off instead of working to burn off the high fat content. Alcohol can also make you hungrier, causing you to consume more calories than normal.

Foods containing trans fat are another contributing factor for a large waist. Trans fat is a manmade fat created with partially hydrogenated oil. This unnatural fat leads to belly fat and moves fat from other parts of the body to the abdominal area. Where can you find trans fat in your diet? Cookies, crackers, pastries, potato chips, margarine, fried foods, and packaged foods all have this unwanted intruder.

Sugar-sweetened beverages and sodas are another possible culprit for belly fat. The empty calories and high amount of high-fructose corn syrup (a manmade sweetener) cause abnormal weight gain in the midsection. High-fructose corn syrup is also found in foods such as ketchup, mayonnaise, jam, canned fruits, yogurt, bread, and even fruit juice.

Finally, refined, low-fiber grains are also responsible for belly fat. To avoid these, skip foods such as white rice, white bread, and sugary cereals.

### Recipe for a Flat Belly

Whittling your waistline starts with a low-calorie, well-balanced diet and regular exercise. A recipe for a flat belly starts with a diet rich in fruits, veggies, low-fat dairy, whole grains, and lean meat. Moving toward a slimmer waistline also requires you to move away from the fatty foods and drinks listed above. A truly flat belly comes from a combination of a consistent, challenging exercise routine coupled with clean eating.

### Green Tea For a Flat Belly

You may also be interested to know there's a beverage that may help reduce belly fat. That beverage is green tea.

An ingredient in green tea called catechins stimulates the burning of calories and speeds the loss of belly fat. So pour yourself a glass and drink your way to a slimmer you.

Be sure that your green tea is unsweetened and calorie free.

### Cauliflower, Kale and Chicken Sausage Bake

Here's a recipe that tastes like comfort food, but without the guilt. Kale is a nutritional powerhouse, filled with calcium, and numerous vitamins and minerals. Servings: 6

*Here's what you need:*

1 teaspoon olive oil

1 yellow onion, diced

2 garlic cloves, minced

3 cups kale, chopped

dash of salt and pepper

Pinch of each, dried: thyme, rosemary, tarragon, and parsley

4 links nitrate-free, chicken sausage, sliced into half moons (substitute your favorite veggie meat)

1 head cauliflower, cut into small florets

1/2 cup chicken broth (substitute with vegetable broth)

1 teaspoon lemon juice

1 cup fat free ricotta cheese

1/2 cup Parmesan cheese, shredded and divided

Preheat oven to 425 degrees F. Lightly grease a casserole dish with olive oil. Place a large pot of water to boil with a pinch of salt.

In a large skillet over medium heat, sauté the olive oil, onion, garlic, salt and pepper, dried herbs and chicken sausage. Mix well, and then add kale. Cover for about 3 minutes, until kale gets bright green and wilted, then remove cover. Sauté for an additional 3 minutes until everything is tender. Set aside.

Place the cauliflower florets in the pot of boiling water. Boil for 5 minutes, then remove from heat, drain, and return cauliflower to pot.

Add the kale mixture to the pot as well as the chicken broth, lemon juice, ricotta cheese and half of the Parmesan cheese. Mix well over medium heat until all has been incorporated.

Transfer to prepared casserole dish. Top with remaining Parmesan cheese. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 5 minutes.

Remove from oven and serve.

## Activities Report

### Core Can Collecting and Glow Outreach

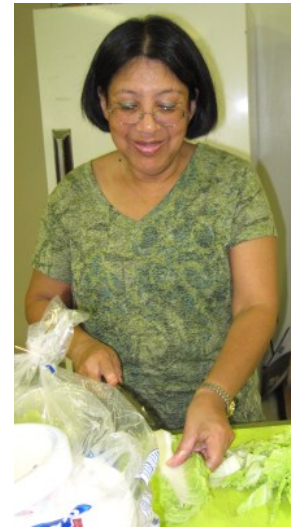


### Pastor Appreciation



Here at Colton we are blessed to have three dedicated and loving Pastors. Pastor Mataafa (second from left) leads our church and challenges us to reach farther for Christ. Pastor Bell (third from left) provides wisdom, energy and demonstrates unselfish service. Pastor Moura (right) has a powerful faith, and a testimony worthy of a book which he willing shares with us. Thank-you for your dedication!

# Thanksgiving Feast



Some how every year our church finds a way to have a wonderful feast at Thanksgiving without any turkeys present.

Thanksgiving is an important time of year, but it should also be an important mind set everyday. Spend some time today considering the blessings in your life. And if you are grateful to someone, make sure you let them know.

I will now follow my own advice. Thank-you, to each of you, who have comforted me this year. Thank-you to those who made me laugh this year (especially my husband and children). Thank-you, to all of those who I offended this year and forgave me. And Sadie says it best, "Thank God for Jesus." For without Jesus, life just wouldn't be worth it.

*Kristi Cruise*

## Deck The Halls



In true Colton style, decorating the church became a time of fellowship and fun. It only took a few hours to hang the wreaths and banners in the sanctuary, amid joking and smiles.

Jesus gave us the best gift ever and for eternity. Love is an easy word to say, write and decorate with, but is so hard to explain and sometimes to show. But Jesus loves with a perfect love for each of us. Celebrate that love this season and "...the peace that surpasses all understanding..." will fill your heart and mind far beyond December.



## Baptisms



Baptisms bring tears of joy to our eyes and for good reason it is the most important decision a person ever makes and is the culmination of love, both Jesus's love for us and our love for Him. On December 1 families, friends and church members witnessed the baptism of five new members. Three of the faces were young and familiar, for we have watched them grow here at Colton Church: Elizabeth Castellanos, Tommy Cristales, and Jason Felix. Two of the faces were new to some of us: Mario Felix and Dan Sheffield. No matter the age or background of these candidates they left the baptistery new creations in Jesus Christ. I look forward to hearing their testimonies in the years to come as they see the working of the Holy Spirit in their lives.

If you haven't met them personally yet, please do so and give them a true Colton Church welcome! Carlos Lemos can show you how!

## Riverside Concert Band



The Colton SDA Church was treated to a Christmas concert by the Riverside Concert

Band on Saturday evening, December 1. This band has provided a Christmas concert at the Colton church for each of the last 10 years. Colton church

member James Bauchert is a trombonist in this group, which is the oldest year-round performing all-volunteer concert band in the USA. An additional benefit of this concert was that it inspired the church members to prepare by breaking out the Christmas decorations and decking the church interior with a festive Advent-season display. The band performed several favorite Christmas pieces from prior years, a few new selections, and ended the evening, as they do every concert, with "Stars and Stripes Forever". The Social Committee coordinated a post-concert reception buffet for the band members and concert attendees.

## Christmas Program

December 15 was the annual Christmas program. The service is one of the highlight events of the year. Collectively, we take a few moments to reflect on the gift of God, sending His Son to become a little baby, grow and live among us, and finally: die for our sins.

As always, our church members came together and presented a great program. The choir enthusiastically sang, joined by Mary, Joseph and baby Jesus (behind the screen on the stage), a couple of shepherds, angels, and three wise men. We also had a song from the next generation of leaders: the youngest two Sabbath-School divisions. Here's a big "Thanks" to all those who participated behind the scenes or up front.

*Rob Cruise*



"Now we see but a poor reflection; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known." 1 Cor. 13:12



## Christmas Party

Christmas cheer abounded along with warm Christian fellowship on Saturday evening, December 15, when the Colton SDA Church family gathered for the annual Christmas Party in the church Multi-Purpose Room. Over 60 attendees feasted in high seasonal style at the potluck supper, followed by a few brief quiz games. The small kids were treated to a separate age-appropriate celebration and gift exchange, while the grown-ups engaged in some good clean "gift covetousness" during the famous White Elephant gift exchange. The hot item this year was a pair of bathroom tissue rolls, each stuffed with a \$5 bill. The Christmas party was sponsored by the Social Committee, and was coordinated by Cathy Davis and Robbie Felix.

We are ready!  
Let the party  
begin!



I love her so much  
I just have to tease  
her!

He's teasing  
me again! But  
I love him!



Still can't be-  
lieve God gave  
me, her!

I'm so blessed to  
have this man by  
my side!



Aren't my boys  
handsome!





10 dollars for me!

10 dollars for me!



That toilet paper is on a ROLL tonight!

Good one Mom!



How does Santa do all this in one night? I have been handing these presents out for hours and I'm exhausted! I have to sit down for a moment.



Very nice. What is it?



I just know this is the gift I have always wanted! Or not...



She's all yours Carlos! At least for now!



Who's is this? What did I get myself into?

This craft has way too many pieces!

My sister is so cool. I hope I am like her when I am bigger.



What am I going to do with this girly stuff? Maybe I can get those toilet rolls...



My church is Fun! I wonder if there's \$ in this one too?



These are awesome!



We are having so much fun! Great Party!





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**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.*

**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](mailto:jrklijcruise@sbcglobal.net), home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
January 8	January 12
February 5	February 9
March 5	March 9
April 9	April 13
May 7	May 11
June 4	June 8
July 2	July 6
August 6	August 10
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

**In Common**

What do the following verses have in common?

- 1. Exodus 4:4
- 2. Exodus 4:17
- 3. Exodus 7:10
- 4. Exodus 14:16
- 5. Exodus 17:6
- 6. Numbers 17:8
- 7. Numbers 25:11
- 8. Psalm 23:4

What do the following verses have in common?

- 1. Jonah 3:4
- 2. Matthew 4:2
- 3. Acts 1:3
- 4. Acts 7:23
- 5. Acts 7:30
- 6. Deuteronomy 34:7
- 7. 1 Samuel 17:16
- 8. Judges 5:31
- 9. Judges 8:38

**Answers to Last Month's Trivia**

Question: In Psalm 80 Asaph wrote about an animal who ravaged the "vine out of Egypt." What was it?

Answer: Boar

