

Colton Seventh-day Adventist Church

Newsletter

February 2013

CURRENT ACTIVITIES

Mark Your Calendars



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

Feb 9 (Sab) 1:00 PM Valentine's Potluck	Feb 24 (Sun) 11:00 AM Board Meeting
Feb 9 (Sat) 6:00 PM CORE Youth Open House/Vespers	Feb 27 (Wed) 7:00 PM Prayer Meeting
Feb 13 (Wed) 7:00 PM Prayer Meeting	Mar 1 (Fri) 7:00 PM Prayer Vespers
Feb 20 (Wed) 7:00 PM Prayer Meeting	Mar 2 (Sab) 6:00 PM Nature Experience
Feb 24 (Sun) 8:00 AM Work Bee	Mar 9 (Sab) 2:00 PM Personal Finance Seminar

CORE Open House/Vespers

The young adults of our church have been working hard to improve the look and feel of their Sabbath school room for months and now they want you to see their handiwork. With new paint, carpet and new or revitalized furnishings the room has taken on a whole new look. Be sure and drop by tonight, February 9, at 6:00 p.m. to take in the sights and praise our CORE group for a job well done.



Work Bee

The following verses really made me think about my ways. And about the priority I place on God's house in my life.

³ Then the word of the Lord came

through the prophet Haggai: ⁴ "Is it a time for you yourselves to be living in your paneled houses, while this house remains a ruin?"

⁵ Now this is what the Lord Al-

mighty says: "Give careful thought to your ways. ⁶ You have planted much, but have harvested little. You eat, but never have enough.

(Continued on page 3)

Children's Ministries- Nature Experience Series

March 2 at 6:00 p.m. will be the next Children's Nature Experience session. In this session we will be studying the moon and stars. "In the beginning God created the heavens..." "And it was so. God made two great

lights-the greater light to govern the day and the lesser light to govern the night. He also made the stars," says Genesis 1:1 and 1:15-16

Invite your friend to come and

learn about the wonders of God's creation in the night sky.



Personal Finance Seminar

March 9 at 2:00 p.m. Pastor Bell will share his financial knowledge at the Finance Seminar. Are you experiencing your own "fiscal cliff"? The most covered theme of the Bible is not faith, hope, or

even love but money. God knows we need money to survive and He also knows it can be our biggest temptation. Because of that God gave abundant advice on money and our attitude toward it. He

also tells us we are responsible to be good steward of all He gives us. Pastor Bell will help us to be the best stewards of the assets and blessings God bestows.

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Verse of the Month

May your unfailing love rest upon us, O Lord, even as we put our hope in you.

Psalm 33:22

INSPIRATION SECTION

That's Simply Not True

From J's Fitness Newsletter

The Cardio Myth

There are certain fitness myths that just won't die. These ideas are passed from one unsuspecting person to the next, a little tidbit of misinformation that does more harm than good. I've heard them all. There's the myth about ab crunches melting off belly fat. (Sorry folks, spot reduction doesn't exist. You've got to burn the fat from your body as a whole.) Then there's the one that says the faster you do an exercise the better, even at the expense of form. (Ouch. This philosophy has caused many an injury. Never sacrifice form for speed.) I've even heard one that says recovery days are not necessary. (Rest days are actually of vital importance to your recovery and weight loss.) But of all the fitness myths out there, the one that gets under my skin the most is the belief that fat loss comes as a result of long, slow cardio sessions. I've seen many people waste their time and effort on this one. The truth is that intense, shorter workouts that incorporate resistance training with challenging bouts of cardio will burn fat quicker than a long, steady cardio session. Who doesn't love to save time?

If you are still plodding away on the treadmill 60 minutes at a time then you are spending more time to get half of results. Allow me to introduce you to a little technique called HIIT. High-Intensity Interval Training is an exercise strategy that improves performance with short training sessions. These sessions involve a warm up period, several short, maximum-intensity efforts that are separated by moderate recovery intervals, and a cool down period. The addition of explosions of speed into your comfortable pace will increase your power, muscle tone, speed, strength, endurance and best of all it allows you to burn more calories. There you have it-all you need to know to take your workouts to the next level.

Bonus Burn



After you exercise using HIIT, your body goes into a state of increased metabolic output. Simply put, this means that your body will continue to burn extra calories long after you have put down your last set and left the gym. On the other hand, if you stuck with a long session of steady cardio, your calorie burning would stop quickly after you hopped off that treadmill. I don't know about you, but I like the concept of burning more calories after I'm done exercising. Talk about a bonus! Say goodbye to steady cardio and embrace a whole new fitness philosophy centered around HIIT. Watch how quickly your body begins to transform.



Low Carb Mini Muffins

Most baked goods are terrible for your waistline. Products made with refined flour, sugar and unhealthy fats should always be avoided. This recipe for mini muffins uses coconut flour, an alternative to wheat flour that is lower in carbs and free of gluten. Enjoy one for a breakfast on-the-go or as a quick snack. Servings: 24

Here's what you need:

6 eggs

1/2 cup coconut oil, melted over low heat

1 teaspoon vanilla extract

1/4 teaspoon almond extract

1/4 cup grade B maple syrup

1 lemon, zest and juice

1/2 cup coconut flour

1/2 teaspoon salt

1/4 teaspoon baking soda

1 cup organic, fresh blueberries

1/4 cup sliced almonds

Preheat oven to 350 degrees F. Grease a mini muffin pan with coconut oil. In a medium bowl combine the eggs, melted (and cooled) coconut oil, vanilla and almond extract, maple syrup, lemon juice and zest. In a small bowl, whisk the coconut flour to remove lumps, add salt and baking soda. Mix the dry ingredients into the wet ones, then gently fold in the blueberries. Fill each mini muffin tin to the top, then sprinkle with sliced almonds. Bake for 30 minutes, then turn on the broil for 1-2 minutes (watch close!) to lightly brown the tops. Allow to cool before removing from muffin tin. Store in an airtight container in the fridge for up to a week. Nutritional Analysis: 84 calories, 5g fat, 55mg sodium, 4g carbohydrate, 1g fiber, and 2g protein. Motivate your friends, family and co-workers!

Contributed by Teresa Padilla

Elder Ordination



On January 12 the Sabbath Service included the ordination of Gordon Figueroa as an elder in our church. Although it is an

honor to be recognized as a spiritual leader it is also a major responsibility. In order to encourage and strengthen a new elder all the elders of the church lay hands on them in a prayer of dedication. It is a solemn and yet also a joyful occasion. May the Holy Spirit be poured out on Gor-

don and his family in a special way this year. And may all the leadership of our church also be strengthened and filled with the Holy Spirit so their lives will be living testimonies to God's grace, love and power.

Prayer Meeting

I know you have heard it all before. You have heard that Prayer Meeting is vital to your walk with the Lord. You know of all the answered prayers and the changed lives from the power of prayer. You even think it is a good idea to go to prayer meeting. But you haven't gone yet or you haven't been for a long time. Why?

Yes, I know there are reasons; you're too tired, you got off work late, or you just feel uncomfortable praying with others. Here's my question: Have you ever been too tired to eat, or got off work too late to eat or felt uncomfortable eating in front of others? If so I bet it didn't happen again, and again and again. You found a way to fit food in

your day, because you need it to survive. Prayer and Bible study are the same for your soul. You must have it and share it with others or you starve spiritually. Jesus quoted Deuteronomy 8:3 to Satan in Luke 4:4 "It is written: 'Man does not live on bread alone.'" The rest of Deuteronomy 8:3 says, "...but on every word that comes from the mouth of God." Remember Jesus hadn't eaten for 40 days! He still found His strength in the word of God and through fellowship with Him.

Of course you know that! But you can study at home. Remember Job? He suffered greatly and did not sin by his words. God restored all that he lost and more, but

when did it happen? Look at Job 42:10 "After Job had prayed for his friends, the Lord made him prosperous again and gave him twice as much as he had before." After Job *prayed for his friends* his life was restored, actually it was more than restored it was doubled! Intercessory prayer for those who seek it gives a double blessing; it blesses the seeker and the intercessor. Prayer meeting also gives a double blessing; it provides the blessing of God's Word and the blessing of intercessory prayer. Make time to be blessed by God and come on Wednesday evenings at 7:00 p.m.

Work Bee

(Continued from page 1)

You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it."

⁷ This is what the Lord Almighty says: "Give careful thought to your ways. ⁸ Go up into the mountains and bring down timber and build the house, so that I may take pleasure

in it and be honored," says the Lord. ⁹ "You expected much, but see, it turned out to be little. What you brought home, I blew away. Why?" declares the Lord Almighty. "Because of my house, which remains a ruin, while each of you is busy with his own house. ¹⁰ Therefore, because of you the heavens have withheld their dew and the earth its crops. ¹¹ I called for a drought on

the fields and the mountains, on the grain, the new wine, the oil and whatever the ground produces, on men and cattle, and on the labor of your hands." Haggai 1:3-11

Work bee is about putting God and His house first. Come and find your blessing on Sunday, February 24, 8:00 a.m.

Testimony Promise

On April 15, 2012 at 9:00 p.m. the foundation of my world cracked and on May 29, 2012 at 6:00 p.m. the foundation was smashed. Some of you lived this story with me and some of you have heard some of the story, now I am going to share the testimony of God's care in hard times.

My Dad, Will Lindsley, died suddenly on April 15 after a full day of moving gravel and leveling it on their property in Arizona. My Mom called me while the paramedics were still doing CPR, she then called me back 30 minutes later to say Dad was dead. During this time I and my family went into action. I was packing, because I had told my Mom, "No matter what I am coming." "I hoped you would say that very thing," Mom said. Thus began the hardest 6 weeks of my life.

God had been preparing me for, "such a time as this." He had inspired Tammy and Gordon Figueroa and James and Laura Bauchert to spear head the Bible study of prayer through the book series "The power of the Praying Parent" and "The Power of the Praying Wife." I have shared before that this series radically changed my understanding of prayer and of God Himself. I learned that prayer doesn't change God but it changes my heart when I pray according to His will and His word.

From another book, "No Distance Too Far", I was reminded of the power of memorizing the scripture. The song "You Can't Stand On Promises (If You Don't Know What They Are) by Ponder, Harp and Jennings was running through my mind all the time. (See song lyrics on the next page.) I began picking out verses and memorizing them. I was on a spiritual mountain top! Some people claim that the devil attacks at these time of spiritual renewal, but to me God had prepared me for the attack and struggle He knew was coming!

He had also prepared for the care of my children while I cared for my Mom. Only hours before my Mom called me, my parents-in-law, Carol Ann and Jim, had just arrived at our house. They usually only visit once a year and usually they would

come in May, but God knew we needed them early this year. Within the hour of receiving my Mom's heartbreaking news, Carol Ann, Jim and I were driving to Arizona. Meanwhile two loving members of the Blythe Seventh-day Adventist Church were rushing to my Mom's side to wait for me to arrive, they didn't want her to be alone. God gave us church family for fellowship and comfort and to represent Him to each other.

When I entered my parents motorhome I instantly began to cry, it was so weird to be there and not have Dad there too. My Mother took me in her arms and comforted me in a way only a mother can. We shared our grief and our shock for hours that night until sheer exhaustion took over.

Through all the preparations for my Dad's funeral my Mom was showing increased signs of exhaustion and illness. She hadn't been feeling well for over a month and my parents had been planning to visit the emergency room on Monday, but with Dad's death on Sunday, she still hadn't seen a doctor. So even though we were racing to get her affairs completed in Arizona so we could move her to our house in California, on Wednesday we decided it was time to visit the ER.

After hours of preparation for the CT scan we finally went in. The images of her CT will be burned within my mind for the rest of my life. In my dismay I said, "Oh Lord, she has Mets to the liver!" As I tried to pull myself together the nurse said, "You can't let her know what you saw!" "My Mom knows that I will know and she will ask me as soon as we get back to her room. She knows me too well." I replied. Of course that is exactly what my Mom did. So I was the first one to tell her that she had terminal cancer. I then had to call my sister and tell her as well. As soon as possible I phoned Mom's primary doctor in Northern California to get referrals to see Mom's oncologist. Through God's care Mom's doctor expedited an appointment with the oncologist in just a week and a half.

One week later we were rushing around the

property trying to wrap up all the things that needed to be done for a prolonged absence from the property. We also had to hitch up the trailer to our truck and hitch up Mom's truck to the back of the motorhome for the trip home. As we toiled to roll up things, the temperature was soaring to 105. Finally the kids were in the hitched up truck and we just had to hitch up the truck to the motorhome. My Mom was trying her best to remember how to do it without bending over because the cancer in her bones was causing pain in her back. Rob was in the motorhome with ice packs I had placed all over his body because he was dangerously close to heat stroke. So here I was running between the kids in the truck, to Mom and then to Rob, trying to keep everybody going. I kept praying, "Lord help us. We have to get out of here. And You know I can't drive two vehicles at the same time." He gave me such peace during all of it, that I look back and think, *why wasn't I freaking out!* But I know why, it was my memory verse at work! "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made know to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:6-7

The drive to California was a wild one with hot weather, wind, and finally rain at home. It was time to unhitch the truck from the motorhome and we discovered that the parking brake of the truck was on all the way from Arizona. Oops! More about that later.

Two days later I was racing to get Mom and I ready to travel to Northern California for Mom's oncology appoint. The problem was I had a lot of stuff to catch up on and I wasn't feeling well. At last we were ready. We traveled to Bakersfield and then stayed the night because Mom was so tired. The next morning I woke up with a fever, but I couldn't let on or rest because we had to go. So we drove for hours. I just kept praying, "Lord you know I shouldn't be driving when I am so sick, give me strength!" We often pray for traveling mercies and we

forget how often God grants these prayers miraculously.

The next morning, Friday, Kara, my sister, took over the driving of Mom's truck. Mom was so tired she would fall asleep during conversations, so I don't think she heard Kara say, "Man you really have to stand on these brakes to get them to work." When we finally saw the Oncologist she confirmed the diagnosis and was not very optimistic on time. In order to strength Mom for Dad's memorial, Mom was admitted to the hospital to try and contain her rising levels of calcium, which was causing the exhaustion.

Four days later we were on the road again to Colton. Again we stopped in Bakersfield. All night Mom was seriously ill and hallucinating from the morphine. By the morning she was vomiting. All day I drove and she vomited. I kept saying, "Do you want me to stop?" "NO!" was her emphatic reply. She was determined to get back to Colton for Dad's Memorial in just two days. And she did it too. She even seemed better in the next few days, at least the vomiting had stopped.

God granted Mom's prayers to be strong enough to attend both Dad's memorial and graveside service. At the reception of Dad's memorial Mom began to vomit again and it just wouldn't stop. My sister finally said, "She needs to go to the ER." It was 10:00 p.m. but she agreed to go, so the three of us went to visit Loma Linda University Medical Center. It was quickly discovered that she had a small bowel obstruction and was then admitted. She spent two weeks at the hospital. It was a blessing to have her in capable care but she was only getting worse. But during this time she looked at me and said, "Promise me that you write in the newsletter how God has taken care of us through all of this." So today I am keeping my promise. She didn't even know the whole of God's care. You remember the truck brakes? When Rob took the truck to the shop to repair the brakes, they were amazed that it had been towed 150 miles with the parking brake on and that it still ran and braked at all. When it was time to pick the truck up the mechanic said that usually the brakes catch on fire and burn up both the brakes and vehicle. I then told him I had driven it 800 miles since then,

and he was totally shocked. God does care for us!

Mom was discharged from the hospital on Friday, May 18. She entered hospice care the following Wednesday. And On May 29, as her family surrounded her reading the scripture promises of the resurrection she died.

This is a long story and full of sadness for me and my family, but there were so many signs of God's care for us during it all. I learned so much! I learned that even if the healing doesn't come God is still good! (See the song lyrics below.) My sister and I communicated in ways we never had before, and we are closer because of it. I long for the return of Jesus like never before. I have been filled with compassion for the suffering of others and can relate them in a more meaningful way. I know that God loves me in a more personal way than before. For you see, my foundation crumbled, but my Cornerstone never will!

Kristi Cruise

"Even If (The Healing Doesn't Come)"

Sometimes all we have to hold on to
Is what we know is true of who You are
So when the heartache hits like a hurricane
That could never change who You are
And we trust in who You are

Even if the healing doesn't come
And life falls apart
And dreams are still undone
You are God You are good
Forever faithful One
Even if the healing
Even if the healing doesn't come

Lord we know Your ways are not our ways
So we set our faith in who You are
Even though You reign high above us
You tenderly love us
We know Your heart
And we rest in who You are

Even if the healing doesn't come
And life falls apart
And dreams are still undone

You are God You are good
Forever faithful One
Even if the healing
Even if the healing doesn't come
You're still the Great and Mighty One
We trust You always
You're working all things for our good
We'll sing your praise

Even if the healing doesn't come
And life falls apart
And dreams are still undone
You are God You are good
Forever faithful One
Even if the healing
Even if the healing doesn't come

You are God and we will bless You
As the Good and Faithful One
You are God and we will bless You
Even if the healing doesn't come
Even if the healing doesn't come

"You Can't Stand On Promises (If You Don't Know What They Are)"

You can go to church twice on the Lord's
Day,
Make the Wednesday service, too,
You don't even need a song book to sing
hymn 142

You can sing "Standing on the Promises"
And repeat the last four bars.
But you can't stand on promises
If you don't know what they are

You've listened to a thousand sermons
But you never really heard
That the only way your life will change
Is to get into God's Word.
You can try to walk on water
But you'll never get too far
Cause you can't stand on promises
If you don't know what they are.

If there's a trip to the Holy Land
You'll be the first to go

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You give ten dollars to the mission field
And let everybody know
Your service as an usher,
Out shines the brightest star
But you can't stand on promises
If you don't know what they are

You've listened to a thousand sermons
But you never really heard
That the only way your life will change
Is to get into God's Word.
You can try to walk on water

But you'll never get too far
Cause you can't stand on promises
If you don't know what they are

Well, you raised your hand
And you met the Lord over twenty years ago
But John 3:16 and Psalm 23
Are the only verses you know
I can see why things aren't working
Why things are not to par
Cause you can't stand on promises
If you don't know what they are

You've listened to a thousand sermons

But you never really heard
That the only way your life will change
Is to get into God's Word.
You can try to walk on water
But you'll never get too far
Cause you can't stand on promises
If you don't know what they are

Cause you can't stand on promises,
Oh no, you can't stand on promises,
I said, you can't stand on promises,
If you don't know what they are

ACTIVITIES REPORT

Men's Ministry Bowling Night

The Men's Ministry group kicked off their 2013 activities schedule with an evening of bowling on Saturday night, February 2, at Empire Bowl in Redlands. There were two teams on adjacent lanes, with eleven players total, as well as a "cheerleader" squad unofficially representing Women's Ministry. The top score for the evening went to Nestor Domingo, by a wide margin. Results for the other players were mixed, with plenty of "strikes", misses, and everything in between. But everyone had a good time and enjoyed the family-style fellowship on this special activities night.



Top Left: Women's ministries cheerleaders. *Top Right:* Carlos telling the ball to roll for the strike. *Bottom Left:* Waiting for the score. *Bottom Right:* The whole crew

Jerry Johnson



Men's Ministry Service Project

The first Men's Ministry service project of the year occurred on Sunday morning, February 3, 2013. A group of volunteers converged at the project site to assist with some special yard work needs. Several hours later, a lot of vegetation had been cut and removed, sidewalks had been edged, and a section of fence had been repaired. Men's Ministry appreciates the opportunity to assist our church family and the local community through endeavors such as this.

Jerry Johnson



Jason and Armand raking up the mess.



Pastor Mataafa whacking weeds.



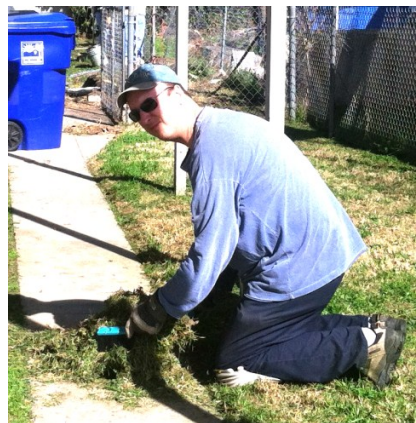
Jerry making grass clippings with the weed whacker.



L to R: Abner, Carlos, and Nester fixing the fence.



Abner took on trash removal.



Jerry cleaning up grass clippings.



Pastor Bell edging the walkway.



Pastor Moura pitched in with the broom.

Place
Stamp
Here

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**Increasing member
communication**

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

Church Mission Statement

To provide a grace-filled environment where a diversity of worshippers 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.

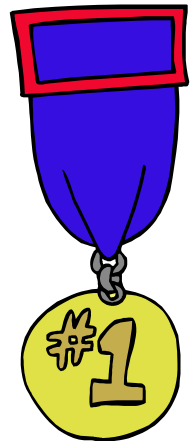
Contribution Instructions

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 Dead-line Date by 5 PM	Distribution Date
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

First Things First

1. Who built the first city? Genesis 4:17
2. He was the father of people who played harps and flutes, who was he? Genesis 4:21
3. Homicide began with him, who was he? Genesis 4:8
4. Who planted the first vineyard? Genesis 9:20
5. Who was the first polygamist? Genesis 4:19
6. Who was the first shepherd? Genesis 4:2
7. Who was the first farmer? Genesis 4:2
8. Who was the first iron worker? Genesis 4:22
9. Who was the first Hebrew? Genesis 13:14



Answers to Last Month's Trivia

- | | |
|--|---|
| 1. c. Simon Peter and Andrew were brothers | 7. e. Matthew was also called Levi |
| 2. j. Andrew was Simon Peter were brothers | 8. g. Thomas was also called Didymus |
| 3. k. James and John were brothers | 9. a. James the less was Alphaeus's son. |
| 4. f. John and James were brothers | 10. i. Simon the Zealot was once called a Cananaen |
| 5. d. Philip and Bartholomew were friends. | 11. b. Judas was also called Thaddaeus. |
| 6. l. Bartholomew was also called Nathanael. | 12. h. Judas Iscariot was the son of a Simon. There are so many |