

Colton Seventh-day Adventist Church

Newsletter

April 2013

CURRENT ACTIVITIES

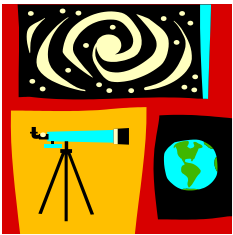
Mark Your Calendars



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

Apr 13 (Sat) 2:00 PM Gary Smalley Video Presentations	Apr 27 (Sat) 2:00 PM Health Expo Team Meeting
Apr 13 (Sat) 7:00 PM Nature Experience	Apr 28 (Sun) 8:00 AM Work Bee
Apr 17 (Wed) 7:00 PM Prayer Meeting	Apr 28 (Sun) 11:00 AM Church Board Meeting
Apr 21 (Sun) 12:00 PM Women's Tea	May 1 (Wed) 7:00 PM Prayer Meeting
Apr 24 (Wed) 7:00 PM Prayer Meeting	

Children's Ministries- Nature Experience Series



April 13 at 7:00 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.

Tea Time!

Okay ladies it is time for tea! Call up your girlfriends and invite them to attend our annual Women's Tea event. It is time of good food and inspiring testimony and of course tea. This year it will be on April 21 at 12:00 p.m. If you would like to contribute to the meal contact Teresa Padilla or Mary Lemos.



Health Expo Meeting



One of our biggest outreaches is the Health Expo. It is time to begin the planning. Come Sabbath afternoon April 27 to see what you can contribute to this years health ministry.

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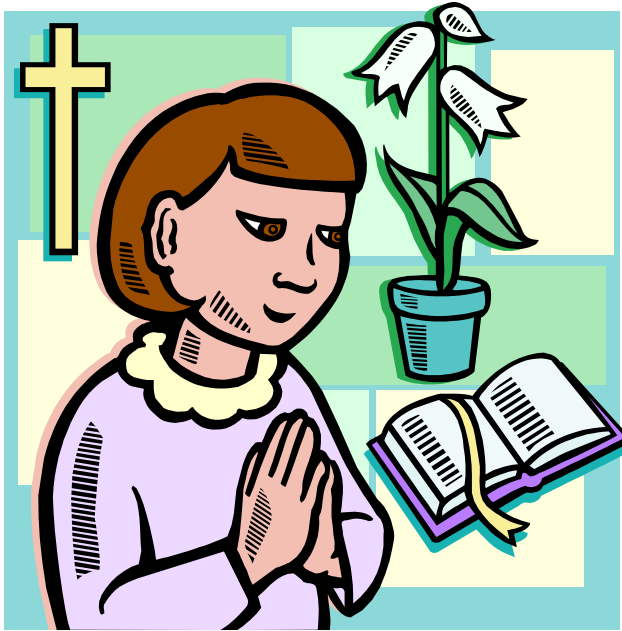
Verse of the Month

Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Ephesians 6:19-20

The Peace That Surpasses All Understanding

What triggers a deep longing for spiritual satisfaction that seems to be the ultimate pursuit of the human soul? What is the force that woos us to be spiritual in spite of our human tendency to deviate and go against God's natural laws of creation which point us to the forever presence, eternal justice and mercy of a Creator God? The current condition of our society, as the daily news reveals, shows the great increase of lives being lost and wasted away daily because of the result of wars in the MidEast, natural disasters such as famine in Darfur, Africa, earthquakes and tsunami in Japan and Indonesia, and the worldwide financial crisis. It seems that there is no hope for our dying world if we continue with the current trend of our human society as of today. The only option left for hope for our society is to stop avoiding the reality of the existence of the Creator God and His redemptive work revealed through historical truths and nature.



The Psalmist points out that creation reveals the greatness of God. Psalms 19:1-6 "The heavens declare the glory of God; and the firmament shows His handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard. Their line has gone out through all the earth and their words to the end of the world. In them He has set a tabernacle for the sun, which is like a bridegroom coming out of his chamber, And rejoices like a strong man to run its race. Its rising is from one end of heaven, and its circuit to the other end; and there is nothing hidden from its heat." In spite of all the suffering and disastrous challenges that directly and indirectly confront us daily, there is a sense

of serenity and calmness that is the sense of peace that comes only from spending time alone with God in the solitude of His presence through nature.

The advance study of the human mind indicates that the human brain has the ability to know and perceive the concurrent exciting events and traumatic experiences

by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Roman 8:35, 37-39 asks the important question and offers an ultimate truth that is so crucial for us to take in faith. "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ... Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." It is the unconditional mercy of God that draws us to find refuge in His holy presence and peace with communion with the Holy Spirit.

May His peace be with you!

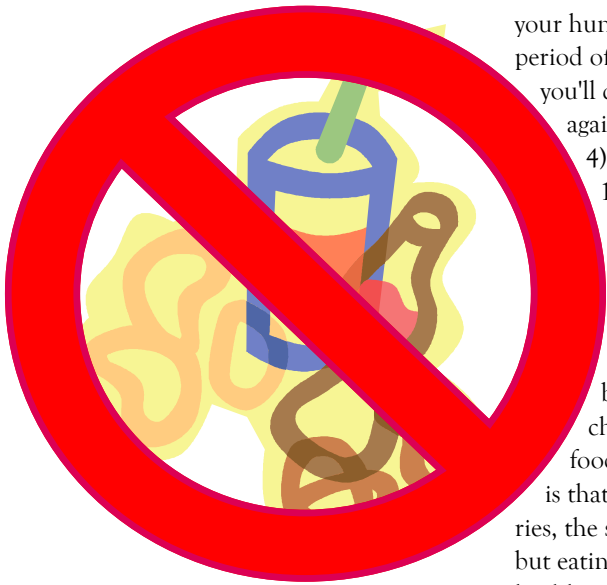
Pastor Mataafa

that occur throughout our life time. The mind processes these life experiences either for a positive and favorable outcome behavioral satisfaction or negative and regressive withdrawal behavior. The mind naturally transposes sensory responses that would favorably meet the pressing circumstances of the moment. As it says 'what we behold we become'. Paul wrote to the church in Rome giving advice regarding taking responsible to respond favorably to God in light of their perceived knowledge of the gospel. Romans 12:1-2, "I beseech you therefore, brethren, by the mercies of God, that you present your bodies as living sacrifices, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed

The Snack Trap

On Behalf Of J's Fitness

We've all heard that snacking is great for the metabolism...but have you taken it too far? In other words, your excessive snack-



ing may be killing your fitness results. Let's face it, there are only so many extra calories that the body can take before it adds those on as unwanted fat.

Even if you're eating perfectly healthy meals and putting in your time at the gym, if your snacking is out of control then your results will be disappointing.

Here's what you need to know to avoid The Snack Trap:

1) **Calories Count.** Even when you're snacking on "healthy" food, you've got to keep track of how many calories that you're taking in. Almonds are healthy, but if you down 800 extra calories in them you'll quickly gain weight.

2) **Fill Up on Protein & Fat.** A lot of well-meaning people are still afraid of fat. They think that if their snack is high in fat then it will end up on their body as fat. This is simply not true. Healthy fat, such as avocado or almonds, is a wonderful thing to snack on as it fills you up and keeps you full longer.



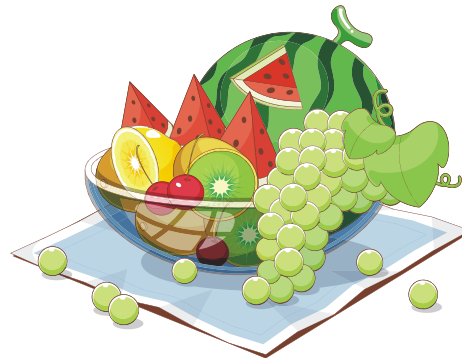
3) **Avoid Sugar Calories.** Sugar is an awful thing to snack on when weight loss is your goal. Refined sugar is a catalyst for fat storage, so avoid any snack that contains sugar. Remember that eating sugar will satiate your hunger for a very short period of time, and then you'll quickly be hungry again.

4) **Don't Be Fooled By 100-Calorie Packs.** A popular marketing technique is to package junk food into 100-calorie packs. These could be crackers, cookies, chips...basically any guilty snack food you could think of. The premise is that since you're only eating 100 calories, the snack is healthy. I'm sorry, folks, but eating 100 calories of junk food is not a healthy snack. You are better off avoiding the junk completely and eating something wholesome.

5) **Use The 'Is It Real' Test.** As a rule of thumb, you should use the "Is it real?" test when deciding if a snack is worth eating. The test goes like this: If your snack can go bad, then it's good for you. If your snack can't go bad, then it's bad for you. The idea is to eat fresh, real foods that are unprocessed and wholesome. These real foods are naturally filled with fiber, vitamins, and minerals and will assist you in achieving your fitness goals.

6) **Avoid Refined Carbohydrates.** Processed and refined carbohydrates make up the bulk of popular snack foods. Take a look around the snack aisle at the grocery store and you will see that most packaged snacks are made with grains. When your goal is to lose weight and increase lean muscle then eating refined grains will work against you. If you only take one tip away from this article, let it be to remove grain-based snacks

from your life. This single change could very well recharge your weight loss. Now you know how to snack in a healthy way that will not derail your fitness goals. Remember that exercise plays a huge part



in getting in shape and losing weight. Fitness Snacks
Hard Boiled Egg and Sliced Veggies.
Sliced Apple and Almond Butter.
Seasonal Berries with 1/4 cup of Almonds.

A Bag of Homemade Kale Chips. See recipe below.

Guilt-Free Kale Chip Snack

Salty, crunchy snack foods are a weakness for most people. Instead of eating chips or popcorn or crackers, which quickly add up in unwanted pounds, make a batch of these delicious, crunchy kale chips. Kale chips are

low in carbs and make a delicious crunchy snack. Servings: 5



Here's what you need

1 bunch kale, washed and torn, stems discarded
1 Tablespoon olive oil

dash of salt and pepper

Preheat oven to 300 degrees F.

In a large bowl mix the kale pieces with all of the ingredients.

Spread evenly on foil-lined baking sheets.

Bake for 12 minutes, watching closely that they do not burn. Remove from oven when crispy.

Nutritional Analysis: 51 calories, 3g fat, 68mg sodium, 5g carbohydrate, 1g fiber, 2g protein

Contributed by Teresa Padilla

ACTIVITIES REPORT

Easter Cantata

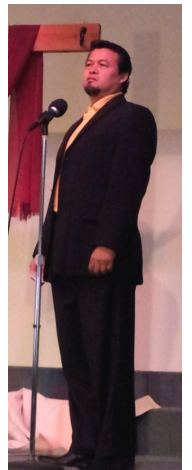
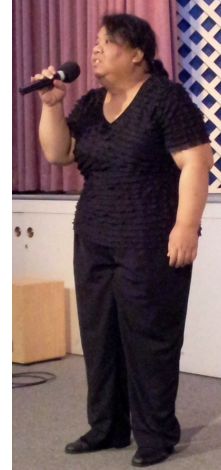
The Music Department presented an Easter Cantata program titled "I Stood at Calvary", on Sabbath morning, March 30. This program included songs, Biblical and modern characters discoursing on the meaning of the crucified and resurrected Christ, and inspirational interludes by Matthew Frias, who is training to become a pastor. The Biblical characters portrayed were: Centurion at the cross (Art Bell); Pontius Pilate (James Bauchert); Judas Iscariot (Chuck

McConnell); the disciple Peter (Carlos Lemos); Mary Magdalene (Leanne Galvan); and the disciple John (Donnie Cristales). Abner Zelaya, Barbara Nelson, and Lansing White provided modern-day perspectives on the reasons why we still come to the cross of Christ. Music in song was provided by: Diana Moura, Netanya Domingo, Nestor Domingo, and several choral groups, accompanied by Sandra Kebbas, Carmi Lopez, and Armand Domingo. The resur-

rected Christ was portrayed by Anthony Parsons. James Bauchert concluded the service by extending an invitation to anyone in the congregation who wished to surrender his or her life to Christ.

Jerry Johnson

He Is Risen!



Talent Show

This year's Talent Show was on March 23, 2013. Wow! Performers of all ages were able to get up on stage and "bring it on." We saw acts from 4 year old Madison to other church members that have many decades to perfect their talents. We had pianists, singing soloists, comedians, guitar solos, an

accordion player, ukulele players, group singers, and a couple of video clips. It was all hosted by two very corny emcees, Socorro and Jason. Our two confused emcees started the event by thinking it was an AA meeting (Animals Anonymous). Jason thought he was a Panda Bear, and Socorro thought she

was a Penguin at a support group.

The audience was amazed by all the hidden talent from the many people that braved the bright lights of the Colton Church stage.

Awesome! Simply Awesome!

Rob Cruise



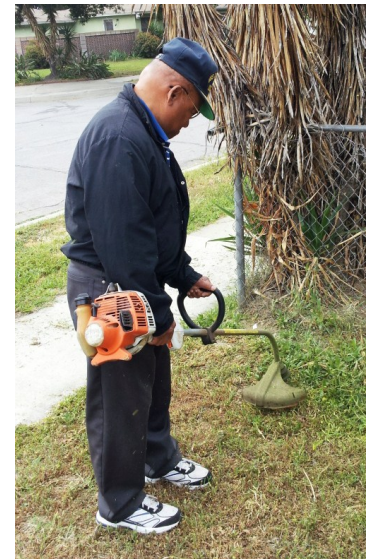
Men's Ministry Service Project

In response to a need within our local church congregation, which had been identified by the leadership of the Men's Ministry team, a group of thirteen gentlemen assembled on Sunday morning, April 7, to provide assistance with yard work and home improvement projects at the house of a local family. The Men's Ministry team spent over three hours putting all yards surrounding the project home into optimal

condition, gathering yard waste for removal, and implementing several important repairs inside the home. After the work was completed, one of the residents of this home remarked that it had been a long time since the yard had been in such good condition. The team then decamped to a nearby Baker's Restaurant for a well-deserved complimentary lunch, in celebration of another project brought to a successful conclusion. The Men's Ministry

team encourages any of the gentlemen in our congregation who have not recently participated in one of our service projects, to consider joining us the next time we gather for this unique and unforgettable teamwork experience. The Lord blesses those who bless others with their practical efforts, so come partake in the blessing for yourself.

Jerry Johnson



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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 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
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

Who's Crying Now

1. Esau cried when... Genesis 27:38
2. Joseph cried when... Genesis 43:3
3. Benjamin cried when... Genesis 45:14
4. Joseph cried when... Genesis 46:29
5. Samson's wife cried when... Judges 14:16
6. King Joash cried... 2 Kings 13:14
7. Esther cried while... Esther 8:3
8. Baby Moses cried when... Exodus 2:6

Tears of joy and tears of sadness are mentioned many times in the Bible including the tears of our Savior. Some day Jesus will wipe away our tears of sadness but I am sure there will be tears of joy when we see Him face to face!

Answers to Last Month's Trivia

1. The burning bush was obviously on fire. Exodus 3:2
2. The pillar of fire led Israel at night. Exodus 13:21
3. Elijah was taken by a chariot and horses of fire. 2 Kings 2:11
4. Sodom and Gomorrah were destroyed by fire. Genesis 19:24
5. The Lord descended on Mt. Sinai with fire. Exodus 19:18
6. Twice, "fire from heaven" consumed a captain and 50 men who were a threat to Elijah. 2 Kings 1:9-12
7. Fire consumed the outskirts of the camp when the Israelites wouldn't stop whining. Numbers 11:11
8. "Fire of God" destroyed Job's sheep and servants. Job 1:16
9. Fire killed 250 men after they opposed Moses and Aaron. Numbers 16:35