

Colton Seventh-day Adventist Church

Newsletter

July 2013

CURRENT ACTIVITIES

Mark Your Calendars



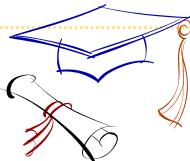
Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.

July 12 (Fri) 7:00 PM, Personal Ministries Training
 July 13 (Sab) 2:00 PM, Personal Ministries Training
 July 14 (Sun) 9:00 AM, Men's Ministries Fishing Trip
 July 14 (Sun) 5:00 PM, Fontana Luau

Jul 20 (Sab) 2:00 PM, Health Expo Planning Meeting
 Jul 21 (Sun) 8:00 AM, Work Bee
 July 21 (Sun) 11:00 AM, Church Board Meeting
 Jul 28 (Sun) 10:00 AM, Lake Gregory Picnic Day

Congrats Grads

July 13, Colton will honor all our 2013 graduates during the worship service. A potluck will follow. Please anticipate a larger than normal

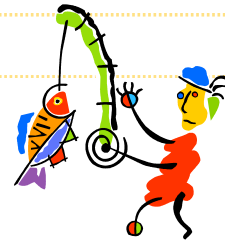


attendance due to the family members attending the special graduation event.

Men's Ministry Fishing Day

Gentlemen, we've worked hard this year, and it's time to enjoy some recreation at a local "fishing hole". Men's Ministry is hosting a "Fishing Day" at Yucaipa Regional

Park on Sunday morning, July 14. Look for more information in today's insert. See Abner or Jerry if you have any questions.



Luau at Fontana SDA Church



We have been cordially invited by the Fontana SDA Church family to join them for their annual Luau on Sunday afternoon, July 14, at 4:00 PM. Bring your favorite vegetarian

Polynesian dish (with an emphasis on entrees), and come enjoy the island-style fellowship. There will be games for all ages, including some fun activities just for kids.

Picnic at Lake Gregory

Feeling the heat? Then go jump in a lake. On July 28 the children's minis-



tries committee is planning a trip to Lake Gregory to picnic and play. Come along!

Inside this issue:

MY STORY, MY MINISTRY	2
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Verse of the Month

My children, let us not love with words or in talk only. Let us love by what we do and in truth.

1 John 3:18

INSPIRATION SECTION

My Story, My Ministry

I am on a mission, to be a missionary to the sick and hurting right here in Southern California. Some may not understand what I am about, but knowing my story may help bring understanding. Some may even want to join in my mission and my ministry after learning how my mission came to be.

I first came to the Colton Seventh Day Adventist Church in March, 2010. I was very sick and broken down, barely able to take care of myself. Many will remember me going about with a walker, not wanting to do much or go anywhere. I had a major energy problem. I knew I had many infections, but was having trouble getting doctors to treat them.

Lyme disease was one of my major infections, along with other tick-borne illnesses that were overwhelming my already-compromised immune system. I complained about my troubles, like many are prone to do. It is human to complain when things are not going well. Colton Church members surrounded me with love, encouraging me to keep on going even when things were hard.

I committed myself to reading the Bible, praying every day, and really following whatever I read in the Bible I learned that God hated complaining (look at the Israelites when they came out of Egypt) so I made a promise to not complain anymore. Then I adopted an attitude of gratitude, and I noticed that I was able to function a bit better. My promise did not stop me from telling my doctors and therapists what was wrong, but it did change the tone that I used when telling them.

The Bible, along with the findings of current science, taught me that the body, mind and spirit are intricately entwined. When the body is suffering the mind and the spirit have more difficulty communicating with God. When the mind or the spirit is troubled, there is often sickness or impending

sickness in the body. Restoring health to the body often results in restoring health to the mind and the spirit as well. Jesus said we are to worship God with all our heart and soul and mind and strength (Mark 12:20, Luke 10:27). These all go together, when one is not working right, it will affect the others.

God also helped me understand that my current problems with adult social skills



had their roots in autism. On the autism spectrum, I am high-functioning autistic adult. This explains why I have always felt separated from others by an invisible wall I couldn't break through. Even now, as a highly-educated grown woman, I am working on social skills I should have developed 50 years ago. The Bible teaches us to love one another and share each other's burdens. I am enjoying new friendships, and even when I feel very vulnerable, breaking through my fear with the help of God and the people God places in my life. No more hiding behind invisible walls for me. God has a better plan – to prepare me for my mission. And I welcome the progress unfolding day by day.

When I was very sick 4 years ago, the doctors either could not or would not diagnose that I had between 10 and 12 different infections raging through my body. All they could tell me was that my body was full of

inflammation for some unknown reason, and all I had to do was eat right and think right and all would be well. But my levels of inflammation did not go down until other more open-minded doctors stepped up and identified which infections were causing problems and treated them with the right herbs, supplements and medications.

While I was so sick, I made a promise. If I was healed, I pledged, I would use my knowledge to help others get better. I prayed for wisdom and insight into the healing therapies God has provided in natural therapies, herbs, and nutrients. Slowly, knowledge was revealed to me, knowledge that brought healing when I followed it. On one occasion, I heard God's voice saying, "Get this supplement, I will heal you with it." I did get it as fast as I could. And that was the major turning point in my recovery. When progress stalled, I prayed for wisdom to know how to break through that barrier. God was generous and gave me wisdom to find what I needed to know. Today, I am functioning way beyond what I ever expected when I was so sick.

God has led me back into the work force and has allowed me to be a missionary to many hurting people and families. I have been able to pray with a Buddhist lady, showing her a picture of God that she had not seen before. I have been able to comfort a mother with words from the Bible when her daughter was dying with cancer. I have shared Bible stories with several children and their parents. One daughter was trying to take care of her Dad. She and her fiancé wanted to get married before he died. The doctors did not think he was going to live for more than two weeks. I talked with Pastor Bell and they got married with her father present. Later, her oldest daughter told me that she had accepted Jesus into her heart. I have been able to encourage them to read their Bible (which I purchased for them) and pray. I am no longer taking care of that patient, but I still drop by to visit them. Through the knowledge that God gave me, I was able to add nutrients and supplements to the diet

of the patient, and he is still alive after 4 months. God is good, and He is still willing to heal.

A support group for people with chronic diseases was formed. Several members of the community have joined the support group and actively participate. One member has found a peace after starting to read a portion of the Bible every day. Several have been able to make changes to their diets and supplement regimes because of presentations made at the beginning of the support group meetings. These changes have resulted in greater functioning on the part of the member. Our support group has been a great outreach to the community and people are being blessed.

God has also supplied me with a number of therapeutic devices that have contributed to my healing. But they are all stacked up in my house. They are not easily transportable to help others. My guidance is to share my professional skill using these devices with others who are suffering, but I still need a place where I can make this healing available to many. That is why California Integrative Care, Inc. has been born. Our non-profit 501c3 status is in process. My vision is for CIC, Inc. to be a clinic where people can strengthen their relationship with God while regaining and maintaining their health.

God has also supplied two nurse practitioners and a business manager who have the same vision. Together, we are working on starting a new ministry for health in this area. Our vision is to help people get healthy and stay healthy by looking for all the toxins and hidden infections (which most doctors miss or ignore) that contribute to poor health and chronic diseases, and then applying new health regimens to clear and alleviate the chronic problems I have been told to help God's children who are sick and suffering, by providing healing remedies to their bodies and souls. I am directed to point the sick to God as the true healer while ministering to their wounded bodies. Whenever I feel lacking

in the specialized training necessary in this healing ministry, God has provided in that department as well. I have met people that had the skills that were needed to advance this ministry along to where it is today. We pray continually that God will continue to guide us in the planning of this ministry clinic.

As a health care provider establishment,



California Integrative Care must also be run efficiently as a business. At the moment our start-up expenses seem overwhelming, but nothing is impossible with God. Because we are looking to benefit the community, it has been set up as a non-profit business. Nobody is looking to make a profit off of others misfortune. The workers in the clinic will receive wages according to prevailing wages for their classification, and all profits will be turned back into the clinic to purchase more equipment or put into the "Pay It Forward" fund.

The "Pay It Forward" fund will be used to help subsidize the healthcare of those who are unable to pay out of their own resources. We do not want to turn anyone away from health simply because their finances have been stretched past the breaking point already. This is to be a true

ministry to help all regain their health, or to keep their health if they are still healthy.

In summary, I was sick in body, which affected my spiritual life. God healed my body and drew me close to Him. Now I am to use the gifts God has given me to minister to the sick in the church and the community, to bring healing to the body so God can heal the mind and the spirit. Will you join me in bringing the sick and suffering to Jesus for healing of body, mind, and spirit? We need prayer support and financial support. If you choose to make a financial donation, it will be tax deductible.

Thank you, Anne Mears

Potluck greens

2 bags of prepared chard, kale, spinach, and mustard

-Or -

1 bunch each of chard, kale, spinach and mustard

1 large onion, coarsely chopped

5-7 cloves of garlic, crushed

¼ cup coconut oil

Salt to taste

1 package feta cheese (I prefer goat, but any feta cheese will work)

Preparation:

Wash and chop bunches of greens if not already chopped. Steam greens for 8-10 min until tender.

While greens are steaming, sauté onions in coconut oil until tender, then add minced or crushed garlic and sauté for another 1-2 minutes. Salt to taste.

Mix steamed greens with sautéed onions and garlic in a large bowl. Toss to mix well. Transfer mixture into serving dish and sprinkle with feta cheese.

Serve

7 Foods to NEVER Eat

On Behalf Of Js Fitness

Are you eating the wrong foods?

I see it happen all the time...fitness results that are thrown away by eating the wrong foods. Don't let this be you. You workout hard, so keep your results by avoiding the following 7 foods:

1) Don't Eat White Pasta

White pasta will never be OK to eat when your goal is to look fit. Sorry, it's filled with way too many simple carbs. These plentiful carbs have one singular goal: to become stored on your body as fat.

Eat This: Spaghetti Squash

On those nights when you really crave a big bowl of noodles, try this instead. Poke a spaghetti squash all over then bake at 400 degrees F for 45-60 minutes. Remove from the oven, allow to cool, scoop out the seeds and then scrape out the long, noodle-like strands of squash. Serve these healthy noodles with spaghetti sauce and meatballs.

2) Don't Eat Store Bought Salad Dressing

The nutritional benefit of your salad is all but undone by the questionable ingredients in store bought salad dressing. From trans fats to preservatives, store bought salad dressing is a landfill of unnatural ingredients that are best avoided.

Eat This: Simple Homemade Dressing

Making your own salad dressing is so simple, it literally takes less than five minutes, and it tastes so much better freshly made. Here's the equation to use when making your own dressing:

3 parts high quality oil - extra virgin olive oil, hemp seed oil, flax seed oil, or sesame seed oil.

1 part something acidic - vinegar, lemon, lime

A dash of salt and fresh ground pepper

Some fresh or dried herbs

3) Don't Eat Packaged Granola Bars

Packaged bars have one thing going for them - the convenience factor. This convenience comes at a price, as each packaged bar contains more preservatives, carbs, calories and sugars than you should be eating.

Eat This: Raw Nuts

When you need a quick, energizing snack look no further than a handful of raw nuts. This is a great way to cut down on the sugar and other harmful additives in granola bars while still enjoying a convenient energy boost.

4) Don't Drink Blended Coffee Drinks

Coffee chains have made it socially acceptable to sip on a large blended coffee drink topped with whipped cream, anytime and anyplace. Unfortunately your body is going to respond to all that sugar in the only way that it knows how...by storing it as fat. These blended drinks are extremely addictive, so it's best to avoid them completely.



Drink This: Unsweetened Iced Tea

The whole idea behind blended coffee drinks is to quench your thirst, but there are more fitness-friendly ways to do so. Double brew 4 cups of your favorite tea - try Chai Rooibos - then chill it in the fridge for a few hours. Serve over ice and sweeten with a sprinkle of Stevia if needed. Guilt-free refreshment.

5) Don't Eat Fast Food Breakfast Sandwiches

The drive thru may be calling you, especially when you've left for work in such a hurry that you forgot to eat breakfast, but don't give in. Fast food breakfast sandwiches are filled with loads of preservatives, trans fats and questionable ingredients. Not to men-

tion these little breakfast bombs contain more calories and fat than you need in the morning.

Eat This: Healthy Mini Muffins

The recipe below for Healthy Mini Muffins make the perfect on-the-go breakfast or snack to keep you out of the drive thru line. Make a batch on the weekend to stock the fridge and then grab as needed throughout your busy week.

6) Don't Eat Sweetened Yogurt

Little cups of fruit-flavored yogurts are often marketed as the next best weight loss secret, but you know better. These ultra-sweet concoctions are filled with sugars, corn syrup and preservatives, which will derail your fitness results and send you on a sugar high.

Eat This: Plain Greek Yogurt with Fruit

Plain Greek yogurt has more protein and far less sugar than the cute little fruit-flavored yogurt cups. Dress it up by adding your own, chopped fresh fruit.

7) Don't Eat Potato Chips

Around three o'clock in the afternoon, when that vending machine is calling out your name, remember this fact: Studies suggest that a potato chip habit caused subjects to gain weight even faster than an ice cream habit. This is likely due to all the preservatives, trans fats, empty calories and salt, and how hard it is to each just a few.

Eat This: Bake Kale Chips

Kale chips are crunchy and satisfying, just like potato chips, yet you're able to crunch away guilt-free. Filled with fiber, protein and real food nutrients, this is one crunchy snack that won't expand your waistline. Here's how to make them at home: Wash and tear one bunch of kale into chip-sized pieces. Toss with a Tablespoon of olive oil and season with salt and pepper. Place on a baking sheet and bake at 300 degrees F for 12-15 minutes.

The quickest and most permanent way to lose weight and feel amazing is through a combination of healthy eating and consistent, challenging workouts.

I'm here to help you meet your fitness and weight loss goals.

You deserve that fit and attractive body - I can help you get it.

Call or email today and together we will get you on the path to your best body ever.

Pack Your Snack

How tempting will that vending machine or drive thru be if you have a home-packed snack ready to go at the first sign of hunger? Not as tempting, that's for sure.

Make it a habit to pack wholesome, energy-inducing snacks with you each day and watch how quickly your fitness results start to show.

Healthy Mini Muffins

Need a quick breakfast or snack item that won't erase that awesome workout you just did this morning? Whip up a batch of these gluten and sugar free mini muffins and stock your fridge with the perfect on-the-go snack. Servings: 24 mini muffins
Here's what you need:

1/2 cup blanched almond flour

1/2 cup flax meal

1 Tablespoon coconut flour

1 teaspoon baking soda

1/2 teaspoon salt

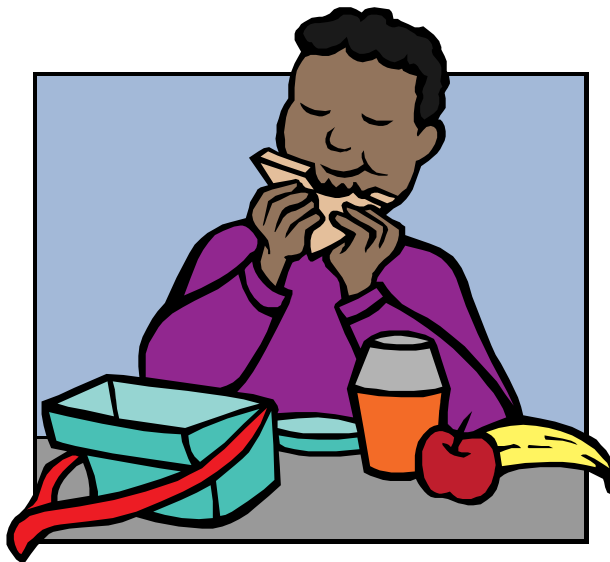
1/2 teaspoon ground cinnamon

3 eggs

half of a ripe banana, mashed

1/3 cup coconut crystals

2 Tablespoons pure maple syrup, grade b



1/4 cup coconut milk, canned, full fat

2 Tablespoons almond butter

Con

1 teaspoon vanilla extract

1 Tablespoon coconut oil, melted

1/2 cup golden raisins

1/2 cup raw pecans, chopped

Preheat oven to 350 degrees F. Lightly grease a mini muffin pan with coconut oil.

In a medium bowl combine the almond flour, flax meal, coconut flour, baking soda, salt and cinnamon.

In another medium bowl combine the eggs, banana, coconut crystals, maple syr-

up, coconut milk, almond butter and vanilla. Mix until smooth. Add the dry ingredients into the wet ones and mix well.

Slowly add the melted coconut oil, mix until all the lumps disappear.

Add the raisins and pecans and mix well.

Divide the batter for 24 mini muffins. Bake for 15-20 minutes, until golden and fully set.

Cool on a wire rack for 10 minutes. Store in an airtight container in the fridge.

Nutritional Analysis: One Serving equals: 88 calories, 6g fat, 65mg sodium, 7g carbohydrate, 1g fiber, and 3g protein

Contributed by Teresa Padilla

ACTIVITIES REPORT

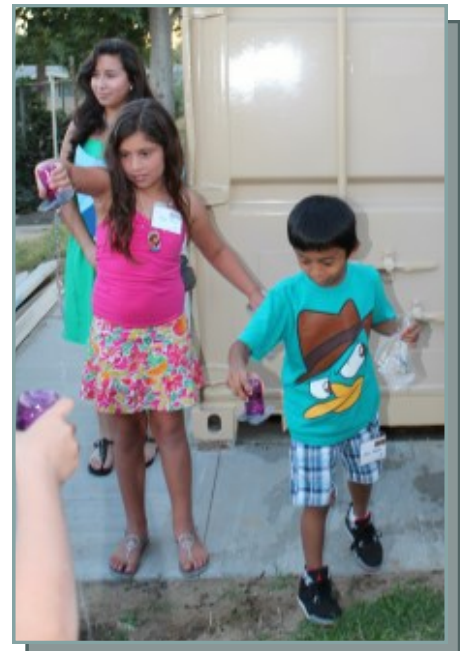
Vacation Bible School

Singing



Crafts

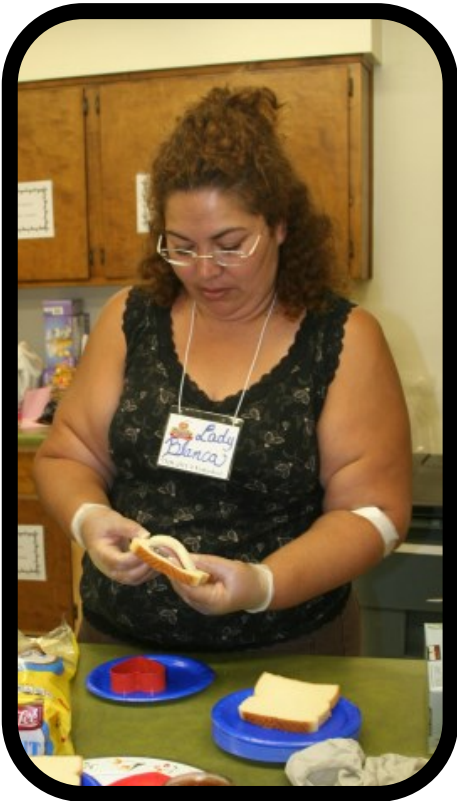
Crafts



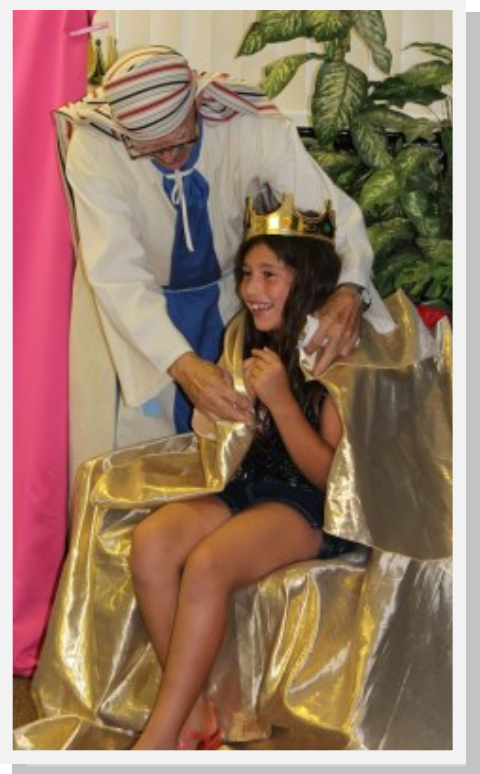
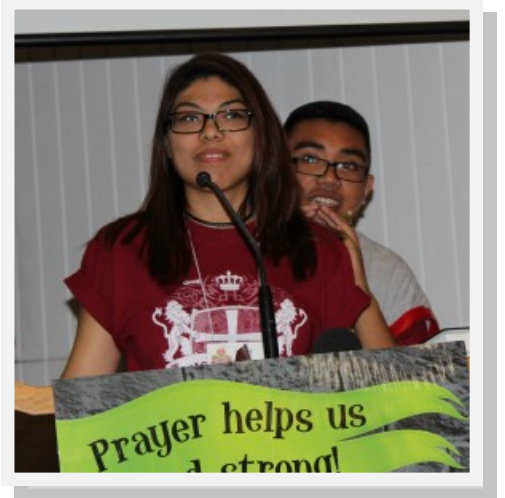
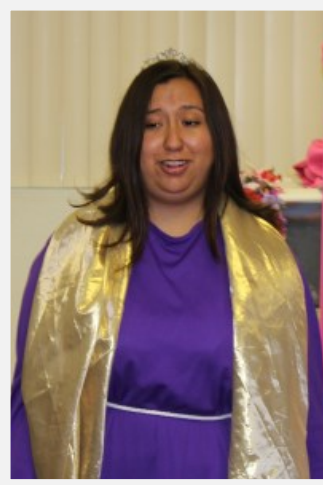
Games



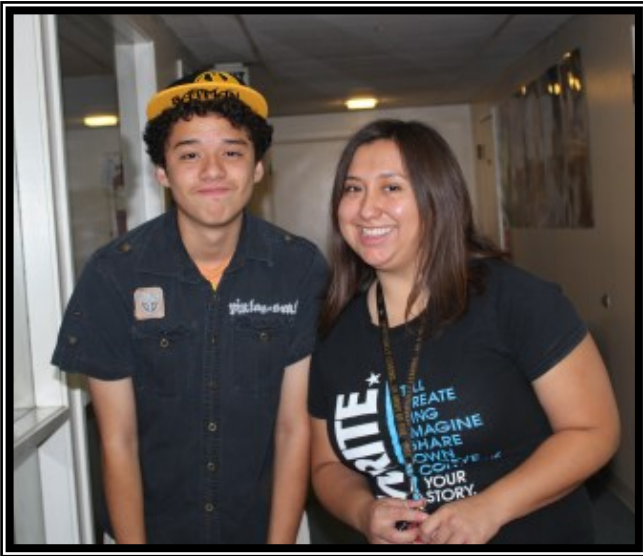
Snacks



Stories







Smiles



Colton SDA Church

This newsletter was sent to you by a member of the Colton SDA Church.

Place
Stamp
Here

Mailing Address
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Colton, CA 92324

Street Address
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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.

Judgment Day

Complete the acrostic with the names of the major judges. O.K., so it's misspelled. God must not have been able to find any qualified people with U names.

1. J _ _ _ _ _

2. O _ _ _ _ _

3. D _ _ _ _ _

4. G _ _ _ _ _

5. E _ _ _ _

6. S _ _ _ _ _

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 6	August 10
September 10	September 14
October 8	October 12
November 5	November 9
December 10	December 14

Answers to Last Month's Trivia

- Verily I Say To You
- | | |
|-------------------------------|-----------------------------------|
| 1. Zaccheus. Luke 9:5 | 6. Nicodemus. John 3:16 |
| 2. Mary Magdalene. John 20:5 | 7. Nathanael. John 1:47 |
| 3. Joseph and Mary. Luke 2:49 | 8. Peter and Andrew. Matthew 4:19 |
| 4. Peter. Luke 22:61 | 9. The disciples. Matthew 16:13 |
| 5. Martha. Luke 10:42 | 10. Pontius Pilate. John 19:11 |