

Colton Seventh-day Adventist Church

Newsletter

March 2014

Mark Your Calendars



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

Mar 5 (Wed) 7:00 PM Prayer Meeting
 Mar 5 (Wed) 8:30 PM Elder's Meeting
 Mar 6 (Thurs) 6:30 PM "Fit for God"
 Mar 8 (Sat) 11:00 AM Communion Sabbath

Mar 8 (Sat) 1:00 PM Outdoor Potluck
 Mar 8 (Sat) 3:00 PM Children's Ministries Bible Adventure
 Mar 12 (Wed) 7:00 PM Prayer Meeting
 Mar 13 (Thurs) 6:30 PM "Fit for God"

Fundraiser Benefited Mikki Alvarez



Kim Levisque and Makenna Costelow shop at the sale.



Sarah Amento and Mikki Alvarez share a special hug.

Sale raises money and spirits for Alvarez family



Lemonade for a really good cause

Joseph DeMarco, left, Ellie Najara and Sarah Mihaila run a lemonade stand on Feb. 1 at Inland Leaders Charter School on California Street as part of a benefit for the Alvarez family. DeMarco said he was happy to be able to help out. "It's always good to help people through a rough time," he said. See photos and story of the yard sale on Page 24. *Natalie Palmer/NM*

The body of Christ is alive and at work! If you doubt that read on. Mikkie, Cathy Davis's daughter, has been struggling with a very aggressive brain cancer. She recently decided to enter hospice care. When Sarah Amento, herself a cancer survivor, learned of Mikkie Alvarez's brain cancer and her decision to enter hospice, she took action. Within 24 hours she arranged a combination garage, bake, and lemonade sale to benefit the Alvarez family to show Mikkie her family is and will be supported by her community.

The sale was held on February 1 on the site of Inland Leaders Charter school where Mikkie's daughter (Cathy's grand-daughter) attends.

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Verse of the Month

The Lord is faithful to all his promises and loving toward all he has made.

Psalms 145:13b

(Continued on page 5)

INSPIRATION SECTION

7 Awesome Reasons To Be Fit

J's Fitness Newsletter

I spend a lot of time talking about what it's like to be working towards your fat loss goal, with your perfect body somewhere off in the distance.

Today I'm going to switch perspectives and turn the focus onto how it feels to BE at your ideal weight.

In addition to getting you pumped up and motivated to work even more diligently towards your goal, studies have shown that those who spend time visualizing the accomplishment of their goal have a higher success rate in actually getting there.

So if you are still working towards your goal then sit back and let the following 7 Awesome Reasons to be FIT really sink into your mind. Visualize the following as being a part of your reality.

Awesome Reason To Be FIT #1: You Always Look Great

When you are at your ideal weight clothes look and feel amazing. Every. Single. Day. Gone are the days of looking for ways to cover your 'problem' areas because even those areas look great. Friends, family members and co-workers tell you how fantastic you look and that you've never looked better.

Awesome Reason To Be FIT #2: Your Confidence Is High

The act of accomplishing any worthwhile goal is enough to seriously boost your confidence, and this is even more apparent when reaching a fitness goal. When your body goes through a transformation there's no hiding it. You are tighter, leaner and more attractive. You stand straighter, walk taller and exude a genuine confidence that can't be missed.

Awesome Reason To Be FIT #3: You Have Lots Of Energy

Before you met your fat loss goal, getting off the couch was a challenge...one that you didn't always win. Once you became fit, new surges of energy course through your veins. You thrive on motion and activities

that used to tire you out now leave you energized.

Awesome Reason To Be FIT #4: You Are Strong

The life of a truly fit person knows no limits! In your free time you hike, bike, walk, pick up new hobbies and play with the kids. Picking up items that used to feel heavy is now a breeze as your functionality for daily tasks has never been stronger. Gone are the days when you'd tell yourself, "I can't do that. I'm not strong enough."

Awesome Reason To Be FIT #5: You Have No Health Worries

You'll never forget the look on your doctor's face when examining your transformed body. Gone is the lecture about the many risks of weight-related ailments. Those days are behind you. Your healthy, strong thriving body is health-worry-free.

Awesome Reason To Be FIT #6: You No Longer Have Weight To Lose

How long have you been trying to lose the fat and get down to your ideal weight? Long time, right? In all that time your fat loss goal has been a giant monkey on your back - always in the back of your mind, always weighing you down.

Guess what? Poof! That giant monkey disappeared the day you reached your goal weight and in its place came a sweet, carefree peace of mind.

Awesome Reason To Be FIT #7: You Are Able To Enjoy Life

Once you transformed your body, life got decidedly more fun and exciting. You never knew how much your weight had held you back from excitement and adventure until the day that burden was lifted. You now enjoy life with carefree abandon - the way you were designed to.

If these 7 Awesome Reasons To Be FIT have lit a fire under you to reach your goal weight once and for all then reach out to me right now. Call or email and I'll have you sailing toward your FIT body in no time.

But don't wait—to do so would be to risk losing the motivation that you feel right now. I'm here to help you transform your body with a specialized fitness plan that's designed to quickly get you to FIT.

What are you waiting for? Begin your body transformation today!

What Motivates YOU?

The success or failure of your fitness routine heavily depends on the intensity of your motivation. In order to stick with it, even when it's hard and you're tired, you'll need to fixate your mind on a single motivating thought. This may be a mental picture of what you will look like in your skinny jeans, the thought of how relieved you'll be when the doctor give you a clean bill of health, or the reaction that your friends and family will give once you reveal the new you.

Discover what motivated you the most then direct your focus there. Bring this thought to mind whenever you feel like giving up and going back to your unhealthy lifestyle.

No Bake Banana Chocolate Protein Bars

Now you can quickly and easily make your own protein bars at home! This no bake recipe takes high quality protein powder and combines it with wholesome, real food ingredients to create a delicious protein bar to power your day. Store these in your freezer, then simply allow to defrost for a few minutes before enjoying. Serving: 10

Here's what you need...

1 cup vanilla protein powder

1/4 cup coconut flour

2 mashed bananas

1/2 cup coconut milk

1/4 cup water (and more if needed)

1 teaspoon vanilla extract

2 Tablespoons mini chocolate chips

1 oz dark chocolate (70% cocoa or higher)

1 teaspoon coconut oil

In a medium bowl combine the protein

powder and coconut flour.

In another medium bowl mash the bananas. Add the coconut milk, water and vanilla, mix until smooth. Add the dry ingredients and mix until fully combined. If the batter is dry then add a few more drops of water. Mix in the chocolate chips.

Line a freezer-safe plate with wax paper.

Form the dough into 10 bars. Place on the wax paper and put in the freezer for 20 minutes.

In a double boiler over medium-low heat (make your own by placing a small saucepan directly in a skillet that has few Tablespoons of water) melt the dark chocolate and coconut oil.

Remove the bars from the freezer and

drizzle or dip in the melted dark chocolate. Return to the freezer for 10 minutes until the chocolate has hardened.

Nutritional Analysis: One bar equals: 183 calories, 6g fat, 11g carbohydrate, 99mg sodium, 5g fiber, and 18g protein

Contributed by Teresa Padilla

Lemonade Fast

Ingredients

¾ cup of fresh squeezed lemons.

¾ cup of maple syrup grade "B"

8 cups of water

Drink (1) 8 oz. cup of above mixed ingredients approximately every 2 hours or sooner. You can drink it either hot or cold. You may also drink as much water as desired.

If you get hungry, you may drink more of the mixture.

Before drinking a cup of mixture put a pinch of cayenne pepper. Don't put cayenne pepper in the 8 cups of water only in the cup you will be drinking.

Drink 8 - 12 cups of water or more per day.

If not having a bowel movement every

day, drink 1 quart of warm salt water.

Fast is for 10 - 15 days

Caution

If you have any chronic illness or health problems consult with your doctor. Not all fast are healthy for everyone.

Contributed by Dovee

Fighting Viruses with Herbs and Supplements

Several herbs have anti-viral properties, which can be useful in combatting viral infections of all sorts. This is a review of just a few of the herbs, with some others that can be researched later. This is not intended to be a comprehensive list, nor are any of these proposed as being able to treat or cure any specific disease or infection. This is also not a substitute for medical care. Please consult your physician or other medical care provider for more information about specific conditions.

Vitamin D

Several doctors, including Dr. Miller and Dr. Mercola recommend taking Vitamin D during the winter months instead of getting a flu shot. Just increasing Vitamin D levels in winter can reduce the chance of actually getting sick with the flu by 50%, which is much better than the flu shot. The flu shot, in real-life conditions, prevents about one case of flu per 100 people. In laboratory conditions, it is about 48% effective. When measuring Vitamin D blood levels, the average person gets the best protection when levels are above 50 nmol/L. The chronically ill person gets the best results when blood levels are be-

tween 75-100 nmol/L. Most people with average sun exposure can take 5,000 i.u. to 10,000 i.u. daily to maintain these blood levels. A short burst of 50,000 i.u. daily for 7-10 days may be beneficial in fighting a new infection when Vitamin D has not been supplemented recently. If blood levels get above 125 nmol/L, there may be adverse reactions. It is wise to get blood levels checked at the beginning of flu season and adjust supplementation accordingly.

Vitamin C

Vitamin C is vital in fighting infections of all sorts, but especially viral infections. It has recently been proven that Vitamin C is helpful in fighting cancer and increasing the effectiveness of chemotherapy. Vitamin C needs to be taken frequently, as the half-life is relatively short. About 6-8 hours after taking a dose, approximately 50% of it has been used or eliminated. It is difficult to overdose on Vitamin C. The worst effect of an overdose is diarrhea. Suggested doses for maintenance is 500 mg to 1000 mg every 4-6 hours to maintain a good blood level. For acute illnesses that involve congestion, a dose of 1,000

mg can be taken every 10-15 minutes, until the congestion clears or the diarrhea starts. There are several forms of Vitamin C. The most common one is Ascorbic Acid. This form is hard on the GI system and is more likely to cause diarrhea at lower doses. Sodium ascorbate is the easiest on the stomach and intestines. This form is tolerated at much higher doses without causing diarrhea. Magnesium ascorbate is another form that will also provide magnesium which is often deficient in many people. Vitamin C can also come with a coating of fat, called liposomal Vitamin C, which is the best absorbed of any of them. Liposomal Vitamin C is available commercially, but it is expensive. Fortunately, it is easy to make with the right equipment. Here is what you need.

1 ultrasonic jewelry cleaner

3 cups filtered or distilled water

6 tsp Lecithin granules. (Look for Non-GMO or sunflower)

3 tsp Ascorbic Acid

Soak the lecithin granules in 1.5 cups of water for about 20-30 minutes. Mix the Ascorbic Acid with the remaining water. Add the Ascorbic acid mix to the lecithin

mix and blend together. Pour mixture into ultrasonic jewelry cleaner and turn on for 8 minutes. You may need to do this in 2 batches if the cleaner is not big enough to hold all of the mixture at once. Pour into a glass container and cover with a plastic lid. (Metal lids will start to rust from exposure to Vitamin C.) Dose is ½ oz to 1 ½ oz twice a day. One oz = about 1,200 mg of Vitamin C, which is about the equivalent of 6,000 mg Vitamin C given by Intravenous therapy. This mixture is stable for several weeks in the refrigerator.

For those that want to make their own Vitamin C powder, take the peels of well-washed organic oranges, lemons, and limes. Let them dry for several days until hard. The grind the dried peels into a powder using a blender. This powder can be added to smoothies or other foods. This will result in the Vitamin C and all the components that help it work, which is probably better than most commercial preparations.

Zinc

Zinc is vital for the immune system to function in fighting any infection. Zinc gluconate is the most common form of zinc on the market, but it is not very absorbable. Zinc citrate, zinc chelate, or zinc picolinate are better absorbed. Taking too much zinc can result in diarrhea or copper deficiency, or other problems. Not taking enough can result in immune problems.

Olive Leaf Extract

Olive leaves have many healing properties. They are anti-inflammatory, anti-viral, anti-fungal, and anti-bacterial. Regular use can help boost the immune system, and improve the symptoms of heart disease, HIV, digestive problems, yeast, urinary tract infections, cancer, chronic pain (often due to infections) and arthritis. Other benefits include reducing blood pressure and blood sugar, as well as supplying anti-oxidants to help maintain general health. Olive leaf extract can be taken for long or short periods of time, depending on the illness. Chronic or persistent infections may require frequent dosing for many months. It is best to start slow at first, especially when dealing with a chronic illness, as it may produce a herxheimer reaction which is caused by killing too many pathogens at once. Look for standardized products of oleuropein.

Dosing ranges from 1-2 caps each day to 3-4 caps four to five times a day for someone with a severe, acute illness. Reduced doses are recommended for children.

Be sure to check with your health care provider for possible interactions with medications before starting this herbal product.

Elderberry

Elderberries have many uses, besides fighting colds and flus. They also improve eye health, boost the immune system and help to lower the bad cholesterol without damaging the liver. The scientific name for Elderberry is *Sambucus nigra*. This is the variety most often used in supplements. This variety can be eaten raw, but the best benefit comes when the berries are cooked a little. Other varieties of elderberries must be cooked to remove the poisonous effect. It is possible to make your own Elderberry syrup. Here is the recipe.

Homemade Elderberry Syrup Ingredients:

- 2/3 cup black elderberries
- 3.5 cups of water
- 2 T fresh or dried ginger root
- 1 tsp cinnamon powder
- 1/2 tsp cloves or clove powder

1 cup raw honey

How to Make Elderberry Syrup:

Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!) Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half. At that point, remove from heat and let cool enough to be handled. Pour through a strainer into a glass jar or bowl. Discard the elderberries (or compost them!) and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well. When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind. Ta Da! You just made homemade elderberry syrup! Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity. Standard dose is 1/2 tsp to 1 tsp for kids

and 1/2 Tbsp to 1 Tbsp for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

<http://wellnessmama.com/1888/how-to-make-elderberry-syrup-for-flu-prevention/>

Oil of Oregano

Oil of oregano is a very potent antimicrobial. In some studies, it has outperformed antibiotics, especially with some anti-biotic resistant organisms. Oil of oregano does not come from the common oregano grown in most gardens or sold in most grocery stores. There are many different kinds of oregano and the most beneficial to health are found in the wild around the Mediterranean. *Thymus capitatus* is found mostly in Spain, and *Oreganum vulgare* is found in most other areas in the Mediterranean. If the oregano is not from one of these two varieties, there is little health benefit. Other varieties do not make the same components when they grow.

Some of the beneficial components in oregano are also found in other plants, but oregano has combined them all into a very potent oil that is anti-bacterial, anti-mold, anti-fungal, and antiseptic.

Carvacol is probably the most powerful of these components, but it works best when combined with the others components. It has been found effective in eliminating candida, aspergillus mold, staphylococcus, campylobacter, klebsiella, e. coli, giardia, pseudomonas, salmonella, and listeria. Tymol works against fungus. It is sometimes used in mouthwash. It helps boost the immune system and encourages healing of tissue while preventing further damage.

Terpenes are also found in pine trees.

This is the source word for turpentine.

Terpenes also have anti-infective properties, which is why turpentine is often used as a cleaning agent.

Rosmarinic acid is a very strong antioxidant which can prevent free radical damage and has been shown to be beneficial in preventing heart disease and cancer. It can also be effective in treating allergic asthma and is a natural antihistamine. Naringin is also found in grapefruit. It can inhibit cancer cells and works as an antioxidant.

Other nutrients found in oil of oregano include vitamin E, calcium, magnesium, zinc, iron, potassium, copper, boron, manganese, vitamin A, vitamin C, and niacin.

Grapefruit Seed Extract

Grapefruit seed extract is a very powerful anti-infective herb. Some studies have shown it to be effective against many pathogens, including some that are antibiotic resistant. It is also anti-fungal. It can be

used as a water-purifier when traveling to areas that do not have safe water. It does not destroy the good bacteria. It can be found in capsules or in liquid form. The liquid form is very versatile. It needs to be diluted or it can cause a chemical burn. It is taken by the drop and diluted with water. Start with a low dose and work up to about 15 drops 3 times a day. Higher doses

can be taken, as no over-dose has been identified that is within reason. It can be applied straight to warts 1 or 2 times a day to get rid of the warts.

Sponsored by: Colton Seventh Day Adventist Church, Mears Infusion Consulting and Lyme Education, and California Integrative Care

Mikki Alvarez

(Continued from page 1)

Cathy reports that God worked in a powerful way that day. Even the night before a gentleman came by the site and donated \$1000 and offered to pay for Mikkie to see a out of state specialist! On the day of the event thousands of dollars in cash and gift cards were donated. As evening came it seemed time to clean up Cathy felt they should wait just a little longer. In just a short time another gentleman arrived and donated another \$1000! According to a Yuciapa newspaper \$8,400 was raised to help the Alvarez family financially during this very difficult time. All of this accomplished in just 24 hours of time.

The Yuciapa Little Theatre also jumped to the cause and will dedicate the performance on Thursday, March 27 at 7:00 p.m. to continue fundraising for Mikkie and her loved ones. Hopefully some of our own church members will be able to attend. The theatre is at 12135 California St, Yuciapa.

This outpouring of love and support for Mikkie and her children is proof of Psalms 145:9 "The Lord is good to all; he has compassion on all he has made." Suffering is a part of life in this world but God still sees us with compassion and love. God uses his children, of all faiths, to show his compassion. This time He chose Sarah Amento

and all the other volunteers of the sale to uplift Mikkie and her family. Praise the Lord!

Continue to keep Mikkie and her whole family, especially our very own Cathy, in your prayers during this incredibly difficult time. Mikkie was the primary support of her three children. If you can give a monetary gift please contact one of the elders.

Kristi Cruise

Pictures from local newspapers and contributed by Cathy Davis.

Farewell

Dear Church Family,

It has been my privilege and blessing to create this newsletter for our church since 2008. As most of you know, my husband Rob has accept a new position at St. Joseph's Hospital in Eureka, California. He has already settled there and began his new job this week. We feel strongly that God has lead us to this new chapter in our family's life, but leaving you is still very hard. Nine years ago we began looking for a church that would be family friendly for the baby boy we were expecting. We found all of you! This church family has supported us through happy times and very trying times. I have grown tremendously in my faith while I have been a part of this church and have learned how to be a servant as well. Although we will be far away in body, in our hearts you will always be close. Please keep us in your prayers now and in the future. If we learned nothing else here, it is that God answers prayer!

Carmi will be taking over the Newsletter I ask that you support her in this ministry as you have supported me. May God continue to bless His church body and each of its members more richly than He already has.

Your Sister in Jesus,

Kristi Cruise

Colton SDA Church

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

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 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 Carmi Lopez.

2014

Submission Deadline Date by 5 PM	Distribution Date
April 22	April 26
June 24	June 28
August 26	August 30
October 21	October 25
December 16	December 20

Match The 'Ites

- | | |
|---------------|---------------|
| 1. Gilonite | A. Uriah |
| 2. Tishbite | B. Araunah |
| 3. Canaanite | C. Mamre |
| 4. Hittite | D. Aaron |
| 5. Jebusite | E. Elijah |
| 6. Ammonite | F. Ahithophel |
| 7. Moabite | G. Shua |
| 8. Amorite | H. Jephthah |
| 9. Levite | I. Nahash |
| 10. Gileadite | J. Ruth |

Answers to Last Month's Trivia

- The 12 Tribes of Israel
- | | |
|---------------------|----------------|
| 1. Asher | 8. Gad |
| 2. Naphtali | 9. More of Dan |
| 3. Dan | 10. Ephraim |
| 4. Manasseh | 11. Benjamin |
| 5. Zebulun | 12. Judah |
| 6. Issachar | 13. Simeon |
| 7. Manasseh, again. | 14. Reuben |

