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# Arden Hills News

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Arden Hills Seventh-day Adventist Church Newsletter, Vol. X #1

Spring 2019

Editor - Bonnie Szumski

## Pastor Gerald Penick Retired Pastor John Anderson to Lead Us For Now Search Committee

Pastor Penick was our interim pastor for two years. He retired at the end of January. Pastor and his wife, Linda, are moving to Texas soon. They have a house and all their furniture has already been moved there. We had a going away celebration on their last Sabbath, January 26. The church family gave them flowers and a clock that plays music on the hour. Cards were signed for them, too. There was a fellowship dinner with two cakes to help celebrate. He ended his time at Arden Hills recovering from surgery to have a total knee replacement. We pray that his recovery is complete, and that they will have a blessed retirement with their children and grandchildren in Texas.

We are blessed to have John Anderson, pastor of the Mentone Church, and his wife, Sandy. They are here to help oversee us until we get a pastor. He is very nice and I'm sure you will enjoy having him lead us. Pastor Anderson has arranged several speakers to give sermons every week. The search committee has sent in all the paperwork so the conference office can send us some men to interview. In the meantime, please pray that the committee will be able to find the right pastor for us. May God lead us to a godly man who will be a good leader.



*Faith is a footbridge that you don't know will hold you up  
over the chasm*

*until you're forced to walk on it.*

*Nicholas Wolterstorff*

### Editor's Page

Be sure and note the special anniversaries on page 5. Art and Jan Peterson have declined to have a 50<sup>th</sup> anniversary at the church. It would be nice to give them a card to recognize this special milestone in their lives.

I recommend the book in the Book Review on page 5. Dwight Hall gives his story and some parallels that he has found from his time as an Army Ranger and as Christian. He quoted a saying, "If you were brought to trial on charges of being a Christian, would there be enough evidence to convict you?" It's a good question to ask ourselves.

Read about the VBS program on page 6. It will be in the evenings of June 24 to 28 with a special program during the worship service on June 29.

~Bonnie

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#### In this issue:

Pastor Retired, John Anderson Here . . . . .	1	Special Birthdays . . . . .	5
Editor's Page/What is More Valuable . . . . .	2	Book Review . . . . .	5
Recipe Corner/Health Nugget . . . . .	3	Christmas Outreach Report . . . . .	6
Birthday List . . . . .	4	Community Service Report/VBS . . . . .	6
Wedding Anniversaries . . . . .	5	Calendar/At Rest/Outreach . . . . .	7

### What Is More Valuable Than Gold, Pearls or Costly Array?

"Meekness is the inward adorning, which God estimates as of great price. The apostle speaks of this as more excellent and valuable than gold, or pearls, or costly array. While the outward adorning beautifies only the mortal body, the ornament of meekness adorns the soul, and connects finite man with the infinite God. This is the ornament of God's own choice. He who garnished the heavens with the orbs of light has by the same spirit promised that He will "beautify the meek with salvation" (Psalms 149:4). Angels of heaven will register as best adorned, those who put on the Lord Jesus Christ, and walk with Him in meekness and lowliness of mind." Review and Herald, Jan. 18, 1881.

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Make it a game of finding something positive in every situation.  
Ninety-five percent of your emotions  
are determined by how you interpret events. Brian Tracy



## RECIPE CORNER - Broccoli Fruit Salad

2 large pieces of broccoli, cut into small bits  
1/2 cup roasted almonds, slivered or diced  
1/4 cup sunflower seeds  
1/3 cup roasted pumpkin seeds  
1/2 cup golden raisins  
1/2 cup craisins  
1 honey crisp apple, diced  
1/4 red onion, sliced finely

### Dressing:

1 cup veganaise or mayo  
Juice of 1 lemon  
3 - 4 pkgs of stevia or  
1/2 cup evaporated cane sugar

Put all salad ingredients in a bowl. In a small bowl add dressing ingredients and mix well. Add to salad mixture and fold in until evenly covered. Chill until served.



## HEALTH NUGGET - Cruciferous Vegetables

You have probably heard of cruciferous vegetables. They are called that because their flowers have 4 petals that resemble a cross. These vegetables are in the brassicaceae family, pronounced bra-si-ka and have many great health benefits!

They are great sources of vitamin C, vitamin A, calcium and fiber. They also have many nutrients and phytochemicals (plant chemicals) that help to fight diseases and keep us healthy. One of those diseases is cancer. Broccoli, for instance, has 33 compounds that help prevent cancer. These vegetables can fight bacteria and viruses that come into our bodies. They help lower the bad cholesterol which helps prevent heart disease. Cabbage juice can help with relieve stomach and duodenal ulcers.

In this category are broccoli, cabbage, cauliflower, Brussel sprouts, cabbage, bok choy, turnip greens, arugula, kale, collard greens, kohlrabi, and water cress. There was a reason that your mother told you to eat your vegetables. God had it all planned. If we eat our vegetables, we are going to be healthier, and these cruciferous vegetables are good to keep in our arsenal against diseases!

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*I have learned not to let compliments go to my head,  
nor criticisms to my heart. John Hope Bryant*

# Birthdays List

## March

Janean Blackwelder  
Gesenia Roldan  
Eleanor Dosey  
Beulah Cheever  
Joy Lindquist  
Justin Budd  
John Turner  
Carl Feldman  
Madison O'Kelly  
Shannon Small  
Wayne Budd  
Donna Sahlin  
Maxine Taylor  
Jerry Lee  
Dina Silos  
Keith Teele  
Troy Ballantyne  
Dan Drouault  
Matthew Wolfe  
Casey Small  
Bonnie Szumski

Melissa Lopez  
Wanda Watson  
Duane Zumwalt  
Va'ai Lockhart  
Rylan Means  
Arturo Munoz  
Mark Luis Lawrence, II  
Jay Bowman

## May

Daniel Salander  
Rita (Tolson) Figueroa  
Donna White  
Barbara West  
Tonya Tolson  
Nicolas Montes  
Ricki Bowman  
Mary Fawke  
Jean Hardesty  
James Teele  
Kyra Panetta  
Jonathan Pantoja  
Bobbie Whitten  
Angelica Sarmiento

## April

Yuki Yamashiro  
Suzie Deberry  
Alicia Lawrence  
Doug Jenkins  
Kim (Zumwalt) Kamborian  
Jackie Berti  
Cindee Smith  
Darla Boadway  
Joshua Boadway  
Eddie Szumski  
Tammy Hudson

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To the world

you may be just one person,  
but to one person  
you may be the world.

Brandi Snyder

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♥WEDDING ANNIVERSARIES♥

- March 6 Art & Jan Peterson
- March 10 Rita & Richard Figueroa
- March 14 Wesley & Ami Shumway
  
- April 26 Michael & Angelica Bevans
  
- May 6 Jim & Anna Mae Day
- May 13 Doug & Jerri Jenkins
- May 17 Ron & Marissa Berg
- May 19 Jerry & Verna Lee
- May 22 Jay & Ricki Bowman

♥SPECIAL ANNIVERSARIES♥

10 Years

Richard and Rita Figueroa

50 Years

Art and Jan Peterson



BOOK REVIEW

Special Forces  
for a Special People  
By Dwight Hall

This is a story about Dwight Hall and his search for God. He was raised in a Christian home but didn't have God in his heart. He joined the army's special forces and became an Airborne Ranger. He would get drunk every evening, but he would always kneel by his bed and say his prayers. When he finally came to his senses, he asked to leave the service early and they gave him an honorable discharge. In this book he compared the army special forces with Christians, who are God's

special forces in the war against sin. Dwight found many parallels between the two. For instance, he mentions how you dress differently if you are a Ranger. You also dress differently as a Christian. He mentions that Christians dress modestly and without adornment that draws attention to yourself. He said there is a special language or lingo in the army. Christians should have a particular speech, too. They should speak as Jesus would. He said we should have good health habits to prepare for our mission like a Ranger does. Our thoughts should be noble, pure, etc. Our music and entertainment should give glory to God not the world. We should study our manual (the Bible) as the Rangers study their manual. We have to know our enemy so as to be able to win the war. Dwight Hall, who founded Remnant Publications, speaks at churches, conferences and campmeetings. He is now a soldier for God. I recommend this book for everyone, especially teens!



Joy Lindquist will be  
70 years young  
on March 12



John Turner will be  
70 years young  
on March 14



Carl Feldman will be  
75 years young  
on March 15



## Christmas Outreach Report

Last Christmas we were able to help 28 children with gifts through the Salvation Army's Angel Tree. We gave them each a book from our ABC store and a coloring book and crayons. We were able to put our church's name on each gift. Thank you to all who helped buy gifts or who gave money to purchase gifts.



## Community Service Report for 2018

We distributed food 40 times last year to 17 different people. Some do not have a car, so the food is delivered to them. Nine times we have helped a single person in our church and two families in our church. The fourteen others are from the community. Everyone is always so grateful. I wish you could see their faces when they receive the bags of food. Thank you for all who give to help feed those in need!



## Vacation Bible School is Coming!

We will have VBS the last week of June. If you want to help, see Tyler Shook. I know he could use a few more helpers. Tell all the children you know about it, too. There will be stories, songs, games, crafts, and lots of fun. It will be in the evenings Monday to Friday, June 24 to 28. There will be a special program during the worship service on Sabbath, June 29. Please pray for the success of this endeavor. We pray more children and families will come to our church because of VBS.

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*Down in the mouth?  
Come in for a faith lift.*



🌸 CALENDAR OF EVENTS 🌸

Sabbath, March 2	Speaker - Rodney Bowes
Sabbath, March 9	Speaker - Vladimir Zaninovic
Sabbath, March 9	Church Picnic, Ford Park
Wed-Su, March 13-17	Death Valley Campout
Thursday, March 21	Dandy Lions Breakfast 10am
Sabbath, March 23	Fellowship Dinner
Saturday, March 23	Movie Night, 7 pm
Sabbath, April 6	Communion
Sabbath, April 13	Church Picnic, TBA
Thursday, April 18	Dandy Lions Breakfast 10am
Sabbath, April 19	Fellowship Dinner
Sabbath, April 27	M.A.P. Musical Vespers
Sunday, May 12	Mother's Day Breakfast, 8:30am
Thursday, May 16	Dandy Lions Breakfast 10 am IHOP
Sabbath, May 18	Fellowship Dinner
Sunday, May 20	Deaconess Meeting 10:00 a.m.
Sunday, June 16	Father's Day at Spaghetti Factory in Redlands, 5 pm
Mon-Fri, June 24-28	Vacation Bible School
Sabbath, June 29	Vacation Bible School Program
Fri-Sat, Sept 20,21	Dennis and Matthew Priebe

All activities are subject to change. Please check your church bulletin or contact the church for more information/changes.



**Friends multiply  
blessings  
and divide burdens.**



At Rest~

**Barbara Bacon** passed away on January 18. She lived in Tennessee, so she hasn't been at the church lately. Some of the people from the 9<sup>th</sup> and Mountain View Church remember her. Prayers are sent to her family.

**Telma Hill, 87,** passed away suddenly on January 27. She was still working as a substitute teacher and it was a shock to everyone. Telma was a member for a long time. Her services were held on February 23 at the church. We probably won't have to wait long to see her again, because Jesus is coming soon!!

**Lloyd Adams** passed away on January 28. His sweet, quiet spirit will be missed. His services were on February 4. Lloyd would have been 90 years old in July. We all look forward to that great resurrection day when we will see those who died in Christ.

Outreach Project

John Carcano, Mel Thomson and Amber Oropeza have a ministry to San Andreas High School. They have between 5 and 10 teens who come to eat lunch and study the Bible every Friday. Occasionally there may only be one person, but however many come, they are ministered to.

The outreach goal to our community is to give a Steps to Christ to every home. They usually only have about five persons to go out one Sabbath a month, but they have covered a lot of ground. If you can help them, they go after most of the fellowship dinners. That way you are well fed and have lots of energy to walk.

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