
Arden Hills News

Arden Hills Seventh-day Adventist Church Newsletter Vol X, #2 Summer 2019

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Isaiah 2

An article from "Our Daily Bread," February 7, 1997 by J. David Branon:

"People love to put God in a box. To satisfy their own thinking or to support their side of an argument, they build a box, label it, put God in it, and shrink wrap it.

"One popular box is the 'love' box. It's the one people use when they want to think of God as a benevolent grandpa-type character who loves everybody so much He couldn't possibly punish them. No matter what the sin they get involved in, these individuals suggest that God just smiles a big sunshiny smile and looks the other way. 'My God loves people too much to punish them,' folks say as they close the box.

"There is no box big enough to put God in. His characteristics are so wide-ranging that we cannot begin to fathom the totality of His being. Sure, He is a God of love, but as Isaiah 2 points out, He is also a God of terror: 'The day of the Lord of hosts shall come upon everything proud and lofty, . . . and it shall be brought low' (v. 12). That's not the action of a tolerant, anything-goes God.

"Our job as (followers of God) is to know Him as completely as we can. We need to investigate His seemingly opposite characteristics and bow before Him - our glorious, almighty, and complex Lord."

That is the end of this article. Isaiah 2 also has some good news for those who follow God. In verses 3 to 5 it says, ". . . He will teach us his ways, so that we may walk in his paths.' The law will go out from Zion, the word of the Lord from Jerusalem. He will judge between the nations and will settle disputes for many peoples. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore."

Yes, He is a God of terror and we want to follow His commands. But He is also a God of love who will help us and will put an end to sin. I know how it all ends because I read the back of the book! Read the last part of Revelation 20 and Revelation 21 and 22 for this good news! Amen!



Everyday should begin with reading the Bible and with prayer. Sin will keep you from this Book, or this Book will keep you from sin. John Bunyan



Editorial Column

Our church is slowly growing. We may have some baptisms coming. If you would like studies, please see me or the pastor. If there are any children who would like Bible studies, please notify us. We may have a class for children starting soon. Continue to pray that God will increase our membership! God bless you. ~Bonnie

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Book Review ~The Traveler by Lourdes Morales-Gudmundsson

This is a great story about a man named Raphael Lopez who grew up in Puerto Rico. His father died suddenly when he was 18 so he had to support his mother and sister. He was a successful businessman in the laundry business but he got caught up in drinking. When he drank he became very violent. He met his wife and lived a good life until his oldest child died at 5. Then he began to drink again and would beat his wife while his children would hide. One day he found a piece of paper with John 3:16 on it. He read it and it warmed his heart. After finding out it was from the Bible, he eagerly listened to a literature evangelist who came to his house. He studied with a pastor and he and his wife and children were baptized. He helped his mother, sister, wife's mother and her sisters to come to Christ. Soon Raphael realized that he had to stop getting laundry cleaned and work to help people get clean. He became a literature evangelist on the island of Puerto Rico and later to the Dominican Republic. After he had done much work in the Caribbean, he volunteered to go to Venezuela. He worked very hard and was constantly threatened by the local priests. There were many miracles, but in 1922 he was assassinated. However, after his death even more people gave their hearts to God. Only when he is raised in the last day will he know how many people were saved by his influence. He was buried in Venezuela and left behind his loving wife and several children. I recommend this easy-to-read, very interesting story. It was hard to put down.



If people throw stones at you,
pick 'em up and build something.

RECIPE CORNER - Basic Green Smoothie from the Shooks

1 can coconut water

1 cup pineapple

handful of any kind of leafy green

1 cup ice

2 bananas

Combine all ingredients in a blender. If using a high speed blender (Vitamix or Blendtech), 1 minute. If using a regular blender, 2 minutes or more.



HEALTH NUGGET - Acidity versus Alkalinity in the body

Did you know that we have an acid/alkaline balance in our bodies? If we have too much acidity, we can have more tendency to have many, many diseases. It is very important for our bodies to maintain a certain pH and the body will do its best to keep it there. If we are too acid (which most Americans are), our body takes alkaline minerals out of the bones. If calcium is pulled out of the bones, this will cause osteoporosis and kidney stones.

Our acid/alkaline balance is due to the foods we eat. Are you aware that many foods that are regularly consumed are acidic? Let's list some - meat, eggs, cheeses, milk, soda pop, tea, coffee, chocolate, sugar, artificial sugars (like Equal), vinegar, most grains, fruit juices, and most nuts. What should we eat, you ask? Almonds are an alkaline nut. Quinoa is an alkaline grain. Beans are almost neutral and soybeans are alkaline, except for soymilk which is a little acidic. Dark green leafy vegetables are good and so are the cruciferous ones. (See spring 2019 newsletter.) Others alkaline foods are sweet potatoes, mint, ginger, carrots, eggplant, peppers, cucumbers, peas, new potatoes, pumpkin and other squashes. All sprouts are great. Coconut, flaxseeds, pumpkin seeds, sesame seeds, chia seeds and sunflower seeds are also good. So are avocados, tomatoes, lemons, limes, grapefruit and pomegranates. Green tea, tofu, alkaline water, wheatgrass, barley grass, bananas, seaweed, asparagus, cilantro, celery, green beans, garlic and onions are also good.

It's okay to eat acid foods but keep them to 20% and alkaline to 80%. Since meat, eggs, cheeses and cow's milk are very acidic, it is good to leave them off completely.

What diseases will you help to prevent if you are more alkaline? It's a long list, but I'm sure you do not want these diseases. If you avoid large amounts of acidic foods, you will have less cancer, diabetes, heart disease, strokes, arthritis, osteoporosis, gout, gastric reflux, infections, kidney stones, infertility, cataracts, migraines, dental cavities, and allergies, to name some of them.

So eat more alkaline foods and live a longer, healthier life.

If plan A fails, there are 25 more letters in the alphabet.
Wally Richardson

Birthdays List

🌸 June 🌸

Uriel Roldan
 Brian Crane
 Kalaya Davis
 Princess Davis
 Patrick Edmonds
 Bettejean Martinez
 Ignacio Luna
 Daniel Emoto
 C.J. Mitts
 Karen Sardar
 Jan Peterson
 Elizabeth Sandoval
 Michelle (Grace) McClelland
 Audrey Garver
 Carol Zumwalt
 John Matthews
 David Taylor
 Bob Tolson
 Robin Auer
 Mark Godsy

🌸 July 🌸

Ashlee Emoto
 James Budd
 Stephen Custer
 Melissa Rubino
 Angelica Cardenas
 Rosemary Rubino
 Art Peterson
 Pauline Cardenas
 Veronica (Grace) Glover
 Anna Mae Day
 Tami Belleau
 Lily Garver
 Michael Davis-Small
 Lia Ico

Kevin Fawke
 David Lopez
 Sapphire Lundy
 Nathan Mitts

☀ August ☀

Gilbert Mendoza
 Mary Hudson
 Larry Lasby
 Ron Lasby
 Tom Van Sickle
 Lezlie (Limonas) Sandoval
 Kay Jines
 Marli Crane
 Eddie West
 George Wood
 Nancy Hlad
 Larry Hlad
 Christine Edmonds
 Andrew Poore
 Tom Tolson, Jr.
 Kevin Gardner
 Lupe Blanco
 Susan Sardar
 Jane Pihl
 Shari McCracken



You begin to move mountains when you start carrying away small stones.

♥ Wedding Anniversaries ♥

- June 2 John & Sandy Matthews
- June 21 Gerald & Linda Penick
- June 23 Ed & Bonnie Szumski
- June 27 Brian & Tawny Belleau
- June 27 Dan & Jolene Wolfe

- July 2 Darren & Tami Belleau
- July 2 Tom and Tonya Tolson
- July 8 Braden & Hifo Tabisula
- July 13 Duane & Carol Zumwalt
- July 22 Misha Birmele & Valinda Lee

- August 10 Keith & Miriam Teele

Special Anniversaries

20 years

Brian and Tawny Belleau

45 years

Jerry & Verna Lee (May 19)

John & Sandra Matthews

Ed & Bonnie Szumski



At Rest~

Jean Hardesty passed away on April 14, 2019. Although she was a member of the Redlands SDA Church where she grew up, she considered our church her home. She regularly attended until health problems prevented her from coming. Her service was held at our church on April 28. She was a quiet, strong woman who will be greatly missed by all.



FATHER'S DAY DINNER
COMING!!!

Even if you aren't a dad or don't have your dad, come to the annual Father's Day Dinner. Come and enjoy being a part of the family of God. We are all brothers and sisters, moms and dads. The meal will be Sunday, June 16, at 12:30 a.m. at the Spaghetti Factory in Redlands. We have three options for the meal - Spaghetti Marinara, Fettuccine Alfredo, and Brown Butter Mizithra. The Spaghetti Marinara is \$18, Fettuccine is \$21, and the Brown Butter Mizithra is \$21. These prices include the drink, bread, salad, spumoni, tax and gratuity. Please bring cash to the restaurant. **We will have reservation sign-up sheets in the church bulletin, so be looking for them.** We need to know how many are coming and what each one wants to order. Hope to see you there! Everyone is invited!



Vacation Bible School

This year's VBS has the theme Roar, Life is Wild, God is Good. It is for ages Pre-K to 6th grade. The dates are June 24 to 28 from 6:00 p.m. to 7:30 p.m. They will have lots of songs, stories, games, snacks, etc. Please tell the children that you know about our Vacation Bible School. If you wish to help, you may donate to VBS to help pay for the expenses



Death leaves a heartache
no one can heal,
Love leaves a memory
no one can steal.

Irish headstone



🌸 Calendar of Events 🌸

June 1, Sabbath	Daniel Skoretz
June 1, Sabbath	Steps to Christ study, 2 pm
June 8, Sabbath	Vincent Page
June 15, Sabbath	John Anderson
June 15, Sabbath	Fellowship Dinner
June 16, Sunday	Father's Day Dinner 12:30 pm
June 21, Thursday	Dandy Lions Breakfast, 10 am
June 22, Sabbath	Damyon Ray
June 24 to 28, M-F	VBS, 6 pm to 7 pm
June 25, Tuesday	Board Meeting, 7 pm
June 29, Sabbath	VBS Sabbath
June 29, Sabbath	Steps to Christ study, 2 pm
July 6, Sabbath	Communion
July 6, Sabbath	Steps to Christ study, 2 pm
July 14, Sunday	Church Business Meeting
July 18, Thursday	Dandy Lions Breakfast, 10 am
July 23, Tuesday	Board Meeting, 7 pm
August 3, Sabbath	Steps to Christ study, 2 pm
August 4, Sunday	Train Ride to Oceanside 9 - 3
August 15, Thursday	Dandy Lions Breakfast, 10 am
August 27, Sabbath	Fellowship Dinner
August 20, Tuesday	Board Meeting, 7 pm
August 24, Sabbath	Steps to Christ study, 2 pm

🌸 Friendship Cups 🌸

May 18	Beulah Cheever
May 25	Barbara & Eddie West
June 1	Jackie & Stan Berti
June 8	Jay & Ricki Bowman
June 15	Charo & Manuel Mitre
June 22	Danny & Amber Oropeza
June 29	VBS
July 6	The Garver Family
July 13	The Roldan Family
July 20	Tom & Tonya Tolson
July 27	Cindee Smith & Mary Hudson
August 3	Marli & Brian Crane
August 10	Ed & Bonnie Szumski
August 17	Jim & Anna Mae Day
August 24	Braden & Hifo Tabisula
August 31	Pat & Christine Edmonds
September 7	Shumway Family
September 14	Alicia Montes & Aprille Ransom
September 21	Art Peterson & Doug Jenkins
September 28	The Shook Family
October 5	Still open

Cooking Class

There was a wonderful cooking class at the church on May 19. There were over 80 people in attendance and approximately 22 were church members. Jack greeted the people as they came in. Kevin Gardner gave us great health information and there were some food demonstrations by Jackie Shook. Tyler Shook was also full of wisdom about healthy eating as he stood alongside his wife. After the demos, we divided into three groups, because there were three stations to choose from - tabbouleh (with Danny), garbanzo burgers (with Jackie Berti), and avocado pie (with Amber). Each group made their own individual recipes. Everyone got a chance to sample all the foods and all of them were Delicious!! Thanks to Kevin and to those who made foods, those who helped in the kitchen, those who helped to get the room ready and those who invited others to come.



We Christians are the only Bible that is being read by a large segment of the population but I am afraid we are the worst translation. Hans J. Eckstein

Beach Train

Several people went on the train to Oceanside on May 5. They enjoyed the beach and the good food at Ruby's restaurant. J.D. and Kay, were there along with Kay's friend, Rita, and her neighbor, Julia. Others who went were the Bertis, the Bowmans, the Rapps, Marli and Brian Crane, Manuel and Charo Mitre, Amber, Angelia from our Bible study and Cindee Smith and her daughter and son-in-law. If you missed this trip, there is another one coming on August 4.



Community Service

So far this year we have given food to 12 people/families. Thank you for your faithful giving of food. We couldn't do this without your help.




Sin is like a credit card,
Enjoy now, pay later.



MOTHER'S DAY

The annual Mother's Day breakfast was very well-attended. About 90 people came and ate delicious pancakes, eggs, hash browns, veggie sausages, etc. There also were peaches, fruit cocktail, applesauce, bananas, cereal (hot and cold), and herbal teas and hot chocolate. The fresh squeezed juice was donated by Perricone Farm. Their orange and strawberry-lemonade juices were delicious. A special thanks to J.D. Jines for being the head chef this year. Thank you to those who helped him in the kitchen or as servers - Stan Berti, Jay Bowman, James Colglazier, Doug Jenkins, Rylan Means, Danny and Amber Oropeza, Uriel Roldan, Gene Romero, Eddie Szumski, Bonnie Szumski, Tom Tolson and Nick and Ari Turner. Every mom received a carnation before they left. The food was excellent (as usual) and we hope everyone enjoyed themselves. We love our moms!!

 Graduation 
Melissa Rubino San Bernardino High 12th Grade June 7, 2018


Anza Borrego Trip

On March 17, JD drove the van to Anza Borrego to see the wildflowers. Traveling in the van were Ed and Bonnie Szumski, Kay Jines and her friend Rita, Beulah Cheever, Jay and Ricki Bowman. Stan and Jackie Berti followed in a truck and they brought Amber Oropeza. There were so many beautiful flowers from pinks and oranges to purple, yellow and white ones. There were lupins, a few poppies, blooming cacti, and many others. There was even a beautiful white lily in the middle of a sandy wasteland. After eating a sack lunch, we toured some more by van and climbed a hill to look over a big valley. What an awesome sight that was. We then traveled to Palm Springs and ate at Native Foods, a yummy vegan restaurant. We arrived back at the church after dark. What a marvelous showing of God's beauty even in the stark, dry desert. It reminds me of a scripture, "And the desert shall rejoice and blossom as the rose." Isaiah 35:1

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