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# Arden Hills News

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Arden Hills Seventh-day Adventist Church Newsletter, Vol. IX #4 Winter 2018-19

Editor - Bonnie Szumski

## ***Christmas Candlelight Communion Service and Supper***

***6:30 p.m. Friday Evening, December 7, 2018***

The *Christmas Candlelight Communion Service* is a well-loved tradition at Arden Hills, where we contemplate both the birth of our Savior and the sacrificial gift of His life for us. Drop off your soup in the Fellowship Hall and then please proceed to the footwashing. Next enter the Sanctuary *without a word*, as we reverently sing and worship together. The Lord's Supper will be at the conclusion of the program in the sanctuary.

The doors to the Fellowship Hall will be locked until it is time to enter. *Smell the fresh home-made soups and dinner rolls* as you enter and are shown your table in the beautiful room, warm with the glow of candles and the fellowship of family and friends. After the meal, we will sing "*Silent Night*" together, then head home - filled with fond memories of a very special evening.

It is extremely important that you make a reservation and include the number of people in your party. Seating in the Fellowship Hall is planned by the number of reservations we receive! Complete the reservation form below and hand it to Bonnie Szumski, place it in the offering plate, mail it to 5801 Arden Avenue, Highland, CA 92346, or phone in your reservation (909-864-1111) to be received by Thursday evening, December 6. Cancellations, additions, and changes should be phoned in to 909-864-1111, so we can adjust our reserved seating arrangement. Your help in keeping the numbers accurate are greatly appreciated!

If you would like to provide a crock-pot full of your wonderful *homemade soup*, please indicate this on your reservation form. *Thank you* for sharing your delicious soup! We will have cards to identify the kind of soups served. So come, bring your family and friends, and enjoy this delightful evening at the 2018 Arden Hills *Christmas Candlelight Communion Service & Supper*.

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### Christmas Candlelight Communion Service and Supper Reservation

FAMILY NAME: \_\_\_\_\_ Best Phone: \_\_\_\_\_

TOTAL number of people attending \_\_\_\_\_

NAMES of each of the members of my family and guests who will be attending:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Changes may be phoned in after you turn this in

I'd like to supply a crock-pot of soup! Kind(s): \_\_\_\_\_

### Editor's Column

A two-year-old boy named Landyn was dressed as a shepherd in a nativity portrayal. In eagerness, he ran to the lady playing Mary, grabbed the Baby Jesus from her and ran to his grampa to show him what he found. Everyone laughed and thought it was so cute. Grampa encouraged Landyn to put the baby back which he happily did. You know, maybe that's what we are supposed to do - take Jesus out into the world for other people to see. Take hold of the goodness and grace you've found and run as fast as you can to show everyone! (From "Country" magazine, Dec/Jan 2016, p. 15.)

We are having a work bee at the church on Sunday, December 2, from 9:00 to noon. See page 6 for more details. We need to get the church cleaned before the candlelight communion! Thanks!

We are changing our policy on Thanksgiving and Christmas outreaches this year. Please see the articles on this page for details. ~Bonnie

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### Two Families for Thanksgiving Outreach This Year

In the past, we have provided families with Thanksgiving foods for their meals. However, it has been hard to get all of this done by the holiday. I am referring most Thanksgiving requests to the Salvation Army who will feed them on Thanksgiving Day. We are helping two retired ladies who do not have transportation. You can still help poor families by bringing food to our church. Many need help during the holidays when their children do not get food at school. Just bring the same items you bring to our food pantry. Thank you for all the help you have given in the past!

### Christmas Angel Tree and a Few Others

This year the women's ministry is getting the names of children from the Salvation Army. It is called Angel Tree. Each child's name will be listed with their age and gender and their needs and likes. Bring the gifts back UNWRAPPED please. Then we will deliver them to the Salvation Army for them to distribute. We will have those names available soon. More information will follow in the bulletins. We will be adding a card with our church's name and a religious book, so the children will know where their gifts came from. I hope you will be willing to help so we can get gifts for all of the children. Also, our church is directly helping two families who do not have transportation to the Salvation Army and a third family who is in dire need. That is a total of 9 children. Let us help make the holidays a little brighter for some needy children! Thank you in advance!

**May You Have a Very Merry Christmas and May God Bless You in the New Year!**

## RECIPE CORNER - Spinach Quiche

2 containers Nori-Nu tofu, extra firm  
 1 TBS lemon juice  
 1 tsp garlic powder  
 1 tsp sea salt  
 1 TBS nutritional yeast flakes  
 1/2 tsp turmeric powder

1/4 cup soy parmesan cheese  
 1 and 1/2 cups chopped onions  
 3 TBS olive oil  
 2 cups Stripples, chopped or wham or bacobits  
 1 cup fresh spinach, chopped  
 1 whole wheat pie crust (see below)

In food processor, blend tofu until smooth. Add lemon juice, garlic powder, salt, nutritional yeast flakes, turmeric powder and soy parmesan cheese (save a tablespoon of cheese to sprinkle on top.) Saute onions in olive oil until translucent. Stir in Stripples (or wham or bacobits) and continue to cook on low about 3 minutes. Stir in chopped spinach until wilted down but not completely. Add to tofu mixture. Pour into pie shell, sprinkle on remaining parmesan cheese and bake at 400 degrees for 1 hour or until center is firm. Quiche will get firmer as it sits.

### Easy Whole Wheat Pie Crust (for savory pies only)

1 cup whole wheat pastry flour  
 1 cup rolled oat flour (or put about 1 and 1/4 cups rolled oats in blender till fine)  
 1 tsp sea salt  
 1/3 cup olive oil  
 4 to 6 TBS cold water

Put whole wheat pastry flour, oat flour and salt directly into a 10 inch glass pie dish. Mix well. Slowly stir in oil. Gradually stir in enough water to make the mixture hold together when pressed. Press the dough against the sides and bottom of the dish with fingers. Poke some holes in the sides and bottom of the crust with a fork to keep crust from puffing up. Pour prepared pie filling into the crust and bake.

## HEALTH NUGGET ~ Garlic

Although garlic is used to flavor food, it is sometimes used as a medicine.

Garlic can be an **antibacterial agent** against staph, strep, E. coli, molds, yeasts, influenza, herpes, viruses and parasites. It can kill the bacteria that causes peptic ulcers - h. pylori. It can treat colds, the flu, coughs, bronchitis and sinus infections. It was used to treat dysentery.

Garlic **can reduce the risk of heart attacks and stroke**. It can lower cholesterol, triglycerides, blood pressure and helps prevent blood clots. It also can slightly lower glucose levels, especially in diabetics.

Garlic can also reduce the development of stomach, prostate and colon cancers. It can also decrease heavy metal toxicity and increase memory.

It is recommended to take one garlic clove per day. If you don't like the garlic breath, there are capsules that work just as well.

# Birthday List

## ❄️ ❄️ December ❄️ ❄️

Valentina Lawrence  
 Evelyn Hansen  
 Aurora Anderson  
 David Garcia  
 Jewel Morley  
 Chevelle Roldan  
 Martha Godsy  
 Stan Berti  
 Johnathan Budd  
 Hifo Tabisula  
 Sylvia Masters  
 Mary Shearing  
 Jackie Day  
 Lili Mata  
 Nancy Snow  
 Eva Lundy

## ❄️ ❄️ January ❄️ ❄️

Bob Fawke  
 Dave Boadway  
 Greg Lopez  
 Chris Saria  
 Cynthia Munoz  
 Leroy Puckett  
 Alicia Montes  
 Jolene Wolfe  
 Donnie Boadway  
 Sharon Lopez  
 Katelynn Boadway  
 Kathie (Phibbs) Huisenfeldt

## ❄️ ❄️ February ❄️ ❄️

Julieanna Boadway  
 Krystal (Davis-Small) Gildersleeve  
 Benjamin Garver  
 Sadie Fernandez  
 Eve Belleau  
 Telma Hill  
 Rhonda Watson  
 Verna Lee  
 Norma Jean Mitts  
 David Cornwell  
 Eugene Martinez  
 J Kuntz-Godsy  
 Matilda Lee Birmele  
 Miriam Teele  
 Renee Cress  
 Helen Kyte  
 Jack Mosmen  
 Ami Shumway  
 Shannon Cornwell  
 Kathy McPherson  
 Angela Ico



**NEVER UNDERESTIMATE THE POWER OF COURTESY. YOUR COURTESY MAY NOT BE RETURNED OR REMEMBERED BUT DISCOURTESY WILL.**



♥Wedding Anniversaries♥

- December 19 Daniel & Ashlee Emoto
- December 24 Mark & Alicia Lawrence  
Mike & Susan Sardar
- January 21 C.J. & Norma Jean Mitts
- February 2 Carl & Marge Feldman
- February 11 Uriel & Gesenia Roldan
- February 13 Ray & Gail Cress
- February 14 Pat & Christine Edmonds
- February 15 Manuel & Charo Mitre  
Raul & Sylvia Sandoval

Missed Anniversary

October 16 Ken & Robin Auer

♥Special Anniversary♥

10 years

C.J. & Norma Jean Mitts



New Member

Jack Silos transferred to our church on September 1. He is married to Dina (Munoz) Silos. We are happy to have him in our church. Sometimes he may be missing and many times it is because he is out of town fighting wildfires. Pray for his safety as he does his duty for the public.



New Members

Don and Joyce Rapp transferred to our church on October 27. If you don't know them, you may see Joyce playing the organ. After being at Mentone for a few years, they have decided to come back. Welcome!



Aurora Anderson will be  
80 years young  
on December 12!  
Happy Birthday, Aurora!!



Jack Mosmen will be  
85 years young  
on February 25!  
Happy Birthday, Jack!!



Prayer requests

Please pray for Chris Saria and her eyes that she will be able to see and not have pain.

Pray that Pastor Penick will have a good recovery from his knee surgery on December 12.

Doug Jenkins needs prayer that his chronic cough will go away.

Pat Edmonds needs his pacemaker/defibrillator replaced but he has had a nagging cough and it has had to be delayed.

Pray for our country and those who were injured or lost loved ones in shootings.

Because of the fires, many have lost loved ones, homes, work places, churches and pets. Pray for all of them to be comforted and to have courage and hope!!!

## Book Review - **The Ten Commandments Twice Removed**

by Danny Shelton and Shelley Quinn

More and more today there is a disregard of the Ten Commandments. They have been removed from schools, governments buildings, etc. These 10 precepts define sin. Without a clear definition of sin, morals fall away. Without morals we don't realize we are trapped. Guilt and hopelessness will prevail. Not only are the Ten Commandments being removed from our country, but they have been removed from most Christian churches. In James 2:10, it says if we brak one commandment, we have broken all. Most Protestant churches ignore the fourth commandment, the Sabbath. The only commandment that says "remember" is the only one that they have forgotten or turned away from.

Sin is defined as lawlessness in 1 John 3:4. You can break the law through doubt, disbelief, apathy or rebellion. This is sin. It "separates us from God" and "robs us of eternal life with Him." pg 25.

Many Christians believe the commandments were nailed to the cross. The law of Moses (handwriting of ordinances) was nailed to the cross, not the Ten Commandments.

Not only does this book stress that the Ten Commandments are still valid (including the 4<sup>th</sup> one), but it shows the importance of being able to know why we believe what we believe. Do we know where our beliefs are in the Bible? If not, it is time to start reading and studying. We can't believe just because we were raised that way, or just because someone told us. We need to know for ourselves.

### **Work Bee**

Come to the church on Sunday morning, December 2, at 9:00 am and help at our annual work bee. We have a lot to do. There are gutters and windows to clean, furniture to polish, plants and chandeliers to dust, etc. The kitchen needs a good scrubbing. We also need to put up our Christmas tree. Many hands make light work! A lunch will be provided. We hope to see you there! Thank you for your support!



We make a living by what we get,  
but we make a life by what we give.

## ❄️ ❄️ CALENDAR OF EVENTS ❄️ ❄️

December 2, Sunday	Work Bee, 9 am to noon
December 7, Friday	Christmas Candlelight Communion, 6:30 pm
December 9, Sunday	Deaconess Meeting
December 15, Sabbath	Guest Speaker Fellowship Dinner
December 15, Sat Night	Musical Vespers, Life for One, 5pm
December 30, Sabbath	Christmas Tree Offering
January 17, Thursday	Dandy Lion Breakfast
January 19, Sabbath	Fellowship Dinner
February 21, Thursday	Dandy Lion Breakfast
February 16, Sabbath	Fellowship Dinner
March 21, Thursday	Dandy Lion Breakfast
March 16, Sabbath	Fellowship Dinner

**More activities will be added and all activities are subject to change. See the church bulletin or call the church office to check for changes in date, time or place.**

**At Rest~**

On September 4, Beverly Kissinger passed away. She was an SDA but was not a member of Arden Hills. However, she was often seen at our activities. Her brother is Richard Small and Shannon Small was her niece. Here is another saint whom we look forward to seeing in heaven.

**Community Service**

So far this year we have given out food at least 34 times. Literature is given to each non-church family. Thank you for all the support you give to keep our food pantry supplied. Everyone who receives the food is so truly grateful!!

**Women's Ministry**

Women's Ministry has been very active this year. The prayer room is finished. It is freshly painted and decorated with flowers and inspirational plaques. The waterfall in the corner helps set a quiet mood for prayer. Couches and chairs are there for those who cannot kneel to pray. It is open every Sabbath. Please feel free to use it, but remember to keep it very quiet and reverent. Thank you to Jackie Berti and her staff.

There was a prayer breakfast at the church on October 14. It was for men, women and children. About 20 people attended. The breakfast foods were delicious and a short video on the power of prayer was shown. At the end, we had a good prayer session. If you weren't there, we hope you felt prayed for.

The Women's Ministry is planning on helping the Salvation Army with their Christmas outreach called Angel Tree. Please see the article on page 2 to find out how you can help. There will be more information in the bulletins as we get closer to the holiday.

**Vespers - December 15**

"Life for One" will present a musical vespers on December 15 at 5pm. This group is raising money to help Christians get out of the Middle East. There is much persecution and even murder in that area. Please come to enjoy the music and give an offering and/or purchase CDs to help the Christians!! Thank you!

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5801 Arden Avenue  
Highland, CA 92346

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If you do not wish to receive this newsletter:

Email us at [ardenhillssda@gmail.com](mailto:ardenhillssda@gmail.com) or

Call us at the church office at 909-864-1111 or

Send us a letter at Arden Hills SDA Church, 5801 Arden Ave, Highland, CA 92346. Thank You!