
Arden Hills News

Arden Hills Seventh-day Adventist Church Newsletter, Vol. X #4

Winter 2019-20

Editor - Bonnie Szumski

Pastor's Page by Jeff Harper

The tires of my silver 1993 Chrysler Concorde spun contentedly one day as I thumped along the road driving home from Southern Adventist University on a Friday afternoon. I was thoroughly looking forward to enjoying my mother's cooking after weeks of cafeteria food. I had turned the radio on to pass the time and was flipping through the stations hoping to find a Christian one. I finally stopped on 88.9 FM because I heard someone preaching.

As I turned up the volume and listened for a few minutes, I began to catch on to what he was saying. The radio preacher was talking about how the Jews in the days when Christ was on earth were excited about Jesus, but for the wrong reasons. In their imagination, they saw the Roman armies driven from Jerusalem and they would be given complete freedom. The Messiah they had been wanting had arrived. As they remembered Jesus feeding the five thousand, they envisioned a leader taking care of their every need with just a word. They visualized a king who would be so capable that none of them would have to work. Jesus could provide food and do everything for them!

Then the radio preacher threw in a one-liner that really made me think. He suggested that many of the Jews "wanted a Burger King but not a sovereign King!" Wow. I heard nothing else the preacher said as I drove home. I couldn't get my mind off of that sentence, "they wanted a Burger King, but not a sovereign King". They wanted a king behind a counter where they could order whatever they want and then just walk away. They envisioned God as a magic genie or a divine bellhop that would give them all of their heart's wishes and wants.

As I drove home, I thought about what the preacher said. And I realized that sometimes I treated God like a burger king. I prayed that God would give me good grades or help me win my soccer game or help me do well on my test. And if you are honest with yourself, maybe you at times treat God the same way. You ask God to provide you with a new promotion at work or help sell your home. You pray that God will make church the way you think it should be. You ask God to make your kids behave.

Does God care about those things? Of course! But sometimes we only want God to give us what we want. We want God when it is convenient, but when He calls for sacrifice or when He calls us to bear the cross, we shy away from Him like the Jews did when their miracle worker was being crucified. If God never answered your prayers or gave you blessings or seemed to remain silent, would you still worship Him? That is a hard question to answer, but as we approach this holiday season, I want you to remember God for who He is and not necessarily what He has or hasn't done for you.

God is worthy of our worship simply because He "created all things, and by His will they existed and were created." (Revelation 4:11). He is worthy of our worship because He is the Lamb who was "slain, and by His blood He ransomed people for God from every tribe and language and people and nation." (Revelation 4:9). He is worthy of our worship simply because He is the sovereign God of the universe and He continually sustains and loves every person on planet earth. Including you.

FAITH IS THE PLACE BETWEEN THE WAY THINGS ARE AND THE GOOD THAT IS SURE TO COME.

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Christmas Candlelight Communion Service and Supper
6:30 p.m. Friday Evening, December 20, 2019

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 find 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 (864-1111) to be received by Thursday evening, December 19. Cancellations, additions, and changes should be phoned in to 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 **2019 Arden Hills Christmas Candlelight Communion Service & Supper**. (Please cut off the bottom and return to the church.)

Christmas Candlelight Communion Service and Supper Reservation

FAMILY NAME: _____ Best Phone: _____

TOTAL number of people attending _____

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

(Changes may be phoned in after you turn this in)

RECIPE CORNER - Green Waldorf Salad

2 large red apples, diced to 1 inch	1/2 cups tofu mayo, see below
1 TBS lemon juice	2-3 cups spinach or mixed greens
2 big stalks celery, diced to 1/2 inch	1/2 cups walnuts

Mix apples with lemon juice. Add all other ingredients and mix well. Serves 6. (Instead of tofu mayo, I used vegenaise and added the lemon juice, honey, salt and garlic from the recipe below.)

Tofu Mayo

2 cups firm tofu	1 TBS honey
1 TBS whole-grain (seeded) mustard	1 tsp salt
5 TBS lemon juice	1 clove garlic

Put all ingredients in blender and blend until smooth. You may need to add a little more water to get the right consistency. You may add a little turmeric if you want a yellow color. Makes 2 cups.

HEALTH NUGGET ~ Anti-inflammatory Foods

There are many people who have joint pains. There are things that sometimes your doctor doesn't mention that may help. The following foods can be used to lessen the pain from different forms of arthritis. Some support your immune system and some reduce inflammation or both.

Turmeric is a great anti-inflammatory. It can be a powder or a capsule. Recommended dose is 400 - 600 mg three times a day with food.

Some foods to eat that decrease inflammation are fresh pineapple, mango, olives, dark green leafy veggies, broccoli, chia seeds, flaxseeds, and walnuts. Omega 6s fuels inflammation and Omega 3s reduces inflammation. Seeds and nuts have lots of Omega 3s. Also, the allicin in garlic is very good for you. Asian mushrooms like shiitake are good and so are onions.

Oils that helps are flax and coconut. Ginger root is great, too. Zinc is a mineral that will decrease inflammation.

Not only can you eat things that decrease inflammation, but you can eliminate foods that cause inflammation. That would include gluten, dairy, alcohol, sugars, chocolate, and processed meats.

Let food be thy medicine and let medicine be thy food.

Hippocrates

Birthdays List

❄️ ❄️ December ❄️ ❄️

Valentina Lawrence
 Evelyn Hansen
 Aurora Anderson
 David Garcia
 Jewel Morley
 Martha Godsy
 Jeff Harper
 Chevelle Roldan
 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

Katelynne Boadway
 Kathie (Phibbs) Huisenfeldt

❄️ ❄️ February ❄️ ❄️

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



Your test can become your
 testimony;
 your mess can become your message;
 and your misery can end up being
 your ministry.



♥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

30 years - Stan & Jackie Berti - Nov 5

♥Special Anniversaries♥

10 years

Daniel & Ashlee Emoto

55 years

Carl & Marge Feldman



Richard Small was

85 years young

on November 7!

Happy Birthday, Richard!!



Ed Szumski was

70 years young

on November 12!

Happy Birthday, Ed!!



New Members

We want to welcome Pastor Jeff Harper and his wife, Nিকেle, as new members of our church. They joined our church on October 26. They have two little boys, Judah and Levi, and a baby girl, Eden. We welcome the Harper family!



Ron Watson was

80 years young

on November 12!

Happy Birthday, Ron!!



Marge Feldman was

85 years young

on November 19!

Happy Birthday, Marge!!



Evelyn Hansen will be

95 years young

on December 11!

Happy Birthday, Evelyn!!



The most important things
in life aren't things.



Book Review - 4GVN by Willy Ramos

This book 4GVN (forgiven) is about a man from the mean streets of Miami. It is a moving true story of how he was forgiven and his conversion and life afterwards. Willy had to overcome many struggles. He became a ghetto street preacher and travels all over bringing others to Christ! He puts a lot of humor in this book along with some very serious truths. He writes it the way he learned to talk in the gangsta world. Some of the words and phrases are not understood by someone who is not from the "hood." There is a glossary of terms in the back to help you understand some of them. I recommend this book, especially to a young person or anyone in a gang or in prison.

Community Service

We have given out food 21 times so far this year. Many cannot drive and the food is delivered to them. They all receive literature if they are not members of our church. I hope you saw photos in church one Sabbath of several of the people who have received food from us. Thank you for bringing in the food. The people are so appreciative and it is wonderful that you keep our pantry stocked!

Work Bee

We will have our annual work bee on Sunday, December 8, from 9 am to noon. We have windows to wash, gutters to clean, pews and other furniture to polish, artificial plants to dust, etc. Pastor Anderson will make pizzas at noon!

A New Baby Girl!!

On September 24, Catherine Hope Garver was born. She weighed 9 lbs. 7 oz. and was 20.5 inches long. Her proud parents are Ben and Crystal Garver and her happy siblings are Lily and Audrey. Welcome Baby Catherine!!

A New Baby Girl!!

Eden Joy was born on November 8 to Pastor Jeff and Nickele Harper. The new baby weighed 6 lbs. and was 19 inches long. Her big brothers, Judah and Levi, are very excited to have a little sister! Welcome, Baby Eden!!



**WITH JESUS WE HAVE ENDLESS HOPE.
WITHOUT JESUS, WE HAVE A HOPELESS END.**

❄️ ❄️ CALENDAR OF EVENTS ❄️ ❄️

December 8, Sunday	Work Bee, 9 - noon
December 17, Tuesday	Church Board Meeting, 7 pm
December 20, Friday	Christmas Candlelight Communion, 6:30 pm
December 21, Sabbath	Fellowship Dinner
December 22, Sunday	Family Christmas Party, 12-3 pm
December 28, Sabbath	Christmas Tree Offering
January 16, Thursday	Dandy Lion Breakfast
January 18, Sabbath	Fellowship Dinner
January 21, Tuesday	Church Board Meeting, 7 pm
January 23-26, Th-Su	Final Empire, Shawn Boonstra
February 15, Sabbath	Fellowship Dinner
February 18, Tuesday	Church Board Meeting, 7 pm
February 20, Thursday	Dandy Lion Breakfast

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.



Church Campout

The church campout was September 15-18 at Serrano Campground in Big Bear. Some camped and others came up for the day. Each evening there was a video about creation and the flood. There is so much evidence for a worldwide flood which many scientists ignore because they don't want to believe in God. It was very good! On Sabbath, Amber Oropeza taught the Sabbath School lesson and then Pastor Jeff led us through a Bible study regarding abiding in Christ. After church we had a great potluck and then a hike around a small lake. God's natural beauty is so fine. It

is so nice to fellowship with the family of God!



Baby Shower for the Harpers

We had a large baby shower for Jeff and Nickele Harper on September 29. Men, women and children were invited. Pastor Jeff's mother, Allison, was there, too. The Mentone Church and our church planned the shower together. Sandy Anderson (Pastor Anderson's wife) and her helpers did the decorations, which were fabulous! They also planned the games. Our church provided the venue, one cake, the punch, and the paper goods. It was a pink delight with a Garden of Eden theme, because the Harpers had a girl named Eden, born on November 8. (See page 6.) They received lots of nice gifts, and both churches collected money for some larger items like a stroller and a bassinet. Everyone brought food which was delicious as always. There were approximately 80 to 90 people there. I'm sure the Harpers felt the love from both churches The Harpers said, "Thank you, thank you, thank you we were so blessed and our hearts are filled with gratitude.



Agape Feast

An Agape Feast was held on September 27, the night before our communion. The tables were set up in the shape of a cross and covered in red. Greenery ran down the tables with red and green grapes at every setting. Soups, fruits, crackers, etc. were eaten. Then we had stories and songs. It was a beautiful time of fellowship with each other and with God. Everyone was blessed!!

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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 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!