

YUCAIPA SENIORS' FELLOWSHIP NEWSLETTER

YUCAIPA SEVENTH-DAY ADVENTIST CHURCH

Editor: Linda Hill

January, February, March 2016

Volume 13 Issue 1

TENTATIVE ACTIVITY SCHEDULE

Jan. 16	Potluck	Fellowship Hall
Feb. 20	Potluck	Fellowship Hall
March 19	Potluck	Fellowship Hall

Watch for other activities in bulletin each month.

Seniors' Fellowship Committee

Leaders	Tom & Vera Miller	795-0615
Seniors' Advisor	Dorothy Womack	794-4570
Tour Guide	Linda Hill	797-0487
Member	Judy Balandran	951-227-8815
Member	Marjorie Brito	746-6851
Member	Bob Cash	795-5573
Member	Chris & Ron Neish	797-2300
Member	Jack & Bobbie Stevens	951-845-3004

***Pictures from Church Directory.

LEADER'S CORNER



Thought From Dorothy Womack and Edna York

As church members we are often encouraged to take part in soul-winning, but "soul saving of missing members may be neglected.

Some suggestions:

1. Make a list of members you noticed missing
2. Get a list of names from the church clerk
3. Pray for them in your daily prayers.
4. If possible visit and pray with them if they desire.
5. Be friendly and invite to suitable activities scheduled in the church.

Read for more ideas and inspiration on page 27 of the November Pacific Union Recorder.

Maybe you are one who feels you hurt and needs a healing touch. In the book, "Out of the Saltshaker" page 119, this admonition was given: "we must not wait until we are healed first, loved first, and then reach out. We must serve no matter how little we have our act together. It may well be that one of the first steps toward our own healing will come when we reach out to someone else." Or we might

add when we reach out it will enhance our spiritual growth.

Dorothy sends VESPERS out once a week - bcc entitled VESPERS.

Just one month ago I received this email from a business contact, who seems like a secretary of a law firm I had contact, who receives my vespers. Her response is as follows: Oh, Ms. Womack. Never stop. I have gotten through so many things by reading, and re-reading your e-mails. I forward many as well to my friends and family when they are going through their own issues.

October 21st, my mother passed away, she was only 70 and the nicest person you would ever come across. She had bad kidneys which then made her heart bad and then an anesthesiologist messed up her lungs (both of them) two years ago. We knew at that point that she was not going to be around us long. We are nine children. All of us were with her, including my dad, when she passed. God allowed her to live those last two years with us and that was the best gift ever! She died peacefully and with no horrible pain. I know there must have been pain but she never showed it.

So a hundred times I came to work, opened my computer and went to your saved e-mails. I read and always come across the perfect one again to help me through the day.

So, yes, you have been the angel God sent me to help me through this. I don't know you but I love you. Irma Villegas-Gonzalez J

Maybe one of you would like to start the same missionary project.

**If we have missed your birthday or anniversary please contact the church office with your information. Thank you*

EVENTS REVISITED

By Stephaine Griffin



The not-so-Senior Vespers at Flag Hill Park was a beautiful evening of worship and fellowship enjoyed by all. Thank you to Linda Hill for organizing the event. Tom Miller, the fearless leader, arrived dressed in the outfit of a Chief of the Nigerian Ebo tribe and promptly announced that dressed as such, he should be treated with the respect deserving of a Chief. Tom, we certainly hope you felt respected as such, and that the evening did not disappoint. Your personality, charm and tact always inspire us.

A big thanks to Dorothy Womack for inviting our very special guest speaker, Physical Therapist and member of our church family, Ms. Teresa Rogers PT, DPT.

Our evening began with a soft refreshing breeze, singing, prayer and a delicious fair only to be exceeded by the priceless spiritual food and valuable life lessons shared with us by Teresa, as taught to her by her Mother, Joy Rogers.

One never knows what has touched another's life, only how one's life is touched by another. I can share, since I'm the reason she was roped into this talk, that Teresa is a valuable treasure who has a deep passion for caring for and helping others. She has personally touched my life in ways that have brought physical healing, as well as emotional and spiritual encouragement. God has gifted her beyond imagination. I suspect her giftings equal that of the pain and heartache she endured as a child, while, growing up in

challenging circumstances. Thank God for a praying Mother and for a God who hears our prayers and knows our needs. Teresa has made Him her source of strength and He, in turn, has blessed her with depth to her soul, a richness in her life and the gift of healing in her practice, as she ministers to everyone she treats.

Teresa shared a few of her and her Mother's life stories, which were really quite miraculous at times and heartbreaking at other times but thankfully, ended with victory and overcoming the odds to live an extraordinary life. Teresa has written a book honoring her mother's wisdom. She tributes her mother Joy as the key to her success in life, with God leading them both and saving them from many life's challenges. The four wisdoms shared are 1) Choose your friends wisely. 2) Get an education 3) Make good choices 4) You have 15 minutes to feel sorry for yourself then move on, though she allows her "sweet Ma Ma" to take 30 minutes. (Another life lesson indeed).

These are valuable lessons for us all to integrate into our own lives as we endure our own challenges in life. It behooves us to remember that God, through and even because of our challenges, desires that we all live an extraordinary life so that in the end, we will, through Him, be victorious. May we all hear our Savior say, "Well done, my good and faithful servant"?

If you would like to know more about how God has moved so miraculously in Joy and Teresa's lives a copy of her book about her Mother can be ordered from Amazon, downloaded from Kindle, Nook or iTunes and is also on the resource page of Michael J Fox Parkinson's website michaeljfox.org. A percentage of all sales go to the Parkinson's foundation.

HEALTH TALK

PositiveTip for Nov 22, 2015

Just One Night of Sleep Deprivation?

When thinking about treating obesity, most of us think of diet and exercise. However, sleep loss increasingly appears to be an important factor. Dogs deprived of sleep for one night suffered a 33% drop in insulin sensitivity. The same 8 dogs had a 21% drop when fed a high-fat diet for 6 months. These results cannot be applied to humans--but poor sleep may yet be linked with overweight, obesity and type 2 diabetes. **PositiveTip:** Remember, most adults need 8+ hours per night.

UPCOMING EVENTS



SABBATH SENIORS' POTLUCK IN FELLOWSHIP HALL

Jan. 16 at church after service

Feb. 20 at church after service

March 19 at church after service

Seniors' Fellowship is having a potluck after church for seniors ages 55 & up on the third Sabbath of each month. Come to fellowship together. Dessert will be provided. People with birthdays that month will be recognized.

Please be sure to bring plenty of hot & cold foods so we can include visitors at our church.

FOR UPCOMING TRIPS - WATCH THE CHURCH BULLETIN

SENIOR NEWS

RE: M.A.R.S. TRIP, OCTOBER 2015

By Chaplain Julio Diza



I left for Los Cabos on September 27, 2015, not expecting this to be one of the most exciting trips of my fourteen years with the M.A.R.S ministry.

I started the week talking about addiction on the radio. That was a real boon because many of the new group members came because of the radio program. Also the newspaper did an interview with me and people told me that it was a real eye-opener, that I spoke the truth with love. We were also invited to a radio interview over the internet. Initially the moderator did not want us to talk very much about spirituality, but by the end of the interview, he was telling people they needed to find God, that God is the one that will help and care for them.

The general manager of Las Cascadas told me that he would allow me to stay there for the month and during the month he told the other manager to give me whatever I wanted because he was so impressed with the transformation of a couple that he knew who attended the group.

The group started with about 80 people. Some were prior members, but it was about 80% new people. In the end 27 new members graduated. I baptized seven and performed the wedding ceremony for one couple.

There was a guy who came with an addiction to cocaine, steroids, alcohol, cigarettes, and crack. When he came, his face was purple and swollen and he was sweating heavily. As with everyone else, I told him that from the beginning of the group, he had to have 100% abstinence. I am able to do this because I have faith that God will take care of them. By the third day, this guy was already becoming a new person. By the end of the group, he was one of the people that I baptized and I conducted his wedding. He became an example for the group, following directions, doing his homework, and the group observed the total change in him.

Last Friday, 26 of the 27 graduates were attending the group meeting and they realized that this guy was not there. They learned that he was in jail due to some prior issues and they got together and raised the bond so he could be released. A lawyer from the group volunteered to represent him and he is now out of jail. I am thrilled because here is the group now helping, working and serving as a Christian unit which is my goal for the group.

Back to the beginning, I started the therapy. The group had a variety of characters, some challenging. The age range was eleven to about seventy. I had four children that were 11-13 years old. The principal of the school had sent them to the group with their parents. The idea of the principal was to work on the behavior of the children, but the fact is that those children come from homes where the father and the mother are addicts. Remember that this is an inherited disease and the children will have it if they live with somebody that thinks and

behaves as an addict and does not have a relationship with God. By the grace of God, those children were totally different by the end of the group: they laughed, they hugged, they spoke clearly about their behavior and took responsibility for their disobedience to their parents. The parents were also changed as they attended the group.

Another case was a young man, about 18 years old. When I went the first week God told me to talk to him because he had a trauma. I asked him, "What is your trauma? What happened to you?" He told me that at the age of eleven, two guys killed his father in front of him and his mother. Today, he is in the group working hard, changing. He went to the school and talked to the principal and started again. He has only one semester of study in order to finish high school. He recognizes that his mother is a co-dependent. One day his mother said to the group that she was a different person, that now she can go out in the morning happy, accepting who she is. She told the group that she is a new creature. She changed completely from the way she dressed to the way she talked and acted. Now she appears to be what she is, a child of God.

I had a lawyer with his family. He wanted to argue a lot about what I had to say, especially about the concept of justice. Later on he told me that the way I presented the definition of justice and the practical application of justice, caused him to learn a lot. He had never seen justice in the way that I presented it to him.

I had one engineer who worked in the Institution of Investigation in Mexico City. Initially he was arrogant, trying to attract attention like a little child. He was a great manipulator. By the second week he had nothing to say. He was intellectually and spiritually bankrupt. At the graduation, he said that he never expected what happened to him. He found God. He pledged to work to restore his marriage and his family. His was an odd case because he had no dependency on a substance or activity and was not co-dependent. He was a dry-addict. He thought and behaved as an addict. Remember that it is not the activity, substance or unhealthy relationship with another person that is the

problem. The problem is psycho-emotional. we do not like who we are and we do not express our feelings. Further, we do not have any relationship with God.

It was a wonderful group. We laughed; we cried; we got mad, but in the end everybody called God their Father. I remember one time I told a doctor what was happening over there and she told me, "Julio, what is happening over there is not a therapy for addiction. What is happening over there are miracles." Indeed they are miracles. Those people do not go through de-tox; they don't get lessons about their addiction (information does not cure the addict); but the miracles happen when they allow God to come and work in their lives. It has been fourteen years now. Over three thousand people have graduated and over 10,000 people in that community have been touched by the mission. The people know the group already. They know the morals and ethics of the group. They recognize what God does with the people that attend the group. Yes, we are the most rich in the world without having anything, only the grace of God. This is what humanity needs - to believe God and to obey his will. Then "magic" will happen and we will be transformed. I always tell the people in the group that if they want their children to change, then they need to change. The most powerful weapon in the world is the love of God.

To all the people who have contributed to this ministry, now you know what your contribution is doing. Please continue to support the ministry.

**SENIOR WEDDING ANNIVERSARIES
JANUARY, FEBRUARY, MARCH**

Last Name	First Names & Family	Anniversary
Hakim	Sami & Hilda	1 /31/1987
Tomat	Larry & Peggy	1 /21/1995
Wallace	David & Sharon	2 /14/2003
Salveson	Ronald & Debbie	2 /23
Easley Sr	Michael & Cinnia	2 /12
Fowler	Ardyce & Vern*	3 /30/1993
Decker	John & Florence	3 /27/1954

SENIOR BIRTHDAYS

JANUARY, FEBRUARY, MARCH



Last Name	First Name	Birthdate
Cornwell	Terri	1/5
Neish	Christine	1/5
Wilkinson	Joe	1/6
Gallion	Louis	1/6
Flor	Louis	1/7
Kurpuis	Maria	1/12
York	Edna	1/13
Daniel	Constance	1/14
Pawluk	Natalie	1/15
Moses	Calvin	1/15
Perry	Dorene	1/16
Jackson	Carmen	1/17
Wilkinson	Cindy	1/19
Petta	John	1/20
Roth	Richard	1/22
Mracek	Jack	1/24
Essex	Charles	1/25
Robbins	Alice	1/25
Prehn	Roy	1/26
Moses	Ruth	1/27
Ng	James	1/28
Unruh	Kathryn	1/28
Schwerdt	Barbra	1/30
Injety	Jane	1/30
Fisher	John	1/31
Wallace	David	2/1
Groth	Linda	2/1
May	Manja	2/2
Hamel	Lyle	2/3
Fisher	Virginia	2/3
Ferguson	Darel	2/6
Kuhn	Doreen	2/7
Valkenburg	Jean	2/7
Hertlein	Irving	2/10
Fowler	Vern	2/10
Roman	Brenda	2/12
Clegg	Bill	2/12
Martin	Anna	2/13
Slater	Laurel	2/14
Heath	Leora	2/14
Hopp	Joyce	2/17
Ng	Ruby	2/18
diGirolamo	Bonnie	2/19
Wallace	Sharon	2/20
Goodner	Julia	2/21

Last Name	First Name	Birthdate
Jaffery	Edison	2/21
Elam	Gail	2/22
Moog	Loretta	2/23
Strunk	Gary	2/24
Gerken III	Peter	2/25
Saunders	Eunice	2/27
Caldaronello	John	3/1
Bobst	Dallas	3/2
Leach	Arvin	3/2
Dosey	Eleanor	3/6
Hansen	Donna	3/10
Lo	Esther	3/10
Carlson	Jon	3/10
Rayner	Ida	3/10
Dahlstrom	Knute	3/11
Williams	Clyde	3/14
Holstein	John	3/15
Primero	Romy	3/15
Hernandez	Barbara	3/16
Baker	Pat	3/17
Cash	Bob	3/17
Elam	Jamie	3/17
Brown	Marion	3/18
Cash	Jewel	3/20
Mracek	Linda	3/20
Clements	Paul	3/22
Kiser	Sharon	3/23
Diaz	Donna	3/24
Hopp	Harold	3/25
Vanderkamp	Cheryl	3/25
Portner	Jeane	3/26
Womack	Dorothy	3/27
McLarty	Gary	3/28
Decker	Florence	3/31

90 YEAR CLUB

Last Name	First Name	Birthdate	Current Age
York	Edna	1/13/1916	99
Robbins	Alice	1/25/1914	101
Prehn	Roy	1/26/1918	97
May	Manja	2/2/1922	93
Hansen	Donna	3/10/1925	90
Williams	Clyde	3/14/1923	92
Womack	Dorothy	3/27/1925	90
Decker	Florence	3/31/1923	92

Yucaipa SDA Church
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ONE MORE YEAR

One more year has set its sun
And another year of life is begun
One more year of trouble and care,
But blessings abundant struen everywhere.

One more year to me has God sent,
Was it helping others or foolishly spent?
One more year that through love and prayer,
Could have won souls from sin and despair.

One more year; God fill it, I pray,
With love and kindness for others each day,
So that next year at the set of the sun,
God can tell me, "My servant, well done:

submitted by Don Martin, half-brother of author Howard Martin

4th Quarter 2015