

# Mentone

Seventh-day Adventist Church



**1230 Olivine Ave - Mentone, CA 92359**

**(909) 492-0738**

**[www.mentonechurch.org](http://www.mentonechurch.org)**



# Church at Study

10:00 am

## Children's Classes

Cradle Roll (Ages 0-Early 2)

Primary (Ages 7-9)

Beginners (Ages 2-3)

Junior (Ages 10-12)

Kindergarten (Ages 4-6)

## Youth

Earliteens (Ages 13-15)

Youth (Ages 15+) in PF Rm

## Adult Classes

Young Adults (Ages 18-35, Co Op Rm)

Quarterly (Sanctuary)

Spirit of Prophecy (Fellowship Hall)

New Believer's Class (Upper Rm)

Quarterly (Rm behind piano)

**Thank you for choosing to worship with us today.** If we can help you in any way, please let us know by contacting one of our pastors, greeters, elders, deacons, or deaconesses, or by our church app/website.

**We rejoice today for Tamara and Lily Fullbright** as they publicly dedicate their lives to the Lord, through baptism. Please officially welcome them to the family and keep them in your prayers!

**Today at 2 pm is our Elder Care Music Ministry** at Rose Garden Residential Care, 1350 N. Wabash Ave., Mentone

**Enjoy ASAP Ministries' Mission Stories!** Subscribe today

at [asapministries.org/connect](http://asapministries.org/connect) and see how God is moving in Southeast Asia!

**See what is happening next week** at [www.mentonechurch.org/events](http://www.mentonechurch.org/events) and in the monthly calendar on the bulletin board.

## Birthday Blessings!

**February 7<sup>th</sup>** – Lorrie Dana, Lori Urban **8<sup>th</sup>** – Evelyn Makamure, James Morgan **10<sup>th</sup>** – Joe Krpaleck **13<sup>th</sup>** – Isaac Bluhm **14<sup>th</sup>** – Wyatt Lathrom, Alma Salvador



Bulletin & AV information must be submitted to

[office@mentonechurch.org](mailto:office@mentonechurch.org)

[av@mentonechurch.org](mailto:av@mentonechurch.org)

by Sunday at 8 pm

# Church at Worship

February 7, 2026, 8:30 am\* 11:00 am\*\*

Prelude	Organ
Welcome and Announcements	Elder Helmuth Fritz
Baptismal Vows	Pastor Daniel Gomez
Introit <sup>+</sup>	Organ
Invocation	Pastor Fred Dana
Songs of Praise	#526 Because He Lives # 470 There's Sunshine in my Soul Today
Opening Hymn	#456 My Lord and I
Worship in Giving	Helmuth Fritz
	Local Church Budget
Offertory	Youth Choir
	<i>No More</i>
Baptisms	Pastor Daniel Gomez
Lambs Offering	Helmuth Fritz
Children's Story	Daniela Sprinkle
Scripture Reading	Susan Fritz
	Matthew 5:23,24
Prayer Song <sup>+</sup>	Congregation
	<i>#668 O Thou Who Hearest</i>
Worship in Prayer	Helmuth Fritz
Worship in Song	Youth Choir
	<i>God of Heaven</i>
Sermon	Pastor Fred Dana
	<i>The Cost of Forgiveness</i>
Closing Hymn	#322 Nothing Between
Benediction	Pastor Fred Dana

<sup>+</sup> Please Kneel

Platform Elder: Helmuth Fritz

Song Leader: Zaninovic Family\* Marlene Steinweg\*\*

Pianist: Kathleen Wong\* Belen Lohr\*\*

Organist: Anna Sparks

Lead Deacon: Doug Yowell

Sunset Tonight: 5:26 pm

Sunset Next Week: 5:32 pm

# Mentone Church Life

February 7, 2026

**We were able to collect 20 pints of blood at our blood drive on December 28.** Livestream sent us a check for \$200 which was distributed to the following departments: Literature evangelism \$10, Tuition assistance \$80, Oklahoma academy \$20, Pathfinders \$70, and Costa Rica Mission Trip \$20. Thank you for your support.

**On February 13 and 14 Family Ministries is bringing us a Family Life Weekend with Pastor Ron Kelly** and music will be provided by Matt and Josie Minikus during the programs as well as a concert Sabbath afternoon. **The Mentone SDA Church is looking for a new treasurer** for any information call Karen Lafferty at 661-331-1219 or visit <https://mentonechurch.org/job-opportunities>.

**Students have been working hard to raise money for their mission trip to Costa Rica.** If you would like to match the funds they raise or even support with a flat donation that would be very much appreciated. An offering line has been added on the church website's Adventist Giving under Costa Rica Mission Trip. Please donate to support students in reaching other kids their own age across the world this coming April!

**Fresh squeezed orange juice is available at the school** for a donation. The oranges are collected and squeezed to make fresh orange juice. To preserve the orange juice, we simply freeze it in gallon size bags. For those who would like to support the mission trip through this method, please reach out to Savannah Serle at (530) 526-4627

**Cradle Roll Class is looking for a new teacher.** If you are interested please contact Andrea Isaia at 760-562-4619.

**Adventist Christian Talk Radio** – Listen to and share 107.3 FM and [www.kwrsradio.org](http://www.kwrsradio.org) with everyone you know.

## **Financial Information as of February 1, 2026**

Church Budget: \$233,478.08 (Goal-to-Date: \$34,592.90) Annual Goal: \$359,766.16

Building Fund: \$234,392.03

## **Staff Information**

Senior Pastor: Fred Dana (845) 313-4822

Associate Pastor: Rodney Bowes (951) 500-8559

Youth Ministry Leader: Daniel Gomez (626) 900-5593

Church Secretary/Clerk: Maggie Bonilla (909) 492-0738

Church Treasurer: Intissar Issa (909) 214-9200

SAC Health Presents

# Thriving Together 2026

Join Us for a **FREE** Seminar focused on starting the year off in a healthy way. Discover a path for transforming your lifestyle and cultivate a healthier and happier you!

## SPEAKERS



**Hana Kahleova, MD PhD**

Dr. Hana Kahleova, a physician and nutritionist, has published numerous studies and authored books, including *Vegetarian Diet in the Treatment of Diabetes* (2013). Her research focuses on plant-based diets' effects on metabolism, insulin, fitness, mental health, and the impact of meal timing/frequency on body weight. She earned her degrees from Charles University in Prague and conducted postdoctoral research at Loma Linda University, analyzing data from the Adventist Health Study-2. Based on her findings, Dr. Kahleova recommends two to three meals daily, without snacks, and making breakfast the largest meal for optimal weight control. She advocates for a whole-food, plant-based diet and physical activity for overall health.



**Roger Seheult, MD**

Dr. Roger Seheult, MedCram Co-Founder/Instructor, is an Assoc. Clinical Professor at UC Riverside School of Medicine and an Asst. Clinical Professor at Loma Linda University. Quadruple board-certified (Internal Medicine, Pulmonary Diseases, Critical Care Medicine, Sleep Medicine), he practices at Optum California in Beaumont, and is a frequent lecturer, sleep lab director, and Medical Director for the Crafton Hills College Respiratory Care Program.

In 2012, he co-founded MedCram LLC, providing CME-accredited videos globally with over 1 million YouTube subscribers. Passionate about healthy lifestyles, Dr. Seheult lectures widely. His accolades include the 2021 San Bernardino County Medical Society's William L. Cover MD Award, the 2022 United Health Group's *The Sages of Clinical Service Award*, and the 2022 HRH Prince Salman bin Hamad Al Khalifa Medical Merit Medal for health policy contributions in the Kingdom of Bahrain.

**SAC Health Brier Banquet Room - 5<sup>th</sup> Floor**

**SUNDAY**

**FEB 8, 2026**

**8:00 - 11 am**



**Plant-based Breakfast at 7:30 a.m.**

To RSVP go to: [sachealth.org/events](http://sachealth.org/events)

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# PRAYER

## Meeting

WEDNESDAY  
7 PM - 8 PM  
OFFLINE | ONLINE



# *Pastor Ron & Collene Kelly*

# **HOW MARRIAGES GROW**

*Friday Feb. 13th, 2026*

*7:00pm - "Tending the Garden: Preparation for Love"*

*Sabbath Feb. 14th, 2026*

*8:30am - "Relational Laws of the Bible"*

*11:00am - "The Evolution of Relational Power and Attraction"*

*Fellowship meal*

*2:00pm - "Reaping the Joy of Marriage"*

*3:00pm - "Seasons of Marriage: Growing Intimacy"*

*4:40pm - Minikus Concert  
(with marriage related testimonies)*



Mentone SDA Church

1230 Olivine Ave.  
Mentone, CA 92359

[mentonechurch.org](http://mentonechurch.org)

- IN CONCERT -

# *Matt and Josie Minikus*

SINGER-SONGWRITERS



Matt and Josie Minikus' music is a reverent, contemporary folk blend of vocals, guitar, piano, and a variety of other instruments. As songwriters they are passionate about writing meaningful, thought-provoking lyrics and beautiful melodies. Through their music and stories they seek to help others peer a little deeper into the unfathomable love of God—a love they have personally encountered and been drawn by.



[WWW.MATTANDJOSIEMINIKUS.COM](http://WWW.MATTANDJOSIEMINIKUS.COM)

# BLOOD DRIVE

Scan the code to make  
your next appointment!



SCAN ME

PROUDLY HOSTED BY

## Mentone Seventh-day Adventist Church

Sunday, Feb. 22, Sunday, Apr. 19,  
Sunday, Jun. 14, & Sunday, Aug. 9

9:30 am to 2:30 pm

1230 Olivine Ave., Mentone  
in the bloodmobile

For appointments, call 800.879.4484, visit  
[lstream.org/mentone](http://lstream.org/mentone), or scan the QR code above.



**Earned donor store points can be  
used to purchase Mastercards,  
LifeStream branded items, and more.  
The choice is yours.**

 LifeStream Blood Bank



# Preparing for Your Summer Garden

with Linda Evans,  
Master Gardener.

35 YEARS OF  
EXPERIENCE

- ✓ How to improve soil texture
- ✓ How to understand the importance of plant rotation
- ✓ How to select the best edibles to grow during the summer



[WWW.MENTONECHURCH.ORG](http://WWW.MENTONECHURCH.ORG)

**WHEN: SUNDAY, FEBRUARY 22, 3-5 P.M.**

**WHERE: MENTONE SDA CHURCH, FELLOWSHIP HALL**

**SPONSORED BY YOUR MENTONE HEALTH MINISTRIES**

**TEAM**

# U-PICK

MON.-THUR. 8-4

WE HAVE ORANGES,  
LEMONS, GRAPEFRUIT,  
POMELO, AND AVOCADO.

ALL CITRUS IS \$1/LB  
AVOCADOS ARE \$2/LB

FUNDS GO TO HELP YOUTH  
PROGRAMS AND MENTONE  
SDA SCHOOL STUDENTS  
JOIN THE COSTA RICA  
MISSION TRIP IN THE  
SPRING! ORDER USING THE  
QR CODE BELOW!



# INSIGHTFUL UNDERSTANDING OF THE SPIRIT OF PROPHECY

To often Mrs. White has been viewed as having two main objectives-- rebuking sinners and giving rules. I would invite you to read at least two statements that will reveal her true feelings of reluctance and aversion to giving testimonies to individual people and laying down rules. (See for example Early Writings 76 and 8 Manuscript Releases 238-39.)

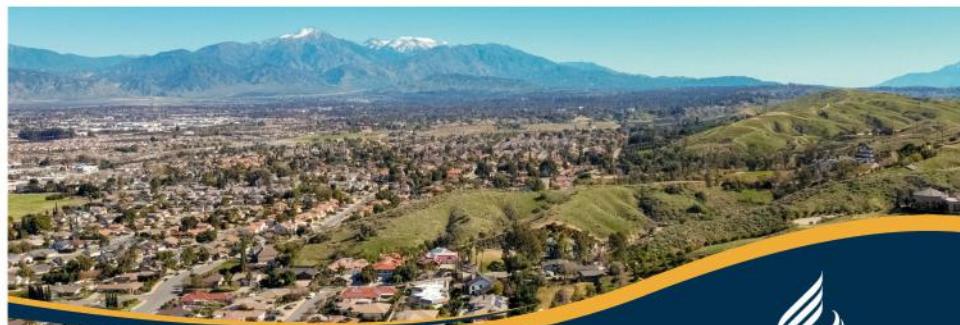
Her true passions were writing and preaching about the love of God in Christ and pointing people to the Bible. "Her writings, which were guided by prophetic revelation through visions and prophetic dreams, must be read and understood with this perspective." (Understanding Ellen White, pg. vi)

Because of her accident at the age of about 9, Ellen Harmon (White) had her educational plans thwarted. This led to bitterness toward God. She also feared hell, which she inherited from her Methodist faith, which in turn added to her viewing God as a tyrant. After a few years of spiritual turmoil her mother arranged for Ellen to talk with a Methodist Adventist minister, Levi Stockman. This deeply spiritual counsel from this minister completely changed her view of God and in later years, the parental love of God became her favorite theme. Her favorite hymn became "Jesus, Lover of My Soul" by John Wesley. (Review & Herald, Dec. 13 1906, 10)

Ellen herself wrote about the spiritual counsel Pastor Levi Stockman gave. "My views of the Father were changed. I now looked upon Him as a kind and tender parent, rather than a stern tyrant compelling men to a blind obedience. My heart went out towards Him in a deep and fervent love." (Life Sketches Original Manuscript, 43)



Ellen G. White (Seated in the middle) with her family at Elmshaven August 24, 1913



## **ADOPT A HOMEBOUND MEMBER**

### A VISITATION MINISTRY INITIATIVE

A simple but meaningful gesture, such as a visit, a phone call, or a chat, can make a difference, creating bonds of affection and continuous fellowship. We aim to support the emotional well-being of our members, seeking to fight their loneliness and minimize the effects of isolation and sadness.

“... thou art thy brother’s keeper. Thou shouldest have a watchful care for thy brother, be interested for his welfare, and cherish a kind, loving spirit toward him. Press together, press together.”

(Ellen G. White, 1T 113.3)

“The generous soul will be made rich,  
And he who waters will also be watered himself.”

(Proverbs 11:25; NKJV)

We invite you to join this vital ministry, and we pray that God will give us all a giving and loving spirit.