

# *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 0-3)
- Kindergarten (Ages 4-6)
- Primary (Ages 7-9)
- Juniors (Ages 10-12)
- Earliteens (Ages 13-15)

## Youth and Adult Class

- Youth (Ages 15+)

## Young Adult Class (meets in "The Upper Room")

- Young Adult Class (18-35)

## Adult Classes

- Adult Lesson Study (Sanctuary Front)
- Adult Lesson Study (Room behind the piano)
- Spirit of Prophecy class now studying *The Story of Redemption* (Pathfinder Room)
- Revelation of Hope class (Fellowship Hall)

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**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.

**On Sabbath, January 25 we will have Melissa Reid**, Associate Director for Religious Liberty for the NAD speaking for both our services. Despite religious liberty offering being assigned last Sabbath, January 11, you may still donate to that program at any time.

**Baptismal classes** - Are you interested in publicly declaring your commitment to Jesus and His remnant church through baptism? We will be starting classes soon—one for younger children (ages 8-12), another for teens (ages 13-17), and another for adults. Please contact Pastor Rodney Bowes by text or email to help determine who is interested and the best time for the classes.

**Read the Bible in 2025.** See <https://mentonechurch.org/bible-reading-plans> for more information.

# Church at Worship

January 18, 2025 8:30 am\* 11 am\*\*

Prelude		Organ
Welcome and Announcements		Elder Samuel Wong
Introit <sup>+</sup>		Organ
Invocation		Pastor Rodney Bowes
Songs of Praise		#560 Let All Things Now Living
Opening Hymn		#272 Give Me the Bible
Worship in Giving	(Local Church Budget)	Samuel Wong
Offertory		Praise Group

## *Ancient Words*

Call for Lamb's Offering		Levi Krpalek
Children's Story	Anique Augustus* Paula Moretta**	
Scripture Reading	Lisa Huerta* Judah Smith**	
	Psalm 19:7-10, 14	

Prayer Song <sup>+</sup>		Congregation
	<i>#668 O Thou Who Hearest</i>	

Worship in Prayer	Alfredo Huerta* Lisa Huerta**	
Worship in Song		Faith Works Quartet

## *Write Them on My Heart*

Sermonettes	Pastor Rodney Bowes	
	Sarai Brumsey, Soley Oyoyo, Michelle & Jonathan Lohr, Andre Huerta	

## *The Law of the Lord is Perfect*

Closing Hymn	#286 Wonderful Words of Life	
Benediction	Pastor Rodney Bowes	

\* Please Kneel

Platform Elder: Samuel Wong

Song Leader: Gabrielle Simmonds\* PF Praise Team\*\*

Pianist: Lou Ann Strachan\* Kristen Wong\*\*

Organist: Anna Sparks

Lead Deacon: Dion Cuevas

Sunset Tonight: 5:06 pm

Sunset Next Friday: 5:13pm

# Church at Worship

January 18, 2025

11:00 am

Processional		Adventurers/Pathfinders
Welcome & Announcements		Samuel Wong
Presentation of the Bible and Flags		Color Guard
Pledge to the Bible		Sophia Shin
Pledge to the Christian Flag		Bianca Zaninovic
Adventurer Pledge		Jackson Cachero
Adventurer Law		Ailsie Rasman
Adventurer Song		Jianna Cachero
Pathfinder Pledge		Susana Uruena
Pathfinder Law		Canela Smith
Pathfinder Aim & Motto		Kevin Burk
Pathfinder Song		Eimy Flores
PBE Dedication		PBE Team/Pastor Fred Dana
Introit		Organ
Invocation		Pastor Rodney Bowes
Song of Praise		#560 Let All Things Now Living
Opening Hymn		#272 Give Me the Bible
Worship in Giving		Anastasya Cuevas
Offertory	<i>Ancient Words</i>	Praise Group
Call for Lamb's Offering		Levi Krpalek
Children's Story		Paula Moretta
Scripture Reading	<i>Psalm 19:7-10,14</i>	Judah Smith
Call to Prayer	<i>#668 O Thou Who Hearest</i>	Congregation
Prayer		Lisa Huerta
Special Music	<i>Write Them on My Heart</i>	Faith Works Quartet
Sermonettes	<i>The Law of the Lord is Perfect</i>	Pastor Rodney Bowes Sarai Brumsey, Soley Oyoyo, Michelle Lohr, Jonathan Lohr, Andre Huerta
Closing Hymn		#286 Wonderful Words of Life
Benediction		Pastor Rodney Bowes
Recessional		Organ

# @ Mentone Next Week

## United Prayer (Zoom)

6:00 am - Mon. - Fri., 7 am Sab. & Sun., 12 pm Mon., Wed., & Fri.

## Monday, January 20

5 pm - Monday Nights with God Zoom Bible study (ID/passcode online)

## Tuesday, January 21

9 am - 4 pm High School Homeschool Co Op

1 pm - 3 pm Elementary/Middle School Homeschool Co Op

2 - 6 pm - Various children/youth music practices

6 pm - Church Choir practice

6 pm - Great Controversy Class in Healthy Life Center

7 pm - Best Weigh Program in Fellowship Hall

## Wednesday, January 22

7 pm - Prayer Meeting (Multi-Purpose Room and Zoom)

## Sabbath, January 25

Sermon - Melissa Reid - Religious Liberty (NAD)

12:45 pm Fellowship Meal - Vegan haystacks

### **Speaker Schedule**

February 1 - Sermon: Pastor Rodney Bowes

### **Birthday Blessings!**

**January 18<sup>th</sup>** - Michaela Lohr, Maila Cruz, Aidan Cruz **20<sup>th</sup>** - Matheson Imperio **21<sup>st</sup>** - Cindy Mendes **22<sup>nd</sup>** - Annica Quinn **23<sup>rd</sup>** - Jordan Luong, Alyssa Nguyen **24<sup>th</sup>** - Rodney Bowes **25<sup>th</sup>** - Christine Knutson, Sharon Nakadate

**Mentone Apps:** Download our family of apps for your phone, tablet, and smart TV at [www.mentonechurch.org/apps](http://www.mentonechurch.org/apps)

**Have you seen our blog?** Find the latest church news at

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

**Adventist Christian Talk Radio** - Listen to and share 107.3 FM and

[www.kwrsradio.org](http://www.kwrsradio.org) with everyone you know.



Bulletin information must be submitted to  
[office@mentonechurch.org](mailto:office@mentonechurch.org) by **Sunday at 8 pm.**

For more information and announcements, see

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

# Mentone Church Life

January 18, 2025

**Our delicious oranges and other fruits on our church campus.** Please support our children ministries fundraiser, including the School, Co Op, Pathfinders, and Adventurers by Please feel free to pick on your own and make donations to the respective funds on the tithe envelope or online. Esterady Čincala (909) 602-4301(School donations), Sam and Kathleen Wong at 909-282-7447 (Pathfinder/Adventurer Club donations) and Daniela Sprengle at 909-831-2579 (Co Op donations.)

**Best Weigh, For Healthy Nutrition & Weight Loss** – Learn how to make therapeutic lifestyle change for results that last. Get fit, lose excess fat, reduce health risks, reverse chronic disease. Your job: Eat less, move more, relax. We provide the inspiration. Led by Jon Opsahl, MD, MPH, TLC, group facilitator and personal coach. Meetings are on Tuesdays from 7-8:30 pm, January 14 - March 11, 2025. If have any questions or to sign up contact Jon at (951) 957-2730.

**Nedley Depression and Anxiety Recovery Program** is scheduled to begin, Monday, January 27, 2025 at 6:30 pm and run until March 24, at the church. Contact Coralie Dinger for more information or to sign up at (916) 474-0182.

**DivorceCare is a weekly seminar and support group** that will help you heal from the hurt. It is a warm, caring environment. Meetings run from February 5 – April 30 (13 weeks), Wednesdays from 7:00-8:30 pm in the Fellowship Hall. Contact: Cheryl Craven for info. At 909-435-5675.

**Institute of Young Musicians for Christ Music Camp** Early Bird Registration is open now from January 1 – February 28. Camp will be from June 8-14 for ages 6-17. Visit [iymcsda.org/socal](http://iymcsda.org/socal) for details.

**Optimal Immunity Weekend** – February 7-9 with Joyce Choe, MD MPH and Mercy Ballard, RN. Mark your calendars. More info will come soon.

**Please consider giving to the Building Fund** to increase it, for future building needs and plans for our church campus.

## Financial Information

As of January 12

Church Budget: \$6,065.06 (Tentative 2025 Goal: \$345,000)

Christmas Offering: \$8,945.45 (Goal \$11,820)

Senior Pastor: Fred Dana (845) 313-4822

Associate Pastor: Rodney Bowes (951) 500-8559

Associate Pastor: Guilherme Borda (909) 654-1254

Spanish Coordinator: Samuel Florian (951) 640-5567

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

## *We Believe*

**That God is the Creator and Sustainer** of all that is, and that He is loving and good. That the three Persons – God the Father, the Ancient of Days; Jesus Christ, the Son of God; and the Holy Spirit, the Comforter – are eternally one in character and purpose. John 1:1-3, 1 John 4:8, Matthew 28:19

**That God reveals Himself** in nature, history, the Bible, the witness of the Holy Spirit, the ministry of prophets, and especially through the life of Jesus Christ. Romans 1:20, 2 Timothy 3:16, John 14:26, 1 Peter 1:21, John 5:39

**That we were created “in the image of God,”** free to choose either to respond in faith and love to the truth about God, or to reject it. We are fully dependent upon God for our existence and salvation. Genesis 1:26, Joshua 24:15, Acts 17:28

**That our salvation comes through Jesus Christ** when we repent and freely accept Christ’s death on the cross as paying the penalty for our rebellion and sins. As we daily cooperate with the transforming power of the Holy Spirit, we enter into a personal faith-based relationship with Jesus for healing and restoration. This power comes through Christ’s present ministry in heaven and is evident in Christ-like interests and behavior. Acts 2:38, John 1:12, Ephesians 2:8-10, Hebrews 7:25

**That we are mortal** and that in death we sleep in the grave until the resurrection at the Second Coming of Christ. Then the gift of immortality will be given to all who have put their trust in Him, and that 1,000 years later, the wicked will be resurrected to receive their reward of eternal death. We are a “living soul”, body, soul, and spirit, and do not exist apart from our body. Genesis 2:7, John 11:12-14, John 5:28, 29, Revelation 20

**That our body is the temple of the Holy Spirit,** and it is to be treated with the respect due its Creator. The fullness of human life is achieved when, by the grace of God, we obey His physical, mental, and moral laws. 1 Corinthians 6:19 & 10:31, 3 John 1:2, John 10:10

**That the Ten Commandments** are grounded in love and are a revelation of God’s character. They are the explicit expression of His will for us and are His standard of judgment. Exodus 20, Romans 7:12, James 2:12, John 15:10

**That the Seventh-day Sabbath** was made and blessed by God as a symbol of His creative power and sovereignty. It has been designated as a sign of His redeeming and sanctifying power to be kept sacred by all who claim Him as Lord and Savior. Genesis 2:3, Ezekiel 20:12, Deuteronomy 5:12-15

**That God’s church** is the primary means by which He maintains His unity with us and we with each other. This involves defined membership, symbols of commitment in baptism by immersion, participation in the Lord’s supper, personal involvement in worship, study, witnessing, and financial support for her mission through returning of tithes and free will offerings. 1 Corinthians 12, 1 Peter 2:5-9, Hebrews 10:24, 25, John 17:20, 21

**That the redemptive process** will come to its climax at the end of time with the Second Coming of Christ, which is imminent, and will be completed when the whole creation is again in perfect harmony with the Creator. Titus 2:13, 1 Thessalonians 4:13-18, Revelation 22:20, John 14:1-3

**That the Three Angels’ Messages** of Revelation 14:6-12 constitute the last warning message to the world, reminding men of the character of God.

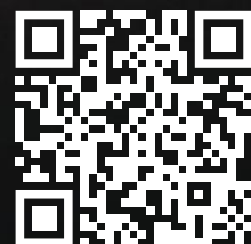


RELIGIOUS  
LIBERTY OFFERING  
**JANUARY 11  
2025**



**GIVE YOUR  
OFFERING ONLINE AT  
ADVENTISTGIVING.ORG**  
Search for "Liberty"  
under "World Offerings"

**DON'T LET  
THE LIGHT  
GO OUT**







# BESTWEIGH

**For Healthy Nutrition & Weight Loss**

**Tuesdays, 7:00 - 8:30 pm**

**January 7 - March 11, 2025**

Plus, a follow-up meeting in April & June

**Mentone SDA Church – Fellowship Hall**

1230 Olivine Ave, Mentone, CA 92359

**FREE! All materials available online.**

Printed copies available for nominal fee.

**10-Week Small Group Program**

Facilitated by Jon Opsahl, MD, MPH, TLC

Learn how to make therapeutic lifestyle changes for results that last: Get fit, lose weight, reduce risks, reverse chronic disease.

**Your job: Eat less, Move more, Relax.**

**Our job: Assess, Plan, Inspire.**

**Individualized Diet & Exercise Plans.**

**No medical services, No drugs, No supplements.**

**Participants do NOT need to be vegetarian or vegan.**

**Don't give-up on your New Year's resolution!**

**For more information or to register, call:**

**909-206-8741**



Children's Ministries Fundraiser for

# Oranges and Lemons!

Please help support our various children's ministries, including the Mentone SDA School, the Homeschool Co-op, Pathfinders, and Adventurers, by purchasing oranges/lemons/grapefruits/pomelos/sweet lemons/avocados.

**How to Purchase:**

**Option 1:** Pick on your own and make donations to the respective funds on the tithe envelope or online.

**Option 2:** Have the fruit picked for you! For this option you will need to contact the ministry leader you would like to support indicating how many and what you would like picked and arrange for pick up or delivery.

**Suggested donations are as follows:** Oranges \$10 per large grocery bag, avocado/grapefruit/pomelos- .50 each, and lemons and sweet lemons/limes -5/\$1.00. \*The tangerines/mandarins are NOT for sale

**Contact information:**

For School: Esterady Cincala (909) 602-4301

For Pathfinder/Adventurer Clubs: Sam and Kathleen Wong at 909-282-7447

For the Homeschool Co-op: Daniela Sprenkle at 909-831-2579

The Children Thank You for Your Support!!

# Get your Life back

Change your life  
in 8 weeks!

## Learn how to:

- Identify depression and anxiety and their causes
- Manage stress without distress
- Improve brain function, emotional intelligence, energy levels, and mood
- Live above loss
- Defeat depression and anxiety through right thinking and positive lifestyle choices
- Achieve peak mental performance and eat for optimal brain function



**Mondays**  
January 27 to  
March 24 @  
6:30 pm

1230 Olivine Avenue  
Mentone, CA 92359

Register Today!  
[mentonechurch.org/depression](http://mentonechurch.org/depression)  
909-206-8741



# Divorced? Separated?

FIND HELP AT

The logo for DivorceCare is centered on a horizontal brushstroke of dark blue paint. The word "DIVORCE" is written in a bold, yellow, sans-serif font. The word "Care" is written in a yellow, cursive script font, with a registered trademark symbol (®) to its upper right.

**DIVORCE** Care<sup>®</sup>

## **WEEKLY DIVORCE SUPPORT GROUP**

DivorceCare is a weekly seminar and support group that will help you heal from the hurt. It is a warm, caring environment.

You will learn practical information that will help you deal with the challenges of divorce. Best of all, you will gain hope for the future.

Mentone SDA Church  
Wednesdays 7:00-8:30 pm  
February 5-April 30, 2025 (13 weeks)  
Meetings will be in the fellowship hall.

Contact: Cheryl Craven at 909/435-5675

# OPTIMAL IMMUNITY WEEKEND

## FRIDAY, FEB 7

**7 PM** - My Journey Trusting God Through Health Crisis -*Mercy Ballard, RN*

## SABBATH, FEB 8

**8:30 AM and 11 AM** - Plant Based or Peleo: Choosing the Right Paradigm for Your Life -*Joyce Choe, MD*

**12:30 PM** - Church Potluck - ALL ARE INVITED!

**2:30-5:30 PM** - How to Eat for Optimal Immunity, Natural Remedies, Q&A's -*Joyce & Mercy*

## SUNDAY, FEB 9

**10 AM** - Powerful Benefits of Soaking & Sprouting -*Joyce Choe, MD*  
Healthy Food Demonstration -*Mercy Ballard, RN*

**Mentone Seventh-day Adventist Church**  
1230 Olivine Ave, Mentone



**JOYCE CHOE, MD, MPH**



**MERCY BALLARD, RN**



FREE SERVICES

# Medical, Vision & Dental Clinic

(\*SAT 11:30AM-5PM)

**Feb 7-9, 2025, Fri-Sun, 8AM-5PM\***

Our **FREE** services for uninsured & under-insured include:

## Medical

- Illness diagnosis
- Health promotion & education
- Blood pressure screening
- Diabetes education & blood sugar checks (fast for at least 6 hours prior)

## Dental & Vision


- Fillings
- Extractions
- Cleanings
- Restorative
- Eye exams/prescriptions

## Other Services

- Massages, physical therapy, clothing give away, hair cuts

**First come, first served:**

- Register at the event
- All services are **FREE** of charge
- No appointment is necessary
- Come early to ensure you get seen

 Life and Health is a non-profit network of physicians, optometrists, dentists, and medical professionals dedicated to providing free medical, vision, and dental care to those who are uninsured or under-insured. This free clinic is made possible by volunteers and by donations.

Call (702) 600-3588 or  
email [admin@lifeandhealth.org](mailto:admin@lifeandhealth.org)



 **San Bernardino Community  
SDA Church** 1696 N G St,  
San Bernardino, CA 92405



This clinic is **NOT** for emergency care, such as chest pain, bleeding, premature labor, or trauma. For emergencies, call 911 or go to the nearest emergency room.

**VOLUNTEERS NEEDED**

# Medical, Vision & Dental Clinic

(\*SAT 11:30AM-5PM)

**Feb 7-9, 2025, Fri-Sun, 8AM-5PM\***

## WE NEED **VOLUNTEERS**:

- Dentists/Hygienists/Dental Assistants
- Optometrists
- Physicians/Medical Professionals
- Mental Health Counselors
- Clothing Program
- Legal
- IT/Data Entry
- Barber/Hairstylist
- Massage Therapists
- Interpreters
- Pastors
- Prayer Warriors
- Security

We can use your help. Even if you are licensed out of state, you can still volunteer. Find out how to get a temporary volunteer license by emailing [admin@lifeandhealth.org](mailto:admin@lifeandhealth.org).

**LIFE + HEALTH NETWORK** Life and Health is a non-profit network of physicians, optometrists, dentists, and medical professionals dedicated to providing free medical, vision, and dental care to those who are uninsured or under-insured. This free clinic is made possible by volunteers and by donations.

 **San Bernardino Community SDA Church** 1696 N G St, San Bernardino, CA 92405



Sign up at [lifeandhealth.org/free-clinics](https://lifeandhealth.org/free-clinics)  
or call (702) 600-3588





# I Believe



28  
Basic Truths  
for Kids

Scripture  
Songs

Stories

Science



[ibelieve28.com](http://ibelieve28.com)

YouTube: @ibelieve28

instagram: [ibelieve28forkids](https://www.instagram.com/ibelieve28forkids)

