

Mentone

SEVENTH-DAY ADVENTIST CHURCH

1230 Olivine Ave - Mentone, CA 92359

(909) 492-0738

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)

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.

Today we are blessed to have Joyce Choe, MD, MPH and Mercy Ballard, RN from Med Missionary speaking for us this whole weekend on several health topics for our "Optimal Immunity Weekend."

Following the second service will be having our fellowship meal with the theme of a baked potato bar, salads and cookies. Please plan to stay if you are a visitor and enjoy the meal and stay for our afternoon program from 2:30 – 5:30 pm in the Sanctuary with our guest speakers.

Longtime Mentone church member Linda Smith passed away peacefully on January 25. The family expresses their appreciation for those who have expressed their condolences. A memorial service celebrating Linda's life is planned for Sunday, February 23 at 2:30 PM. All are invited.

Church at Worship

February 8, 2025 8:30 am* 11 am**

Prelude	Organ
Welcome and Announcements	Elder Dean Clayton
Introit*	Organ
Invocation	Joyce Choe, MD, MPH
Songs of Praise	#245 More About Jesus #250 O for a Thousand Tongues To Sing
Opening Hymn	# 614 Sound The Battle Cry
Worship in Giving	Dean Clayton (Adventist Television Ministries Evangelism, NAD)
Offertory	3 Angels' Messages Children's Choir <i>We Are His Hands/Make Me a Servant</i>
Call for Lamb's Offering	Dean Clayton
Children's Story	Anique Augustus
Scripture Reading	Dean Clayton 1Timothy 6:20,21
Prayer Song ⁺	Congregation <i>#668 O Thou Who Hearest</i>
Worship in Prayer	Dean Clayton
Worship in Song	3 Angels' Messages Children's Choir <i>Send Me</i>
Sermon	Joyce Choe, MD, MPH <i>Plant Based or Paleo: Choosing the Right Paradigm for Your Life</i>
Closing Hymn	#366 O Where Are the Reapers
Benediction	Joyce Choe, MD, MPH
+ Please Kneel	
Platform Elder: Dean Clayton	Lead Deacon: Loren Smith
Song Leader: Wong Family* Smith Family**	Sunset Tonight: 5:27 pm
Pianist: Kathleen Wong* Sherry Yap**	Sunset Next Friday: 5:34 pm
Organist: Anna Sparks	

@ Mentone Next Week

United Prayer (Zoom)

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

Sunday, February 9

- 10 am - Powerful Benefits of Soaking & Sprouting by Joyce Choe, MD, MPH
Healthy Food Demonstration by Mercy Ballard, R
- 1 - 4 pm - Pathfinder Meeting
- 2:30 pm - Church Choir Practice

Monday, February 10

- 5 pm - Monday Nights with God Zoom Bible study (ID/passcode online)
- 6:30 pm - Neil Nedley's Depression and Anxiety Recovery Program\

Tuesday, February 11

- 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 at the HLC
- 7 pm - Best Weigh Program in the Fellowship Hall (can still join)

Wednesday, February 12

- 7 - 8:30 pm - DivorceCare in Fellowship Hall
- 7 pm - Prayer Meeting (Multi-Purpose Room and Zoom)
- 4:30 pm - Spanish Prayer Meeting

Sabbath, February 15

Sermon - Pastor Rodney Bowes & PBE kids

Speaker Schedule

February 22 - Pastor Fred Dana

February 22 2 pm - PBE Conference Test at the Riverside Korean church

Birthday Blessings!

February 8th - James Morgan, **12th** - Donna Albano, **13th** - Isaac Bluhm, **14th** - Alma Salvador, **15th** - Kimari Jordyn Cortes

Mentone Apps: Download our family of apps for your phone, tablet, and smart TV at www.mentonechurch.org/apps



Bulletin information must be submitted to
office@mentonechurch.org by **Sunday at 8 pm.**

For more information and announcements, see
www.mentonechurch.org

Mentone Church Life

February 8, 2025

Our delicious oranges and other fruits on our church campus are ready to pick. See the poster on the bulletin board for more info.

Best Weigh Program - Get fit, lose excess fat, reduce health risks, reverse chronic disease. Meetings are on Tuesdays from 7-8:30 pm, January 14 - March 11, 2025. If have any questions or to sign up contact Dr. Jon Opsahl at (951) 957-2730.

Nedley Depression and Anxiety Recovery Program began, Monday, January 27, 2025 at 6:30 pm and runs 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. February 5 – April 30, 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 for details.

Visitation team - we plan to designate the 3rd Sabbath of the month as "visitation Sabbath" and need at least 55 people to be part of this important ministry. Contact Joel Rubert (714) 785-6840 or jerubertjd@gmail.com for more information.

We would like to ask everyone to please be mindful of what you take into the sanctuary, as we have had many spills and stains on our carpet in the sanctuary and foyer.

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

Adventist Christian Talk Radio – Listen to and share 107.3 FM and www.kwrsradio.org with everyone you know.

Have you seen our blog? Find the latest church news at www.mentonechurch.org/blog

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 28

Church Budget: \$15,058.81 (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.

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 Paleo: 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





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
909-206-8741





SOCAL SUMMER MUSIC CAMP

June 8-14, 2025

Mentone SDA Church

**High-Quality,
Christ-Centered
Music Training!**

Youth ages 6-17

**Classes for those
with and
without
musical experience!**



Register Today!
iymcsda.org/socal



Divorced? Separated?

FIND HELP AT



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

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



**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.

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
or call (702) 600-3588





I Believe



28

Basic Truths
for Kids

Scripture
Songs

Stories

Science



ibelieve28.com

YouTube: @ibelieve28

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

