

San Marcos Seventh-day Adventist Church  
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# SAN MARCOS CHURCH MESSENGER

## Ask In Faith

Ellen G. White, [whiteestate.org](http://whiteestate.org), "my life today, p. 12"



*"Let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed." James 1:6*

It is our privilege, our duty, to receive light from heaven, that we may perceive the wiles of Satan, and obtain strength to resist his power. Provision has been made for us to come into close connection with Christ and to enjoy the constant protection of the angels of God. Our faith must reach within the veil, where Jesus has entered for us. We must lay hold with firmer grasp on the un-failing promises of God. We must have faith that will not be denied, faith that will take hold of the unseen, faith that is steadfast, immovable. Such faith will bring the blessing of heaven to our souls. The light of the glory of God that shines in the face of Christ may shine upon us, and be reflected upon all around, so that it can be truly said

of us, "Ye are the light of the world." And it is this connection of the soul with Christ, and this alone, that can bring light to the world. Were it not for this connection, the earth would be left in utter darkness. . . . The deeper the surrounding gloom, the brighter should shine out the light of Christian faith and Christian example.

The fact that unbelief prevails, that iniquity is increasing all around us, should not cause our faith to grow dim or our courage to waver. . . . If we will but seek God with all our hearts, if we will work with that same determined zeal, and believe with that unyielding faith, the light of heaven will shine upon us, even as it shone upon the devoted Enoch.

Oh that I could impress upon all the importance of exercising faith moment by moment, and hour by hour! We are to live the life of faith; for "without faith it is impossible to please God." Our spiritual strength depends upon our faith.

### Inside This Issue

Ask In Faith	1
Kids and Temptation	2
Worry Wort	3
Prayer / Bible Verse	4
Recipe / Calendar of Events	5
Sunset Times / Birthdays	5

## Kids and Temptation

By Hannah Henry, "Family First"

It's no secret that parenting includes a whole host of responsibilities. From feeding, clothing, and educating, to spiritual training and character building, parents have their hands full when it comes to raising children in this sin-scarred world. Certainly, no Christian parent would think to undertake child-rearing without considerable prayer. While I often pray for my children, I recently recognized a very specific prayer request that had not previously occurred to me.



Honestly, I don't know why I never thought of it. After all, it's a request that Jesus included in His model prayer, words I've known by memory since my own childhood days.

"And do not lead us into temptation, but deliver us from the evil one" (Matthew 6:13).

### Holy Angels

If Jesus' words and example in prayer aren't enough, Christian author, Ellen White, further elaborates on the subject. She reiterates the importance of daily praying against the temptations that assail our children, telling parents to "come in humility, with a heart full of tenderness, and with a sense of the temptations and dangers before yourselves and your children; by faith bind them upon the altar, entreating for them the care of the Lord. Ministering angels will guard children who are thus dedicated to God." It is the parents' duty, "by earnest prayer and persevering faith, to make a hedge about their children." No matter how busy life may be (and it is busy), parents must take the time "to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations."<sup>1</sup>

Try as we might, we parents simply cannot completely shelter our children from all outside influences and temptations—particularly as they grow up. We cannot possibly monitor every social encounter, television exposure, or Google search. But, after we have "trained them up in the way that they should go" (Proverbs 22:6) and prayed for their deliverance, we can rest in the assurance of heavenly angels surrounding our children with protection and strength to withstand the temptations that come their way.

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<sup>1</sup>*Child Guidance*, Ellen White pp. 519-520.

## Worry Wort

By Dee Litten Reed, "Staying Young"

I'm related to the world's worst or best worrier. My Aunt Marion is a precious 80-year-old who spends the majority of her life fretting about something. Our phone conversations usually sift down to her latest concerns. By the time I hang up, I'm "heavy laden" with her worries du jour.



And Aunt Marion isn't the only senior citizen with a bad habit. A survey of 1,200 elders by \*Legacy Project asked them to look back over their lives and indicate their biggest regret. "Indeed, from the vantage point of late life, many people felt that if given a single 'do-over' in life, they would like to have all the time back they spent fretting anxiously about the future."

All in all, they said that worry had been a barrier to joy and contentment. Here are some suggestions they made to help stop the worry process.

### Tips to Help

Tip 1: Focus on the short term rather than the long term. Eleanor, a 102-year-old, advised to avoid the long view when you're consumed with worry and to focus instead on the day at hand. Take it one day at a time.

Tip 2: Instead of worrying, prepare. The elders saw a difference between worry and rational planning, which greatly reduces worry. What's most wasteful is the free-floating worry after you've done everything you can about a problem.

Tip 3: Acceptance is an antidote to worry. In addition to focusing on the day at hand and being prepared as cures for worry, they recommended actively working toward acceptance.

Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. Worrying is seen as a way to prevent unpleasant surprises and control the outcome. The problem is, it doesn't work. It will only keep you from enjoying the good things you have in the present. So if you want to stop worrying, start by tackling your need for certainty and immediate answers. \*\*

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# Prayer is the Answer

Author Unknown (Submitted by Elder Ruben Neuharth)

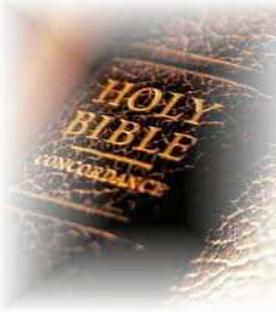
Prayer is the answer to every problem in life. It puts us in tune with divine wisdom which knows how to adjust everything perfectly.

Color Me

So often we do not pray in a certain situation because from our standpoint the outlook is hopeless. But nothing is impossible with God. Nothing is so entangled that it cannot be remedied. No human relationship is too strained for God to bring about reconciliation and understanding. No habit is too deep-rooted that it cannot be overcome. No one is so weak that he cannot be made strong. No one is so ill that he cannot be healed. No mind is so dull that it cannot be made brilliant.

Whatever we need or desire if we trust in God, He will supply it. If anything is causing worry and anxiety, let us stop rehearsing the difficulty and trust God for healing love and power.





**B**ASIC  
**I**NFORMATION  
**B**EFORE  
**L**EAVING  
**E**ARTH

**“Train up a child in the way he should go;  
and when he is old, he will not depart from  
it.”**

**Proverbs 22:6 KJV**

## Recipe of the Month/

### Homemade Tomato Soup

*Vegetariantimes.com | Serves 48 | Prep time: 30 mins or fewer*

2 T olive oil  
 1 med onion, chopped (1-1/2 cups)  
 1 T tomato paste  
 2 cloves minced garlic (2 tsp)  
 1 tsp sugar (optional)  
 1 15 oz. can diced tomatoes  
 1 vegetable bouillon cube (optional)  
 2 tsp balsamic vinegar  
 1/2 tsp dried thyme



Heat oil in medium saucepan over medium heat. Add onion and sauté 5 mins, or until soft & translucent. Stir in tomato paste, garlic, and sugar, and cook 1 min, or until tomato paste darkens. Stir in diced tomatoes, bouillon cube, vinegar, thyme, and 4 cups water. Cover pan, bring soup to boil, then reduce heat to medium-low, and simmer covered for 15 mins.

Remove from heat and blend soup with immersion blender, or in blender, or food processor until smooth. Season with salt and pepper, if desired. Top with toasted bread and Enjoy!

Per 1/2 cup serving: 60 cal; <1g protein; 3g total fat; <1g sat fat; 7g carbs; 0mg chol; 122mg sodium; 1g fiber; 4g sugar

## Calendar of Events

- 14—Senior Lunch—TBA (contact Bev Dumbeck)
- 14—Finance Committee, 6p; Church Board, 7p
- 19—Community Fair & Health Expo, 10a-3p—Invite your family/friends
- 31—Start of 8-days Spanish pre-Evangelistic meetings

## Upcoming Events / Announcements

- Feb 14—Evangelistic Meetings Begins!
- Art of Marriage Seminar coming soon! See Berenice Larrea or Pastor Bell for details.
- Help Needed: 1) Someone to assist with the PowerPoint presentation for Sabbath worship, will provide training. See Pastor Bell; 2) Help keep our grounds beautiful! Dale Rexinger & Jim Snyder would really appreciate your help on Mon and/ or Wed afternoons.

**"Pray without ceasing. In every thing, give thanks: for this is the will of God in Christ Jesus concerning you."  
 1 Thessalonians 5:17-18 KJV**



## Sunset Times

**Jan 3 / 4—4:54p / 4:54p**  
**Jan 10 / 11—4:59p / 5:00p**  
**Jan 17 / 18—5:06p / 5:07p**  
**Jan 24 / 25—5:12p / 5:13p**  
**Jan 31 / Feb 1—5:19p / 5:20p**

## December Birthdays



- |                             |                            |
|-----------------------------|----------------------------|
| <b>1 - Stephen Eng</b>      | <b>17 - Kevin Gordon</b>   |
| <b>4 - Juan Hernandez</b>   | <b>18 - Tom Thompson</b>   |
| <b>5 - Joe Davis</b>        | <b>20 - Eloisa Ramirez</b> |
| <b>6 - Mario Cortez</b>     | <b>22 - Terry Wegand</b>   |
| <b>9 - Elijah Waggoner</b>  | <b>23 - Bill Deihl</b>     |
| <b>Mary Ramirez</b>         | <b>26 - Kevin Bolanos</b>  |
| <b>12 - Jarrod Ford</b>     | <b>Ellen Murdick</b>       |
| <b>Angelica Romero</b>      | <b>29 - Greg Pearson</b>   |
| <b>Nathen Steiger</b>       | <b>30 - Edith Martinez</b> |
| <b>13 - Kevin Meza</b>      | <b>Patresha Pearson</b>    |
| <b>14 - Heather Steiger</b> |                            |
| <b>Bill Thompson</b>        |                            |

## Newsletter Info

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Church Service is held on Saturdays.  
 Sabbath School - 9:20am  
 Worship Service - 10:45am