



*Welcome*

to the Hillcrest  
Seventh-day Adventist  
Church



*February 6, 2016*

Sabbath School 9:30 a.m.

Victory in the Wilderness

Worship Service 10:45 a.m.

PRELUDE

WELCOME & PRAYER .....Jesse Leal

CHILDREN'S TIME ..... Nicole Beasley

WORSHIP IN GIVING..... Randy Warkentin

*To assist our treasury team, please mark your tithe envelopes  
so they know how you would like your donations distributed.  
Also, please include your full name on the tithe envelope.*

WORSHIP IN SCRIPTURE.....Rogelio Sanchez

WORSHIP IN PRAYER..... Terry Moreland

WORSHIP IN PRAISE .....Praise Team

WORSHIP IN THE WORD .....Elder Louis Torres  
*The Worth of a Soul*

BENEDICTION .....Elder Louis Torres

POSTLUDE

Worship Leader ..... Jesse Leal  
Pianist ..... Linda Owens  
Praise Team..... Kristen, Raeann, Sabrina

# *The Pastor's Page*

“Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people—saying with a loud voice, “Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water.” And another angel followed, saying, “Babylon is fallen, is fallen, that great city, because she has made all nations drink of the wine of the wrath of her fornication.” Then a third angel followed them, saying with a loud voice, “If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name.” Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.” Revelation 14:6-12 NKJV

## *Welcome!*

Happy Sabbath and a warm welcome to everyone! We thank you and your family for coming to Hillcrest Church to worship God on His holy Sabbath day! We have come together to show our love for Him by worshipping Him and glorifying His name because He is our Creator (Rev 14:7; 4:1; 15:4). May your love for Him and your faith in him grow stronger and deeper everyday! Here at Hillcrest we aim to enrich your soul through spiritually insightful Bible studies, inspiring worship, fervent prayer, loving fellowship, and warm friendship. We provide interesting ministries to help people of all ages grow stronger in their faith and love for Jesus. If you have questions or would like more information about our Bible beliefs, ministries, and services call us at 871-5000.

Welcome Elder Louis Torres! Elder Torres is a pastor, evangelist, international lecturer, musician and author. Over the past three decades, he has trained hundreds to become effective soul winners, pastors, Bible workers, and evangelists. Elder Torres previously has served as director of training and evangelism for ASI and vice president for Amazing Facts. He and his wife, Carol, are co-founders of Mission College of Evangelism. Currently, he is president of Guam-Micronesia Mission. He is the author of *Gaining Decisions for Christ*, *Great Stories For Gaining Decisions*, *Bothersome and Disturbing Bible Passages*, and *Left Behind or Sincerely Taken*.

## *Hillcrest Highlights*

COMMUNION: Next Sabbath, February 13, is a high day in our church because we will celebrate communion. This special service consists of two sacred ordinances: the ordinance of foot washing and the ordinance of the Lords Supper. Jesus designed communion service as a time for spiritual cleansing, renewal, and revival - a time for us to examine ourselves in light of His love for us, which was manifested by His death upon the cross to save us from our sins. We must ask the Holy Spirit to examine our hearts, our lives - our character, so that we can see our spiritual brokenness, confess our sins, and ask Him to make us whole by the power of His blood. Communion reminds us of our daily need for Christ to live within us to empower us to live for Him, love each other, and witness to the world for Him. It also reminds us of His soon coming to end this sinful world and give us eternal life in the new heaven and new earth where there will be no sin or evil. God designed this service for sinners like you and me to remind us of His love for us, our need for forgiveness of sins so we can be ready for His soon coming. We encourage everyone to come and participate in this service.

OUTREACH & EVANGELISTIC SERIES: Because of your prayers and help God has been blessing our outreach efforts. Continue to invite your friends, family and all who you can to attend the Health and Nutrition series February 19-24. Keep the pre-reaping revival and evangelistic series in your prayers. The revival will be on March 25-26. Our evangelistic series will begin on Friday, April 8, and contin-

ues through Sabbath, April 30. The speaker will be our new Central California Conference Evangelist, Pastor Anil Kanda. He is a spirit-filled, dynamic speaker who preaches the gospel with power and teaches the word with clarity and conviction. This is a BIG Bible study opportunity that God will use to teach people His word. His Holy Spirit will lead many to believe and accept Christ as their Savior. While some of us may not be able to give a Bible study all of us can invite others to this BIG Bible study and help out in some ministry that will make this series a success. If you have questions you may talk to Pastor Scarborough or Jesse Leal about how you can help in this soul saving ministry. Effective evangelism is a team effort involving the whole church family. The time, money, and work that you give and put into helping to share the gospel is an investment for which God will give you huge eternal rewards! God raised up the Seventh-day Adventist Church to evangelize the world in these last days with the light of the everlasting gospel in the context of the three angels message. It was in an evangelistic series that many of us were saved when we gave our hearts to Jesus and experienced the saving power of His love. God has called each member of Hillcrest and has given us the Present Truth of the Three Angels Message to spread all over Bakersfield. It is the greatest story ever told! Everyone needs to hear it. Let's serve the Lord together with gladness!

**ASSOCIATE PASTOR:** After many months of prayer and careful searching, the Central California Conference has appointed Stephen Hicks as the Associate Pastor for Hillcrest and Kern River Valley Churches. He will begin his ministry here on February 15, 2016. We are excited to welcome Pastor Hicks, his wife, Marina, and their little daughter, Chloe, to their new church family! Let us keep them in our prayers as they make the transition to Hillcrest.

**SHARE THE TRUTH:** Popular teaching about "Hell" has grossly misrepresented God's character while perpetuating the lie about the immortality of the soul. God wants all people to be saved and come to a knowledge of the truth (1 Tim 2:4). When anyone receives the truth and believes it he/she will be set free (John 8:32). If you have access to the internet by computer or smart phone you can help to share the truth with your friends on Facebook and other internet sites that will give them a clear, effective, study on "Hell" [www.helltruth.com](http://www.helltruth.com), the state of the dead [www.deathtruth.com](http://www.deathtruth.com), the Sabbath [www.sabbathtruth.com](http://www.sabbathtruth.com) and about 666, [www.666truth.org](http://www.666truth.org)

**BAPTISM:** Is baptism necessary for salvation? Absolutely! In Mark 16:15 Jesus said, "He who believes (the gospel) and is baptized will be saved..." God wants everyone to be saved and come to the knowledge of truth (1 Timothy 2:4), but the choice is ours. To those who have not yet been baptized, God wants you to make that choice today before it is too late. Galatians 3:27 tells us, "for as many of you as were baptized into Christ have put on Christ." Talk to Pastor Scarborough, an Elder, or Sabbath School teacher.

**HOUSE OF PRAYER:** Jesus was perfect, yet He spent much time in prayer for strength to resist evil. Shouldn't imperfect souls like you and I model His prayer life so that we too can gain strength to resist evil? Jesus also encouraged us to pray always and never give up (Luke 18:1 NIV). Among the things that Jesus asked us to pray for as a church, is that the Lord of the Harvest will send reapers into His Harvest (Matt 9:38). As we pray for lost souls to be saved, keep in mind that we must pray for more reapers of lost souls to do the work of the gospel harvest. House of Prayer meets every Wednesday at 7:00 p.m. We encourage everyone in the church family to come out at that time and be part of this spiritual growth experience.

**CHURCH BUDGET:** Our local church budget for 2016 is \$280,800. The local church budget and the world-wide ministry are financed by both the widow's mite and the large gifts that flow from the generous hearts of each church member. We trust that in 2016 your faith in God, and your love for Him and the work of the gospel ministry will motivate you to keep returning tithe and giving offerings. We are confident that God will continue to bless you and bless our church through your financial stewardship in 2016. The tithe you return and the money you give for offerings to help meet the ministry and mission expenses of the gospel is a secure investment you are making in heaven (Matt 6:19-21). While God can do His work without our help, He knows that we need His blessings and so He has asked us to be partners with Him in the gospel by investing part of the resources He gives us into His work of saving souls. It is through the use of your spiritual gifts in ministry to others and your financial support that the work of the gospel continues here at home and around the world as we prepare for the Second Coming of Christ. May God continue to enrich you and your family with His love and prosper you with His abundant blessings.

**Church Operating Budget Report**  
**as of 1/31/2016**

- Amount needed monthly ..... \$23,400.00
- Received through January 23 ..... \$20,931.51
- Balance due through Jan.30 ..... \$2,468.49
- Needed Jan. through Dec..... \$280,800.00
- Received in January..... \$20,931.51
- Balance due Jan. through Dec. 31... .. \$259,868.49

**Student Aid Report as of 1/31/2016**

- Amount needed monthly ..... \$7,448.05
- Received through January 31 ..... \$13,817.66
- Balance Due through Jan. 30..... (+\$6,396.61)
- Needed Jan. through Dec..... \$89,382.00
- Received in January..... \$13,817.66
- Balance Due Jan. through Dec. 31 ..... \$75,564.34

*Thank you for your continued faithfulness  
in giving to God's work.*

**Our offering today is for Local Church Budget.** The offering given for church budget pays for our local ministry, mission, and operational expenses.

Listen to the Adventist Radio  
Station in Bakersfield

**91.7 FM**

Worship services in the sanctuary are recorded and televised on 3ABN. Smile - you may be photographed!



**Veggies**  
Health and Nutrition Seminar  
with Mary Bernt

Mary Bernt is owner of the award winning vegan restaurant and health food store, *Veggies*, and author of the bestselling cookbook, *The Best of Veggies*. She has been presenting health and nutrition seminars for nearly 20 years to great acclaim. Her entertaining and captivating presentations have inspired thousands to a healthier lifestyle. Mary presents cutting edge nutrition and lifestyle information and time tested natural remedies proven to prevent and even reverse cancer, heart disease, diabetes, and more. Come with an open mind and an empty stomach. Leave informed, inspired ... and well fed!



➤ **FREE SEMINAR: FEBRUARY 19 @ 7P**  
**FEBRUARY 20 @ 11A, 2:30P**

➤ **HEALTH SEMINAR AND A FULL MEAL:**  
**FEBRUARY 21-24 @ 6P**

**COST\*: \$40 PER PERSON/\$60 PER MARRIED COUPLE**  
**(OR \$20/NIGHT. COOKBOOK NOT INCLUDED.)**

**\*COST INCLUDES: 4 GOURMET VEGAN MEALS, LECTURE**  
**NOTES, INFORMATION PACKET,**  
**1 COPY OF THE BEST OF VEGGIES COOKBOOK**

**HILLCREST SDA CHURCH**  
**2801 BERNARD STREET**  
**BAKERSFIELD, CA 93306**

**Please call ahead to pre-**  
**register by February 15, 2015**  
**661-871-5000 Seating limited**



**Volunteer Opportunity:** We are looking for anyone interested in spending the day learning to cook with Mary Bernt.

February 21-24 from 11a.m.-5p.m. This is a great opportunity for anyone that is wanting to eat more healthy and gain the benefits of natural and permanent weight loss by eating plant based foods. The number of spots are limited.

- 2-3 people to be there from 11-5 to help her cook Sunday – Wednesday. This is a great opportunity for you to cook along side Mary and learn from her. Lunch provided. Anyone that helps all four days will be able to attend the 6-8p.m. seminar free of charge (a \$40 value which includes the evening meal and you will receive her cookbook and handouts).
- 3 people to serve each night from 6-8p.m.
- 3 people to help clean up after seminar each night
- 2 people to help register guests

*Help us reach the community with the health message. If you would like to volunteer, please contact Karen Stewart at 872-5242.*

I am still needing 3 people for clean up after Mary Bernt program, Sunday thru Wednesday.

I need one more server for Wednesday night. Other spots are full at this point.

Thanks.

Karen Stewart

## **Strengthening and Restoring our Families**

Join us for a week of prayer beginning Sabbath February 13th - 20th. Various presentations are sure to help where it hurts the most.



**Sabbath Feb. 13th - Sabbath Sermon, Family Vespers 5pm**

**Sunday 14th 7pm - An Unlikely Reunion**

**Monday 15th 7pm - The Family Altar (Testimonies)**

**Tuesday 16th 7pm - The Dynamic Duo (Two friends you can live without!)**

**Wednesday 17th 7pm - The Pure in Heart (Drinking from the same stream)**

**Thursday 18th 7pm - Unbelievable Grace (Choosing the impossible)**

**Friday 19th - 7pm Special guest speakers**

**Sabbath 20th - 10:30am Guest speakers followed by fellowship meal**

**Sabbath afternoon - 2pm Seminar 5pm Special service**

**Bakersfield Central Seventh-day Adventist Church**

**4201 Wilson Rd. Bakersfield, CA 93309**

**(661) 832-2620**

IT  
STARTS  
WITH *You!*

**UTILIZING THE GIFT OF PRAYER**

**MARCH 4-5, 2016**

**Friday, 7:00 p.m. & Sabbath 9:30 a.m.-7:30 p.m.  
BAKERSFIELD HILLCREST CHURCH  
2600 Kenwood Rd. Bakersfield, CA 93306**

*Guest Speaker:*

**JOSEPH KIDDER**



Events for all ages!  
Child care available.

**PRAYER  
CONFERENCE**


Info: 559.696.3692

Sponsored by: CCC Prayer Ministries

Do you have a passion for prayer? You are invited to the Prayer Conference featuring Dr. Joseph Kidder, March 4-5, 2016 at the Bakersfield Hillcrest Seventh-day Adventist Church. This is a free event with childcare, lunch and supper provided on Sabbath; no registration required. For more information call Joyce Mulligan at 599-696-3692.

Sunday	Monday	Tuesday	Wednesday
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# February

7	8 6:45 Elder's Meeting	9 6:00 Worship Committee	10
14 <i>Happy Valentine's Day</i>	15 OFFICE CLOSED 	16	17
21 6:00 Veggies Health Seminar	22 6:00 Veggies Health Seminar	23 6:00 Veggies Health Seminar	24

## Meetings and Ministries Scheduled Every Week

7:30 Mother's Prayer Group		5:30 Children's Choir 6:30 Club Meetings 7:00 Prayer and Study Group	1:00 Study Group 7:00 House of Prayer
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Thursday	Friday	Saturday
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<h1>2016</h1>		<p style="text-align: right;">6</p> <p style="text-align: right;">HC-Elder Torres KRV-Pastor Scarborough</p> <p>3:00 Call-A-Thon</p>
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<p>11</p> 	<p>12</p> <p>Sunset 5:35</p>	<p style="text-align: right;">13</p> <p style="text-align: right;">HC-Pastor Scarborough KRV-TBD</p> <p>Communion</p>
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<p>18</p>	<p>19</p> <p>Sunset 5:42</p> <p>7:00 Veggies Health Seminar</p>	<p style="text-align: right;">20</p> <p style="text-align: right;">HC-Mary Bernt /Health Series KRV-Pastor Scarborough</p> <p>2:30 Veggies Health Seminar</p>
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<p>25</p> <p>6:00 Finance Committee 7:00 Church Board</p>	<p>26</p> <p>Sunset 5:48</p>	<p style="text-align: right;">27</p> <p style="text-align: right;">HC-Pastor Scarborough KRV-Timmy Baze</p>
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**Meetings and Ministries Scheduled Every Week**

		<p>9:30 Sabbath School</p> <p>10:45 Church Service</p> <p>3:00 Sabbath Afternoon Visitations</p>
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This is where it begins . . .  
JOIN US IN OUR JOURNEY TO EXCELLENCE

## **BAA ACADEMY DAY**

**February 8, 2016**

**All are invited who will be in grades K-12 next year**

More than just classes

Scholarships and prizes awarded

Everyone who attends receives a scholarship

Registration in the office at 8:00 a.m.

All-school assembly in the gym at 8:15 a.m.

Get acquainted with those who will be in school next year.

Free lunch for everyone ♦ Dismissal at 12:30 p.m.

**RSVP to the school office at 661.871.1591 or**

**E-Mail: [rsvp@bakersfieldacademy.org](mailto:rsvp@bakersfieldacademy.org)**

# B.A.A. Spring Break Mission Trip

March 17-27, 2016

B.A.A. students are spending their spring break on a life changing mission trip to Costa Rica coordinated by Maranatha Volunteers International. They will paint



and renovate a large Education and Evangelism Center in Paso Canoas. They will install irrigation, set up a play structure, landscape, and help repaint two nearby churches in the community. They also have the opportunity to lead out in children's ministry programs in the community.

The Bible says in Matthew 24:14, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." The B.A.A. mission team is a part of God shining through them to help others!



Each of the 15 member team must raise \$1,500 to participate in the mission trip. Your financial support in any amount will be greatly

appreciated. Make your check out to **Bakersfield Adventist Academy**, noting the Costa Rica Mission Trip. All donations are eligible for tax deductions. If you are not able to help financially, please remember our mission trip in your prayers. It is our hope that many people will come to know Jesus because of this trip!

Thank you, B.A.A. Mission Team

Bakersfield Adventist Academy  
3333 Bernard Street  
Bakersfield, CA 93306  
[www.bakersfieldacademy.org](http://www.bakersfieldacademy.org)  
661.859.8715

# Hillcrest

## Bakersfield's Got Talent

A fundraiser event for the BAA choir tour  
 Saturday, February 27, 2016 dinner begins @ 6:15 pm  
 Pacific Health Center  
 5300 California Ave., Suite 200  
 Bakersfield, CA 93309

Prices include Dinner & Show

Adults: \$10.00

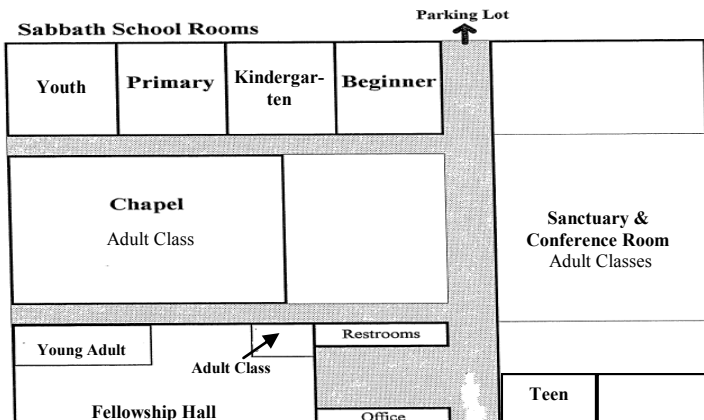
Students: \$5.00 (Children under 5 are free!)

Got Talent? For an audition contact Tara Peterson  
 @ 319-9093

## BAA Constituency Meeting 7:00 PM, March 10, 2016

*Constituents will be listed next Sabbath.*

## Hillcrest SDA Church





# Fax

## This Week's Event List

- Today 9:30AM Sabbath School
- Today Sermon: Elder Torres
- Today 3:00 Call-A-Thon
- Sun 7:30AM Mom's Prayer Grp.
- Mon 6:45 Elders' Meeting
- Tue 5:30 Children's Choir
- Tue 6:00 Worship Committee
- Tue 6:30 Club Meetings
- Tue 7:00 Prayer & Study Group
- Wed 1:00 Study Group
- Wed 7:00 House of Prayer
- Sab 9:30 AM Sabbath School
- Sab Communion

Our next fellowship  
lunch will be on  
February 20.  
Please bring your  
favorite vegetarian dish.  
Happy Sabbath!

**Gleaners Referral:** If someone you know could use a little extra food please have them call the church office for a referral to the Golden Empire Gleaners.

**CALL-A-THON:** Vanessa Ghilarducci is working to help our Bible Workers contact over 1,000 Bible study interests and prayer requests that came from Walk Through Bethlehem and the free Community Health Clinic. Would you like to volunteer? Please call Vanessa Ghilarducci at 661-549-2358. You will need to bring your cell phone to make calls. Phone numbers and a script will be provided. Please meet in the Hillcrest Church office at 3:00 PM today.

### **Transfer Out *Second Reading***

Patricia Sweis to Bakersfield Central SDA Church

For online giving you can go to [hillcrest.adventistfaith.org](http://hillcrest.adventistfaith.org)  
and select Online Giving from the menu.

# Central California Conference Job Posting

## Full-time Accounts Payable Specialist

The Accounting Department is seeking a full-time Accounts Payable Specialist. Applicant must have experience in accounts payable and account reconciliation functions. Must be proficient in Excel, Word, be accurate and detail-oriented. Must have at least an associate degree in accounting or related field experience. Must be a Seventh-day Adventist with regular church attendance.

**To apply, please send cover letter, application and resume to Human Resources.**

**Link for application:**

**<http://ccchr.adventistfaith.org/hr-resources-forms>**

**By email: [lbarron@cccsda.org](mailto:lbarron@cccsda.org), fax 559-347-3062 or mail**

**PO Box 770, Clovis, CA 93613**

**Please respond by 5:00 pm, February 17, 2016.**



# KFHL 91.7 FM

## Submitting a PSA

**There are two ways to submit your announcements (PSA) to be aired**

**1) Record it yourself:**

- Length less than 60 seconds
- MP3 or WAV file
- Answer these questions: Who? What? When? Where?
- Contact info
- Any music on the announcement **MUST be royalty free**

**2) If you aren't able to record it yourself, send us your script of 135 words or less and we will record it for you**

**Email the PSA two weeks before it is to be aired:**

**[info@familyfirstradio.com](mailto:info@familyfirstradio.com)**



### **Hmong Turns to Sabbath from GLOW**

Tara, a young Adventist Hmong woman, recently received a call that brightened her day. Tara had translated GLOW tracts into the Hmong language. She recently led a group of Hmong church members to distribute the Hmong tracts at a large New Year's Hmong festival. Not long later, a woman called Tara and told her a story. This woman (whom we will call Martha), was a Sunday-keeping Hmong Christian. Martha had recently stumbled upon the topic of the Sabbath in her study. She was impressed to keep the Sabbath but was looking for some more evidence. She happened to be at the Hmong New Year's festival when all of a sudden she received--of all tracts--the Hmong tract on the topic of the Sabbath! She called the phone number on the back after reading the tract and was connected with Tara. Martha related her story and ended up coming to the local Hmong SDA church that very weekend.

Praise the Lord for translated tracts and faithful workers!

### **GLOW News**

#### **GLOW is up to 58 million tracts in print!**

The GLOW San Francisco mission trip is happening right now! Keep it in prayer as the missionaries attempt to distribute 1 million tracts in the next few days and at the Super Bowl. You can also keep track of the testimonies coming out of the mission trip by visiting the GLOW Facebook page.

## **Seventh-day Adventists Believe...**

- In one God—Father, Son and Holy Spirit. Heb. 1:1-3; Matt. 3:16-17; 28:19
- Jesus Christ, the Divine Son of God is our Savior. John 1:1-3
- The Holy Spirit, the Divine Comforter leads sinners to repentance. John 16:7-16
- The Bible is God’s inspired Word. 2 Tim. 3:16-17
- In regeneration and the new birth, through belief in and acceptance of the gospel John 3:1-7, 16-17; 2 Cor. 5:17
- The second coming of Christ is very near. It will be literal, personal and visible to all. John 14:1-3; Acts 1:11; 1 Tim. 6:15, 16
- That man by nature is mortal Job 4:17; 1 Tim. 6:15, 16
- Immortality and eternal life are the gifts of God and received only through faith in Christ. Rom. 6:23; 5:21
- All the dead are in an unconscious state. Eccl. 9:5; John 11:11-14
- There will be a resurrection of the dead. 1 Thess. 4:13-17
- The wicked will not live eternally burning in Hell. But will be burned up to eternal death. Mal. 4:1-3; 2 Pet. 3:10
- By reason of His death, Christ offers the free gift of His righteousness to all who accept Him by faith. Rom. 4:3-5
- Salvation is by grace alone, it comes as a gift of God, received by faith and not through any merit of the sinner. Eph. 2:8-9
- The Ten Commandments is the standard of righteousness by which all will be judged and which all Christians are commanded to obey. James 2:10-12; Ex. 20:3-17
- God created the world in six literal days and established the Seventh-day Sabbath as a memorial of creation, therefore all people are obligated to keep it holy. Ex. 20:8-11; Acts 13:14, 42
- God promises to bless us as we freely return tithes and offerings to support the work of the gospel. Lev. 27:32; Mal. 3:10; 1 Cor. 9:13, 14.
- In baptism by immersion Mk. 1:9, 10; Rom. 6:3-5
- In Spiritual gifts bestowed on believers for ministry and spiritual growth of the church Eph. 4:1-8
- The body is the Temple of the Holy Spirit, therefore we must care for it and abstain from use of intoxicants, tobacco, and unclean meats, etc. 1 Cor. 3:16, 17; Prov. 23:29-32; Lev. 11:1-47
- The principles of modesty in deportment and dress 1 Tim. 2:9, 10
- In the Sanctity of marriage and family. God instituted marriage as a sacred bond between one man and one woman. Matt. 19:4-6; Heb. 13:4

*Needs & Praises of Hillcrest Church  
Members and Friends*

If you would like to add your request to our prayer list, please call us at 871-5000. (Names are regularly rotated to provide space for new requests.)

<b>Name &amp; Address</b>	<b>Need or Praise</b>	<b>Please Pray &amp; Send Cards</b>	<b>Please Visit</b>	<b>Please Phone</b>
<b>Dianne Dials</b>	Health	YES		
<b>Rick Garcia's mom, Helen Garcia</b>	Health	YES		
<b>Hilda Garza's Son</b>	Health	YES		
<b>Ray Rodriguez</b>	Health	YES		
<b>Norma Mendez- Van Sant 835-1822</b>	Severe Migraine Headaches	YES		YES
<b>Gloria Haring's daughter, Tracy-mother of three</b>	Brain Tumor	YES		
<b>Cheryl Kizer</b>	Aggressive Breast Cancer & Healing	YES		
<b>Gloria Rea's sister, Chris</b>	Health & Recovery	YES		
<b>Debi Velez's Granddaughter, Destnee Flores</b>	Born Premature-Health In Foster Care	YES		
<b>Rosa Garza</b>	Breast Cancer Chemo Therapy	YES		
<b>Carole Schwartz</b>	Health & Healing	YES		
<b>Lois Webb</b>	Health & Healing	YES		
<b>Joel Adams</b>	Health & Healing	YES		
<b>Marvin Strange &amp; Family</b>	Marvin's Health	YES		
<b>Peggy Whiteman</b>	Healing	YES		
<b>Chuck Hood</b>	Health & Healing	YES		
<b>Rick Burries Health South 5001 Commerce Way</b>	Health and Healing	YES	YES	

# The Rx Kitchen

GVMA Education Center

Health Begins On Your Plate!



## Cancer Prevention & Survival

7-class Series

Tuesdays 6 pm to 8 pm

January 5, 12, 19,

February 2, 9, 16, 23

## Kickstart Your Health

7-class Series

Thursdays 6 pm to 8 pm

January 7, 14, 21,

February 4, 11, 18, 25

## The Fee for Each 7-class Series:

Cash Pay \$175

or

GVMA patients using insurance -- \$70 materials fee\* plus copayment for each class due at each class

\*See The Rx Kitchen Contract for GVMA Patients

## The Rx Kitchen is located at

4813 Coffee Rd., Suite 100

Bakersfield, CA 93308

Phone: 661-695-9965

Email: [BeWell@TheRxKitchen.com](mailto:BeWell@TheRxKitchen.com)

## The Education Center at Golden Valley Medical Associates, Inc.

Presents a nutrition and cooking series based on the Physicians Committee for Responsible Medicine's (PCRM) popular Food for Life Nutrition and Cooking Classes hosted by Calvin Kubo, M.D.

Cooking demonstrations by Sally Kubo, FFL Instructor

## Powerful Information For:

Diabetes, Heart Disease, Chronic Pain, Weight Control, Cancer Prevention & Survival and Brain Function

We will focus on filling your plate with a variety of colorful fruits, vegetables, whole grains, and legumes rather than on serving size or calorie counting.

## Pearls of Health #36

*My vineyard, my very own, is for myself; you, O Solomon, may have the thousand, and the keepers of the fruit two hundred. O you who dwell in the gardens, my companions are listening for your voice; let me hear it.”*

*Song of Songs 8:12-13*

*“In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself, I must be a learner always as to how to take care of this building, the body God has given me, eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must have wisdom to be a faithful guardian of my body.*

*“ (1904 Letter)*

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### **Ginger Beets**

Ingredients:

- 2 cups grated raw beets
- 2 teaspoons grated ginger root
- 1 tablespoon maple syrup (optional)
- 1 tablespoon tamari
- 1 teaspoon lemon juice

Beets are high in Vitamin A and help cleanse the liver. If you are making several dishes at once with your salad shooter, grater or food processor, do the beets last. That way, you won't have pink vegetables and you won't need to stop to disassemble and wash any equipment.

In a small bowl, combine all ingredients and toss. Let the flavors blend for a few minutes before serving. Top with sprouts for a festive side dish. Serves 4.



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### **Church Office**

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Adventist PLUS Line/Advent Source 1-800-732-7587  
Online Sabbath School Lesson <http://ssnet.org/>

### **Entrance**

2801 Bernard Street, Bakersfield, CA

### **Mailing Address**

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### **Elder In Charge Today**

Gerzon Gomez

### **Deacon In Charge Today**

Darrell Hawley

### **Church Offering Schedule & Sunset Times**

Feb. 6	Local Church Budget	5:28
Feb. 13	Adventist Television Ministries	5:35

## **Mission**

*To become like Jesus and reveal Him through service.*