



Vallejo Central Newsletter

November 2024



VCSDA HEALTH MINISTRY



NEWSLETTER



Presentation of the Health Ministry Team

By Milcah Ordaz



Dear Church Family,

We are thrilled to introduce the Health Ministry Team! Our team is dedicated to helping our church community embrace a healthier lifestyle, build connections, and inspire one another in wellness. We believe that our bodies are temples, and caring for our health is part of our spiritual commitment.

Mission:

Our mission is to bring awareness to health and wellness, educate our church family, promote healthy lifestyle choices, and create a community where we can support each other in this journey. Through seminars, activities, and resources, we aim to inspire everyone to take positive steps towards health.

Vision:

We envision every member of our church embracing the importance of a healthy lifestyle and sharing this knowledge with their families, friends, and beyond. We hope to see our church grow in physical, mental, and spiritual health together.

The lower pictures capture moments from the semi-formal introduction of the Health Ministry Team, including the ribbon-cutting ceremony revealing our logo and inviting the church to watch our first YouTube channel episode. The picture on the left shows one of our group meetings, which always ends with a group prayer. The bottom picture features the Health Ministry Team.



Health Ministry Team - Monthly Activity Summary

July-Dec

In July, the Health Ministry of VCSDA held its first meeting, establishing roles and setting the mission. By August, the team defined its vision and set planned activities for the year. September brought the creation of the ministry's name, "Joyful Life," along with a logo and social media channels.

In October, We launched our YouTube channel, with Pastor Estay as a Host, featuring guest speaker Tina Chew, a Certified Trauma Recovery expert, on Forgiveness. Pam Ditto as our Breast Cancer Awareness Advocate with United4thecause.org. For November, we're hosting a Cooking Show on "Food as Medicine" with Kay focusing on healthy recipes. December will close the year with a Holiday Community Outreach, Where ACS will distribute Christmas baskets and We'll offer free showers, ("Fresh Shower, Fresh Start") lead by Richie, Jane Sarmiento and Emmy Vega with help from Pathfinders and church volunteers.

Through "Joyful Life," we're building a supportive, health-focused community in our church.



Praying like Jesus we can learn a lot about prayer.

Let's look at Jesus prayer life: These are three parts of Jesus Prayer life that we can learn from:

1. First is his practice of prayer; Jesus prayed after his baptism. "...And as he was praying, heaven was opened ..." Luke 3:21-22.
2. Second, after speaking to a multitude he went up a mountain by himself to pray.
 - a. Make time for prayer.
 - b. Have a place for prayer.
 - c. Have privacy for prayer.
 - d. Pray to God the Father; God answers prayers.

Jesus teaches us that we pray to God the Father and that we must pray in the name of Jesus John 15:6

Jesus tells us, then the Father will give you whatever you ask in my name. He repeated this in John 16:23-24

Jesus also teaches us to be persistent in our prayers see Luke 11:3-13

3. 3rd part of Jesus's prayer life is his personal prayers Jesus is best known prayers are the "Lord's prayer found in Matt 6:9-13
4. And his final prayer of intercession for all of mankind John 17.

Submitted by Pearlette Dobbins



Geraldine	Cabanez	1
Gladys	Ellorin	
Samuel	Aquino Sr.	4
Kylee	Wong	
Denise	Cabanez	5
Maria Isabel	Contreras	
Hezekiah	Moring	
Jayla	Cruse	6
Dan	Ganancial	
Lovely	Becklehimer	7
Tyler	Wilensky	
Rhyan	Politano	8
Nimfa	Jimenez-Umali	9
Casey	Leach	
Avelino	Belga	10
Abigail	Aguilar	11
Daphne	Aguilar	13
Brooke	Fernander	
Angelina	Gomez	14
Renee	Anastacio	15
Donald	Hurst	19
Eliasib	Ruban	
Margie	Verdan	21
Angely	Becklehimer	23
Holly	Fuchs	24
Marivel	Jimenez	
Fausto	Molina	
Joana	Masigan	27
Leonides	Moring Jr.	
Sarach	Fuchs	28



Dale Hamlin shared about the community services center.



In the month of **October 2024**, the following are volunteers at the community service: Pastor Chris Estay, Dale Hamlin, Emmy Vega, Ed Politano, Rudy Patricio, Jane Sarmiento, Rose Lauglug, Donica Clapp, Letty Aquino, Edith Gasmin, Nelma Traub, Cindy To, Carmen Velasquez, Winter Anacleto, Maribel Espiritu and Robert Hill with a total number of 538 volunteer hours. During this month we served total of 185 households and 397 individuals.

~ Submitted by Jane Sarmiento



"Compassion in Action" Dr. Kathy Bachelor



Pam Ditto shared Mark 2:1-5 Jesus Forgives and Heals a Paralyzed Man



Children Story

Salt shaker and pepper shaker goes hand in hand like peanut butter and jam. Mark 9:50 "Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt among yourselves, and be at peace with each other."

Matthew 5:13 He tells them explicitly, "you are the salt of the earth; but if the salt loses its favor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men."



To all those who have served, and those who continue to serve...

Thank you to our military and their families.

Happy Veterans Day!



October 2024 Church Board Actions

Submitted by Pam Ditto, Clerk

E-Vote Motion 2024-069 2nd and PASSED Approved December 21st to have the shower trailer offer showers for the unhoused.

E-Vote Motion 2024-070 2nd and PASSED Use the Cantata Fund to cover the costs of the books, music, costumes, etc. for the cantata.

E-Vote Motion 2024-071 2nd and PASSED The motion is to assist with 3 months' rent. Total is **\$1,347. (Family in Need Fund Payment directly to the rental agency)**

E-Vote Motion 2024-072 2nd and PASSED The motion is to assist with help for car insurance. Insurance **\$234.88**. Currently unemployed. **(Family in Need Fund payment directly to the Insurance Co.)**

E-Vote Motion 2024-073 2nd and PASSED Accept Board Minutes for the month of September, 2024.

E-Vote Motion 2024-073 2nd and PASSED Accept the Financial Report for the month of September, 2024.

Prayer List for November 2024

By Pam Ditto

As I write this, we are two or three days before the calendar turns to November. Thanksgiving is the big holiday we celebrate, however there is also Veteran's Day. As I think back over 2024 (we have only 60 days left), I can see many things for which I am grateful. Family, friends, job (or retirement), health, the Veterans that have kept our country safe and strong, our senior citizens who have stories that teach amazing lessons, are encouraging, motivating and wise – if we listen. I hope you review the people in your life, young or seasoned, that you are thankful for, and then thank God for the blessings of each one. Celebrate Thanksgiving this way all month!

- Eduardo & Connie Astudillo
- Randy & Evelyn Brucker and Andrew
- Brian & Joelly Da Silva
- Pearlette Dobbins
- Joanna Gardner
- Heather Hurst-Waller
- Viktoria Kolpacoff
- Marbue & Andrea Marke, Andrews and Samuel
- Rodolfo & Grace Noble, Rudy Jr., Rosanne and Jam
- Gayle Ranjo-Fuchs, Lily Sky and Ayla
- Sareda Thompson
- Mike & Annaliza Wilensky, Angel and Tyler



Text WELCOME to (707) 466-7222 -- To stay connected to the church family.

Please send stories, pictures or suggestions to Trinh2t@gmail.com. Thank you.



Pastor from Colombia

By Carmen Velasquez

Last Tuesday October 8th, I invited Pastor David Bustamante and his wife Damaris from Colombia, to help us in Community Services. They were conducting an evangelism series focused on families in the Spanish church here in Vallejo. When I talked with Damaris about Community Services, she was really interested in the program, and wanted to see how it works so they can develop a similar program in their church. I told her about the food bank, how the food is picked up, how it is distributed, who comes to be served, and whatever questions she had... well, the best as I could. Pastor Bustamante stayed outside talking with the Hispanics clients that came that day, and Damaris helped filling the boxes with produce, "something special," and everything she was asked to do. Both of them were very impressed with the Community Services work, and at the end, Pastor Bustamante sent this message to Pastor Chris Estay who was also there transporting the boxes to the clients' cars.

"Pastor Estay, it was a pleasure visiting your church. I'm gladly impressed with the organization of your program. I got many ideas for our ministry of service in Medellin, Colombia, that is called "Center of Influence Casa Milagros." Thank you for allowing us to see how Community Services works in your church. I forgot to say good bye to you. Our hearts and resources are at your service in Colombia. Very honored to meet you all, Pastor Bustamante."

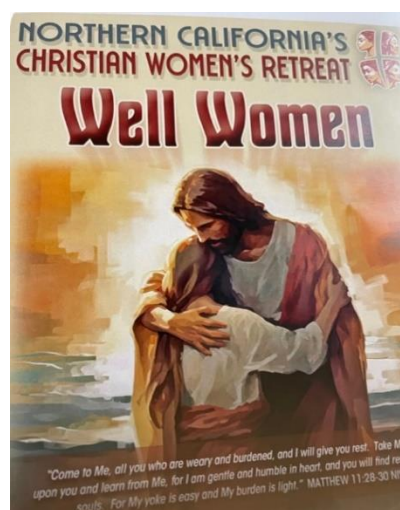
Free Shower Outreach for the Unhoused

Purpose of the Event

The Free Shower Outreach is a ministry initiative by Health Ministry of VCSDA, sponsored by Vallejo Central Church aimed at serving the unhoused by providing a safe, clean, and welcoming space for personal hygiene. The event will offer free showers, clean clothing, and spiritual support, demonstrating our church's commitment to compassionate community service.

Event Details

- **Location:** Vallejo Central SDA Church
1111 Colusa St
- **Date:** Dec 22, 2024
- **Time:** 9:30AM-12:00 PM



Pearlette and Emmy with friends from Sonoma Church at the Women's Retreat

Christmas Cantata entitled "The Glory of Christmas" is on **Dec. 21, 2024**. Make sure to mark your calendars. If you want to participate or have any questions, please contact Nora or Annaliza.

PHAA Fall Festival October 2024

Attendees enjoyed the Fall Concert performed by K-12 students. Also, a wide variety of tasty treats like Snow Cones, Pancakes, Waffles, Tacos, Street Corn Nachos, Churro Sundaes, French Fries and Enchiladas, and the decorations set the fall scene. The activities included the hayrides, jumpy house, book sales, dunk tank, jail, and the maze. We all had a wonderful time. Thank you to all who participated in the Fall Festival. Hope to see you again next year.



We will miss you Mrs. and Mr. Magbanua.



Coach Tu got dunk by Felix!

The Kingdom's Cabinet

By Carmen Velasquez

Reading the Bible lesson, we studied how John the Baptist prepared people's hearts to receive Jesus. The lesson says in those times there were servants who prepared the roads when a king was about to visit a city. These servants cleaned the road, removed obstacles, rocks, to ease the travel of the monarch. In Mexico we still do the same when a candidate, governor, and moreover, a president is going to a community. We call it "avanzada" or "avanzada presidencial," in the case of the president. Here in the US, that job is done by DHS I think, in order to protect them. Many years ago, Paco, my friend Norma's husband worked as a highway patrol motorcyclist. I suppose he was a trustworthy motorcyclist because it was common he was assigned along with his supervisor, to check the roads when a candidate, governor or the president, would "get a bath with the citizens," (mingle with the masses, sort of thing) in Jalisco, in order to protect him. It was a very important job, but Paco was only part of the security mechanism. He was a motorcyclist.

One day, talking with Paco about this assignment, I asked him: "hey, when it's your job to be in the 'avanzada' how do you feel about yourself?... like, important?"

"Yes, very," he said. "Do you feel like you are a member of the president's cabinet?" I asked him jokingly... "Yes," Paco replied a little embarrassed of himself. The difference between Paco... and John the Baptist is, John never lost the sight on his place and purpose in the salvation plan. He always knew he was a servant that cleaned, cleared and prepared Jesus' coming. He never asked for a place in the Kingdom's cabinet. Remember that the apostles argued for the highest position in Jesus' cabinet forgetting their purpose: to spread the Gospel. An apostle is one that shares the good news of salvation, so many can be part of the Celestial Kingdom.