



Cafeteria

Vegetarian Menu: Does that mean NO MEAT?!?

La Sierra University believes that all humanity should strive for healthy living. Therefore, it encourages its students to maintain a healthy lifestyle through exercising, proper diet, engaging in different activities, and finding a balance between school and work. Vegetarian food is served in the cafeteria as well as in different events hosted by the university. Students who live in the dorms are not allowed to cook any type of meat, chicken, or fish in its kitchen.



SDA Beliefs

- The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration through holy men of God who spoke and wrote as they were moved by the Holy Spirit.
- God is Creator of all things, and has revealed in Scripture the authentic account of His creative activity.
- Man and woman were made in the image of God with individuality, the power and freedom to think and to do.
- In Christ's life of perfect obedience to God's will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator.
- By baptism we confess our faith in the death and resurrection of Jesus Christ, and testify of our death to sin and of our purpose to walk in newness of life.
- The beneficent Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation.
- On the new earth, in which righteousness dwells, God will provide an eternal home for the redeemed and a perfect environment for everlasting life, love, joy, and

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Who are Seventh-Day Adventists?

The Seventh-day Adventist Church is a Protestant Christian faith community; well known for its observance of every Saturday as a Sabbath and

for emphasizing the imminent second coming of Jesus Christ. Adventists are also known for their belief that God creates all humanity. Therefore as an Adventist institution, La Sierra University celebrates its diversity among its students, faculty, and staff. The church believes in a holistic understanding of the person and emphasizes on one's diet and health.





SATURDAY (SABBATH) OBSERVANCE

La Sierra University believes that the Seventh-day Sabbath should be kept holy. It's a weekly reminder of God's creative and redeeming power. Therefore, the school celebrates it from sundown Friday to sundown Saturday. "Students are encouraged to enter into an attitude of worship praise and rejuvenation." Different worship programs and community service activities take place on campus during Sabbath hours.

First Service, Friday 8PM, La Sierra University Church

Collegiate Sabbath School, Sabbath Morning, 10:20AM

Church @ Noon, at La Sierra University Church
RASK@LS: Random Acts of Service Kindness
La Sierra

UNIVERSITY WORSHIP

We worship because we believe in God.

We worship God because we believe the Gospel.

We worship because we are created to do so.

We worship because it is our heritage.

University Worship and Breakout Worship are a mandatory requirement for all undergraduate, ESL, and Music Certificate Students.

As our worship service is in the church no food, drink, or electronic use will be allowed during the service. We expect punctuality, respect, and attentiveness during the service.


4500 Riverwalk Parkway
Riverside, CA 92505

Alcohol/Substance Use & Abuse



"La Sierra University provides students, faculty, and staff with an **alcohol-drug and tobacco-free environment**. All illegal drugs and substances are strictly prohibited from use on the La Sierra campus and properties."

