

# Life Unlimited

**Herb Montgomery - 2009**

*Reported by Michael O'Haver*

*Auburn Seventh-day Adventist Church*

This series will explore how looking at God differently (Other centeredness) can improve our lives in 5 areas: 1) Emotional Healing; 2) Fitness & Health; 3) Financial Freedom; 4) Spiritual Fulfillment; and 5) Mental Development.

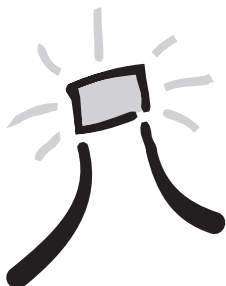
## **Emotional Healing:**

### ***Finding Your Center***

In every human being there is often an insatiable longing for we know not what, but simply for something more. Though we may try to satisfy those longings with pursuits that leave us still empty, the longings themselves are actually for God. Our aversion to this truth is evidence that we truly have yet to discover what God is truly like. (Psalm 63:1; Psalm 145:15-16).

God is a triunity, between which the ebb and flow of other-centered love (loving while simultaneously being loved, looking outward and not inward) passes (Isaiah 6:8; Genesis 2:18). Humanity fell out of the experience of this love through believing lies concerning the character of God (the serpent/Satan in the Garden of Eden) (Genesis 3:1-4; Romans 1:21).

Jesus came as this triunity incarnate with the intent of revealing the truth about the character of God. Through this revelation He would remove our misapprehension of God's thoughts and feelings. Please see ***"Life Unlimited"*** on page 2.



# Grandma's Remedies

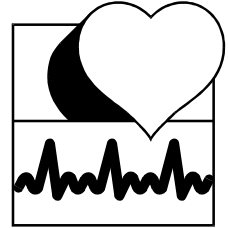
*By Mandy Nash, Health Ministries Director*

*Auburn Seventh-day Adventist Church*

## **Foods and News That Fight Colds and Flu**

### **Hot Tea & Herbs**

The facts: Any hot liquid can help break up congestion, but tea has extra benefits. It contains compounds called theophyllines, which open up airways and ease breathing. So curl up with a mug of your favorite green, black or herbal tea, and soothe your scratchy throat while you ease your stuffy nose.



The latest Chamomile tea might be especially powerful: People who drink five cups of it daily have elevated levels of hippurate—a by-product of plant compounds that may have antibacterial properties—according to a report in the January 26, 2005 issue of the Journal of Agricultural and Food Chemistry.

### **Soup & C**

The facts: Like tea, soup's healing properties come partly from any hot liquid's ability to ease congestion. But if you're looking to do more than clear your head, add some crushed garlic to your next bowlful. Crushing garlic releases alliin, a natural antibiotic that fights viral and bacterial infections. In other words, Grandma's chicken noodle soup could have worked just as well without the chicken!

The latest: We've all heard that vitamin C can ward off or knock out a cold. Sadly, a review of multiple studies says it isn't so. Taking vitamin C at the first sign of a cold doesn't shorten or lessen your symptoms, reported reviewers in October 2005 in the Cochrane Database of System- Please see ***"Grandma's Remedies"*** on page 7.

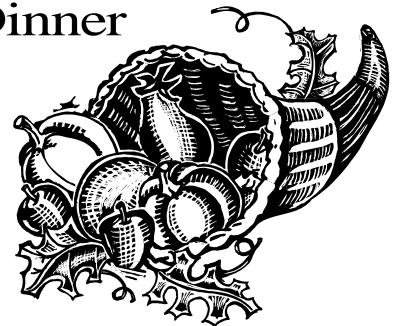
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## **Spanish Ministry Thanksgiving Dinner**

A Thanksgiving Dinner  
hosted by

The Auburn Church  
Spanish Ministry

Thursday • Nov 26  
12:00 to 3:00PM  
Fellowship Hall  
All Are Welcome



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the auburn church family newsletter

November 2009

# PHAA news

## November Calendar

- Nov. 4-5** Parent/Teacher Conferences  
Minimum Day - 12:10  
Dismissal
- Nov. 7** PHAA Food Festival
- Nov. 9** School Finance Meeting  
6:00 PM  
School Board Meeting  
7:00 PM
- Nov. 23-27** Thanksgiving Vacation  
No School!

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PHAA Phone: (530) 885-9447

PHAA Fax: (530) 885-5237

PHAA email: [office@phaschool.org](mailto:office@phaschool.org)

PHAA web site: [www.PHAAonline.com](http://www.PHAAonline.com)

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## On-Going PHAA Fundraisers

**Box Tops:** Please clip & save box tops for Education Coupons and turn them into the school every month. Products to clip include General Mills, Betty Crocker, Pillsbury, Green Giant, Progresso, Gold Medal, and Ziploc.

**Raley's/Bel Air Card:** Please use your card (available at school office) when making purchases. Pine Hills receives a percentage of your purchases.

**Inkjet/Laser Cartridges & Cell Phones:** Drop off your old cartridges and cell phones at the school office to be sent away for recycling. School receives cash for each cartridge and phone turned in.

**eScript:** Pine Hills earns money through your everyday purchases made at eScript merchants. See [www.eScript.com](http://www.eScript.com).

**Kellogg's Label Investment Program:** Please save your UPC Codes and/or labels from any Kellogg's or Worthington product and turn them into the school office.

***"Life Unlimited"** continued from page 1.*

toward us, and restore us to the pleasure of love for which we were made (1 John 3:8; 2 Corinthians 4:6).

### ***Why did God Allow this to Happen to me?***

Most assume that if God wanted to prevent some tragedy from occurring, He could. Therefore, whatever happens, He must have wanted to happen for some good reason. This would mean that all things happen for a Divine purpose, or according to God's ultimate will. Yet the Bible teaches that not everything happens according to God's will. Not everything is turning out the way He wants it to. Therefore, it is not true to say that all things happen for a Divine reason, for some events are not God's desire, or wish (Matthew 6:10; Luke 7:30; 2 Peter 3:9).

### ***Who do you see? The Best Kept Secret to Unlocking Life Fulfillment***

Our misunderstandings of what type of person God is, goes all the way back to creation. Humanity's transition from a correct understanding of God's character to a false picture of him is what the Bible refers to as the Fall. (Genesis 3: 1-6) It is our perception of God that lies at the heart of whether or not we experience, in this life and more fully in the life to come, the fulfillment and meaning we long for and above that, were made for. (John 17:1-3; John 8:32)

Our understanding of God has been marred but not wholly obliterated. A sense of what God must be like still lingers to every one of us. However, God desires to restore to us crystal clear perception through our belief in the description of Himself lived out in Jesus Christ. (Romans 1:21; Psalm 33:15; 2 Corinthians 4:6; John 8:32)

### ***The Awakening - The Center From Which All Else Flows***

God's solution to our misunderstanding of His character (which leads to our rebellion, shame and guilt that make living in His presence impossible) was to voluntarily forgive our trespass. His forgiveness would 1) reveal His true character to us, 2) win us at a heart level from rebellion to love, and 3) remove our guilt and shame (enabling us to live in His presence once again). But, in order to be just, genuine forgiveness must be willingly and voluntarily initiated by the one who was wronged, because it always comes at a price paid by the one violated (Luke 7:42; John 10:30; John 14:9-10; Ephesians 4:32).

The forgiveness, rooted in the heart of God and revealed through Jesus' death will, if believed, cleanse our conscience, setting us free (Matthew 1:21; Isaiah 59:2) The forgiveness of Calvary not only saves us from the guilt of Please see ***"Life Unlimited"** on page 3.*

*“Life Unlimited” continued from page 2.*

our sins; it effectively dispels our darkened image of what God is really like by illuminating His love. This love awakens in us a reciprocating and resonating response, winning us at a heart level from rebellion to loving service. (John 1:18; Matthew 26:27-28 & 41 & 67).

### ***Intrinsic or Imposed? The Secret to Loving Your Life!***

God wishes his children to follow his commandments intrinsically, not because He has imposed the laws upon them.

### ***Freedom From your Past-Understanding the Preventive Forgiveness of God***

There is much confusion today concerning how to be truly set free from our past. Much of this confusion comes as a result of not understanding the preventive forgiveness of God. (Romans 2:4; 1 John 1:9)

Sin creates a psychological and emotional state within us called guilt or condemnation. (Isaiah 59:2; Romans 2:15; 1 Samuel 24:5) God longs to liberate us from the psychological and emotional effects of our sin. Forgiveness, when discussed in this context, is defined as a change in us – a removal of and thus liberation from the guilt we carry as a result of our shortcomings. (Psalm 86:5)

In the context of our transgressions against God, the dimension of forgiveness that occurs in God’s heart (the violated one), the Bible states, precedes our repentance and confession toward Him. (Ephesians 4:32; Colossians 3:13; 1 John 3:20; John 8:10)

Thus we see that Repentance, Confession, and Faith are not the means by which we convince God to let go of any condemnation He has for us; but rather, they are the God-given agencies whereby God seeks to liberate us from our sense of guilt and shame. (Genesis 3:8-10; Proverbs 28:1; Hebrews 9:22; Hebrews 9:14)

### ***The Secret to Loving Your Life - Living by God’s principals of Intrinsic Success***

God did not sit back at the beginning of creation and make arbitrary rules. He looked out into the future and saw those things that would cause pain, suffering and sorrow and labeled them forbidden. He also saw those things that would cause joy, peace and happiness and labeled them right. (1 Peter 3:10-11; Isaiah 14:12-15; Philippians 2:5-11)

God wants us to internalize His principles of peace, happiness and joy so they are intrinsic and not because they are imposed by Him. (Galatians 3:19; Galatians 4: 1-5; Hebrews 8:10). God wants us to grow up and live under His grace, not under His law. (Luke 18:18-22)

## **Health & Fitness**

### ***Healthy, Wealthy & Wise God’s Eight Principles for Vibrant Health***

1) Nutrition – there are fruits and vegetables that help you burn more calories than they have. If you concentrate on them you will lose weight. Vegetables: artichokes, asparagus beets, beet greens, broccoli, brussels sprouts, cabbage, Chinese cabbage, carrots, cauliflower, celery, celery, chervil, chicory, chives, corn (cob/canned), cucumbers, dandelion greens, dill pickles, eggplant, endive, garlic, green beans, kale, kohlrabi, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley leaves, parsnips (raw/boiled), peas, peppers (green/red), pumpkins, radishes, rappini, red cabbage, rhubarb, rutabagas, sauerkraut, salsify, scallions, shallots, sorrel, spinach, string beans, sweet pickles, turnips, & watercress. Fruit: apples, apricots, blackberries, blueberries, cantaloupe, cherries, cranberries, currants, damson plum, figs, fruit salad (fresh/canned), grapefruit, grapes, honeydew melon, huckleberries, kiwi, kumquats, lemons limes, loganberries, mangos, muskmelons, nectarines, oranges, peaches, pears, pineapple, pomegranates, prunes, quince, raspberries, strawberries, tangerines & watermelon.

### ***The rest of the principles are self-explanatory***

2) Exercise; 3) Sunshine; 4) Clean Water; 5) Fresh Air; 6) Rest; 7) Temperance/Abstinence; and 8) Love, Meaning & Beauty

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## **Financial Freedom**

### ***Patterning Your Finances After Godliness***

Follow these principals and you will be debt free within 7 years:

1) Tithe 10% of your income, 2) Save 10% of your income, 3) Get out of debt  
You get out of debt by taking some of your savings and pay off the credit card with  
Please see *“Life Unlimited”* on page 4.

*“Life Unlimited” continued from page 3.*

the highest interest rate. When that is done, take the money you would have been paying on the first credit card and your savings and pay off the 2nd highest interest credit card. Continue until all credit cards are paid off. Then pay off your cars. Then pay off your home mortgage. Keep 6 months salary in reserve to use if you lose your job. After all debt is gone, start investing. Concentrate on things that benefit others – lending money, renting homes, start a business, buy stocks & bonds, go on missions, etc.

### **Spiritual Fulfillment**

#### ***Where did we get the wrong picture?***

Spiritual fulfillment is not accomplished by following God’s laws. In the 4th century Arius, a priest of Alexandria began teaching that Christ was the first created being and was therefore inferior to the Father. He was condemned as a heretic. Arianism however, continued to grow until three of the ten kingdoms were Arian in belief. These were Heruli, Vandals and Ostrogoths. The other seven Christian nations eventually defeated the three Arian nations.

### **The 7th Day Sabbath**

#### ***A Lesson we are slow to Learn and Quick to Forget***

Resting on the Sabbath is the key to spiritual fulfillment. God rested twice in the Bible - after creation and when Jesus died on the cross. Both times it wasn’t because He was tired; it was because He had finished important jobs – creation & salvation. The Sabbath is not about caloric expenditure it is about caloric direction. We keep the Sabbath today to celebrate our salvation. The Sabbath is the only holiday God gave to the world.

### **How to Celebrate the Sabbath**

#### ***The Biblical Purpose of the Sabbath***

The Sabbath should have intrinsic value and fulfillment for you. If you aren’t going to celebrate the Sabbath, you might

as well work. It should be the time of the week when you do things with your family. You can have special meals, go for hikes, tell each other what you have appreciated them for this last week, rest and recuperate, or study the Bible. You should eat of the fat and drink of the sweet (Nehemiah 8:9-12). Salvation was something done entirely separate from you or me, a gift we had nothing to do with, except we can chose to except or reject it.

### **The Prophecies in Revelations**

#### ***What lies Ahead***

Revelation 13:1-3 And the dragon stood on the sand of the seashore. Then I saw a beast coming up out of the sea...And the dragon gave him his power ... I saw one of his heads as if it and been slain, and his fatal wound was healed.

Interpretation: The dragon is the devil. The beast coming up from the sea is the religious leaders in the end days that seems like Christ but really get their power and authority from the Devil. Christianity lost its power in the 1700 (the slain head) but the head healed and will regain authority in the end days.

Revelation 13:11-15 Then I saw another beast coming up out of the earth; and he had two horns like a lamb and he spoke as a dragon. He exercises all the authority of the first beast in his presence. And he makes the earth and those who dwell in it to worship the first beast, who’s fatal wound was healed... And it was given to him to give breath to the image of the beast, so that the image of the beast would even speak and cause as many as do not worship the image of the beast to be killed.

Interpretation: Some say this second beast is America. In any case, the signs it performed, are to fool the word with false teachings in the end days. Christians are enticed to worship the false Christ, which is really the Devil. The way to determine who is false in the end days, is by the way they act, not what they say. True Christians will show Other centered love. The Devil knows all the right doctrine, but he doesn’t have Christ’s love in his heart.

### **Light on the Dark Side of God**

#### ***State of the Lost***

There are three questions to be answered on this subject:

1) When – at the end of the ages, or on Judgment Day (Matthew 13: 36-40; 2 Peter 2:9)

2) Where – here, the old Earth and Heaven will be destroyed by fire (2 Peter 3: 7-13)

Please see *“Life Unlimited” on page 5.*

*“Life Unlimited” continued from page 4.*

3) For how long – it says for eternity, everlasting or unquenchable, but it means destroyed in an instant to be gone or dead for eternity.

### **Resting in the Embrace of Love**

#### ***What the Bible Teaches about Death (those going to Hell)***

When we die we simply return to the dust of the earth. We will have no conscious thoughts. Our spirits depart and return to God, and sleep until the Judgment Day. (Ecclesiastes 9: 5-6; Psalm 146:4; Psalm 6:5; Acts 2:34; Ecclesiastes 12:7).

### **Mental Development - An Eclipse**

#### ***A Pretension which Obscured our View***

The prophecy in Daniel that the Papacy would cloud people’s view of God’s character for 2,300 years, came true

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### **The right angle to approach a difficult problem is the “try-angle.”**

“For with God nothing shall be impossible”  
*Luke 1:37 (NIV)*

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Many years ago, a huge oil refinery caught fire. Flames shot hundreds of feet into the air and the sky was filled with grimy smoke. The heat was so intense that firefighters parked a block away, hoping for the heat to die down. Instead, the fire raged ever closer to a nearby row of tanks.

Suddenly, a fire truck came careening down the street. With its brakes screeching, it hit the curb directly in front of the blaze. The firefighters jumped out and began to battle the blaze. Inspired by this act, the other firefighters drove closer and joined in the fight. As a result of their cooperative effort, the fire was brought under control in the nick of time.

Those who witnessed these events decided to honor the man who had driven the lead fire truck to the brink of the blaze. In preparing for the awards ceremony, the mayor said, “Captain, we want to honor you for your fantastic act. You prevented the loss of property, perhaps even the loss of life. Is there something we can give you as a token of our appreciation? The captain replied without hesitation, “Your Honor, a new set of brakes would be dandy!”

Acts of heroism all begin the same way: one person is willing to try when all others are not.

in 1844, when the Reformation was complete.

### **The Dawning of a New Day**

#### ***The light is Dawning, the Lie Broken***

The influence of the Catholic Church would not be broken until 1844, which also marked the beginning of the pre-advent judgment of Daniel 7, when God’s character would finally be vindicated.

## *Life Unlimited*

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### **No Pun Intended?**

A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'

The man who survived mustard gas and pepper spray is now a seasoned veteran.

Atheism is a non-prophet organization.

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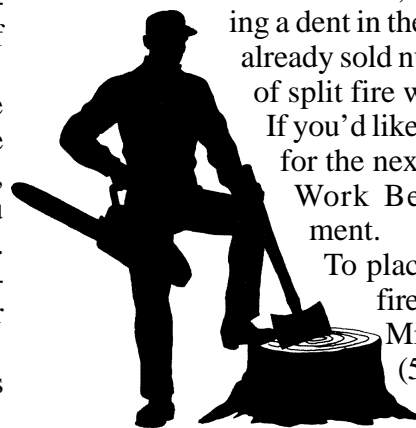
### **Many Thanks**

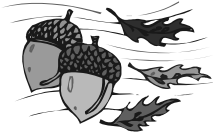

Our many thanks  
to all the Dads and Lads  
that have come out to help whittle  
down the wood pile behind the church.

It is slow work, but we’re making a dent in the pile and have already sold numerous cords of split fire wood.

If you’d like to help, watch for the next “Wood Pile” Work Bee announcement.

To place an order for fire wood, contact Mike Wood at:  
(530) 878-1231.



SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	 <p>“Enter his gates with thanksgiving and his courts with praise, give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.” <i>Psalm 100:4</i></p> 				



# November '09

*“Grandma’s Remedies” continued from page 1.*

atic Reviews. So stick to your soup and slurp away—we won’t tell.

### **Steam & Scent**

The facts: Steam soothes irritated nasal passages and helps clear your nose, at least temporarily. Eucalyptus oil helps loosen phlegm, says the University of Maryland Medical Center, so head to the shower, and use a eucalyptus body wash for a head-clearing aromatherapy lift. Imagine you’re at a spa, and you’ll feel even better.

The latest: Have a humidifier? You may need one. Cold viruses thrive in low humidity, which may be one reason we get more colds in winter than any other season. To the rescue: cool- or hot-mist vaporizers (you can add eucalyptus oil or medications to hot-mist). The Mayo Clinic suggests no more than 50 percent humidity in a room; too much and mold will thrive. Keep your machines mold-free with a thorough daily cleansing and water change.

### **COMMON SENSE**

#### **Tissues & Trash**

The facts: Get those germ-filled tissues into the trash and out of the house as soon as possible lest anyone else come in contact with them and catch your cold.

The latest: The art of tissues keeps evolving—Kleenex now makes an antiviral tissue that purports to kill 99 percent of cold viruses. Made up of three layers, the center one is treated with an antiviral formula.

#### **Bleach Wipes & Kids**

The facts: If you’ve already got a cold, stop it from spreading to everyone in the house by sanitizing everything you touch: light switches, doorknobs, books, phones, remote controls, you name it—give it a once-over with a disposable bleach wipe. And don’t forget everything in the kitchen and bathroom, such as refrigerator handles, drawer knobs and faucets.

The latest: Germs can live up to three hours on your skin and hard surfaces, according to the National Institutes of Health. And kids catch and carry home more cold germs than anyone, so run those bleach wipes over all the surfaces in your kids’ rooms too.

#### **Soaps & Sanitizers**

The facts: Wash your hands, wash your hands, wash your hands. The easiest way to spread infections is through human contact, says Jack M. Gwaltney, MD, director of internal medicine at the University of Virginia School of Medicine in Charlottesville. About 15–20 seconds of vigorous hand scrubbing (the time it takes to sing “Happy Birthday” twice) is the most effective way to prevent the spread of germs—short of becoming a hermit.

The latest: Any soap will do (it’s the sudsy scrubbing that removes germs). Antibacterial soaps may have other pur-

poses, but they’re no better than regular soaps at fighting colds and flu because both are caused by viruses, not bacteria. What’s better than soap? Alcohol-based hand sanitizers—the alcohol zaps germs, says the Centers for Disease Control and Prevention (CDC).

### **THINGS YOU MIGHT NOT KNOW**

#### **Yogurt & Supplements**

The facts: Yogurt is loaded with probiotics—beneficial microorganisms that settle in your intestines and enhance overall immune function. Yogurt with live cultures also helps promote the “good” bacteria in your body; this is particularly helpful if you’re taking antibiotics, which destroy bad and good bacteria.

The latest: Taking a probiotic supplement along with a multivitamin/mineral pill could help reduce the number and severity of cold symptoms, found a study in the July 2005 issue of the *International Journal of Clinical Pharmacology and Therapeutics*.

#### **Paper cups & Toothbrushes**

The facts: Bathroom cups brim with icky germs, so stock up on paper cups for rinsing, gargling and swishing liquids to soothe sore throats.

The latest: The CDC says there’s no research to suggest you should change your toothbrush after recovering from a cold. But not everyone agrees: Germs can thrive on your toothbrush, says R. Tom Glass, professor emeritus of oral pathology at the University of Oklahoma Health Sciences Center. A possible compromise: Opt for transparent or translucent brush heads, which seem to resist contamination better than solid colored ones. The reason may have to do with how easily ultraviolet light—which may eliminate viruses from your brush—passes through them.

Of course, there are other suggestions to cut colds short, but not all are warranted. For instance, many people swear by echinacea but a study in the July 28, 2005 issue of *The New England Journal of Medicine* says it doesn’t work. Please see *“Grandma’s Remedies”* on page 8.

*“Grandma’s Remedies” continued from page 7.*

Medicine found that it doesn’t prevent or ease colds. Studies on zinc are inconclusive too: Taking zinc lozenges after you’ve caught a cold doesn’t seem to help more than any other lozenge. But using zinc lozenges daily when you aren’t sick may reduce the chance of catching a cold, reported a November 2002 study in the American Journal of Therapeutics.

However, zinc can have some side effects such as nausea and a metallic taste. So maybe just try sipping some soup and stocking up on paper cups—it’s better to be safe than sneezy.

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# HAPPY THANKSGIVING

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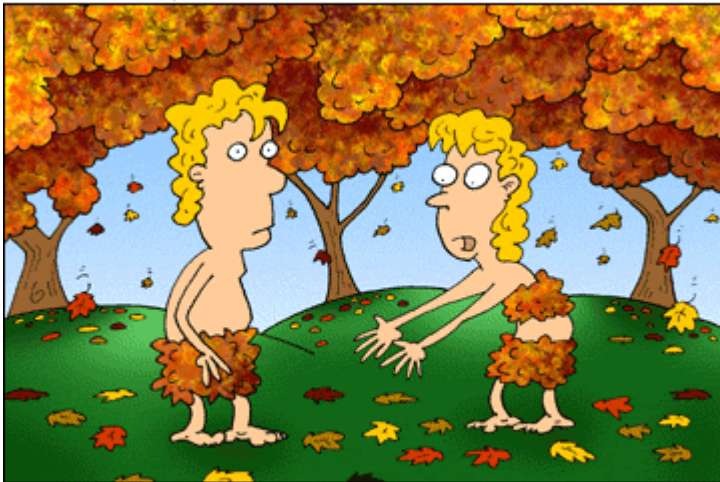
## PHAA “vege food store”

Place Thanksgiving Orders Soon!

The Pine Hills Vege Food Store is open anytime for your convenience. See the school secretary during school hours, or visit during regular hours Wednesday 3-4PM and Friday 12 -1PM, or call Diane Chang, (530) 906-5498 to place an order. Order your Dinner Roasts and Worthington Turkey Rolls for the holidays now while supplies last. They’ll be open during the Fall Food Festival, Sat. nite, November 7. The proceeds go to help the 8th grade class graduation and class trip.

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10-06-2006

WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?

## Fellowship Luncheon November 14

Join us November 14 following our worship service for our once-a-month time for good food and fellowship with friends. Bring a favorite vegetarian entree/salad/dessert or bread. *Please bring items precooked and wrapped to keep them warm and ready to serve.*

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### Need Fire Wood?

Per Cord orders now being taken.  
To reserve yours call Mike Wood  
(530) 878-1213

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### Free Child Care

Available during worship service for children  
five years and under  
10:30 AM to 12:30 PM  
Skilled, Caring Staff  
Electronic Parental Pagers

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### Community Breakfast

A hearty breakfast is available to the community every Sabbath morning at the Auburn church Fellowship Hall. There is no charge for this meal and all those in need are invited. Breakfast at 8:00 AM. For information contact the church office at (530) 885-4232.

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### Sermon Notes

November sermon dates and speakers:

- Nov. 7 **Sermon**  
*Pastor Dan Appel*
- Nov. 14 **Mission Emphasis**  
*Various Speakers*
- Nov. 21 **“Giving Thanks”**  
*Auburn Church*
- Nov. 28 **Sermon**  
*Pastor Dan Appel*

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