

A Christmas Miracle

By: Michael O'Haver & Pam Alexandra
Auburn Seventh-day Adventist Church

Beverly and Dan are sitting in their cozy living room with a crackling fire going in the fireplace. It is Christmas Eve and the couple is waiting for the arrival of their children.

Beverly says, "The kids should be arriving soon. I'm so glad they could all make it for Christmas this year."

Dan replies, "It has been a long time since we were all together for Christmas. But, with Tracy driving all the way from Chicago by herself, with this bad weather, it worries me."

Beverly says, "Me too, but I can't wait to see our new granddaughter. And with her husband

Bob deployed to Iraq, it can't be helped."

Dan replies, "George should be here first, he lives the closest."

Beverly says, "Is he bringing his latest girlfriend, what was her name?"

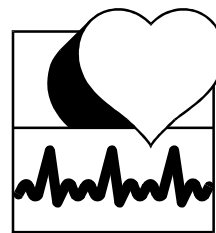
Dan replies, "Beats me, I can't keep up with that boy's romances. I don't think she's coming anyway, she lives way out Please see **"Miracle"** on page 3.



Fighting Holiday Weight Gain

By Mandy Nash, Health Ministries Director
Auburn Seventh-day Adventist Church

Did you know that the average American gains 5 pounds over the holidays? Here are 10 tips to help you avoid becoming "the average American."



Slow down and savor the flavor - eating slowly and taking smaller bites, may encourage you to eat less.

Eat Breakfast - starving yourself before a big meal, may lead to overeating.

Don't treat the meal like it's your last - chances are there will be leftovers, so don't over indulge.

Tradition - Rendition - serve healthy food this holiday! Think mashed potatoes with broth instead of milk, apple pie instead of coconut cream, green beans with lemon 'n herbs... be creative!!

Be Polite, but don't be a push-over - you don't have to eat everything that's on the dinner table. Only take what you want and you'll feel better afterwards. (Trust me!)

Indulge for half the price - why not split a piece of dessert? You'll satisfy your sweet tooth for a fraction of the calories!

Plan ahead before the Christmas Party - eat a little something before the party, and if you are the type to stand near the food table and munch all night long- occupy yourself with conversation for a pleasant distraction.

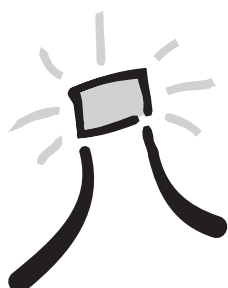
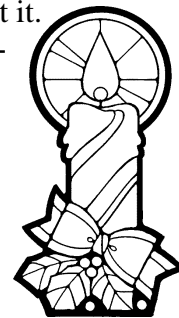
Portion Control - learn how to portion food out, so you don't end up with tons of leftovers that you feel obligated to eat.

Stay active - the more you burn the less you'll feel guilty about eating a big meal!

Be wary of people trying to make you fat - this may sound crazy, but have you ever wondered why certain people always give you candy & high fat foods for Christmas? Is it that they just have no imagination or are they jealous of how fit and fabulous you look? Think about it.

Christmas Eve Worship Service and Cookie Exchange

Thursday • Dec. 24
6:00 to 7:00 PM



the auburn church family newsletter

December 2009

PHAA news

December Calendar

- Dec. 11** 7-12 Christmas Program
at Auburn Church
- Dec. 17** K-6 Christmas Program
at Pine Hills
- Dec. 14** School Finance Meeting
6:00 PM
School Board Meeting
7:00 PM
- Dec. 21-** Christmas Vacation
Jan. 1 No School!
-

PHAA Phone: (530) 885-9447

PHAA Fax: (530) 885-5237

PHAA email: office@phaschool.org

PHAA web site: www.PHAAonline.com

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.

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.

Out of the mouths of babes.

“And he said, I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.”

Matthew 18:3-4 (NIV)

A woman was visiting her brother and his family one time when her nephew suddenly stopped in the midst of his play and steadily gazed at her. “What are you thinking about?” she asked him. “You’re a Christian, auntie, aren’t you?” he finally replied.

“I hope so dear,” she replied. “But you never talk about Jesus,” he said. “If you loved Him very much, wouldn’t you talk about Him sometimes?”

The aunt, taken aback a bit, stammered a reply: “We may love a person without speaking of him,” she said.

“Can we” her nephew asked innocently. “I didn’t know that. You talk about your papa and mamma and your brothers and sisters all the time. And you talk about other people, too — even me. But not Jesus.”

“Well, yes,” the aunt admitted, her heart quickened with conviction. “I suppose that’s so.”

“Let’s talk about Jesus sometime,” her nephew concluded before getting up to go outside to play. And then with a backward wink, he added, “Cause I love Him, too, and I like to talk about Him.”

We talk about what — and who — matter the most to us. And what we say reveals how we feel about them.

“Miracle” continued from page 1.

near Topaz Lake, and George said he would be here early.”

The doorbell rings a Christmas tune. Beverly jumps up and exclaims, “That will be George.”

But, Dan beats her to the door and opens it with an excited, “Jason!?, Mom, it’s Jason.”

Jason says, “I need money! No, just kidding Pop. I’m tired of all of that dorm food – I’ve been craving some home cooking for months. I could eat a horse! I can’t wait to sink my teeth into some of Mom’s Mincemeat Pie!”

Beverly gives Jason a big motherly hug. “Jason, I’m so happy to see you! Don’t be sticking your fingers into my pie before dinner young man. You can snack on some celery sticks until your older brother and sister get here.

Jason replies, “How exciting.”

Please see *“Miracle” on page 3.*

“Miracle” continued from page 2.

Dan whispers in an aside as Jason heads for the kitchen, “Look in the old cookie jar, you might find something better.”

Jason smiles, “Thanks Pop.” The doorbell rings another Christmas tune.

Beverly is standing closest to the door and opens it and exclaims, “George, you made it! Where is that girlfriend of yours?”

George gives his Mom a hug and says, “She couldn’t make it, but it’s good to see you Mom.”

Dan greets his eldest son with a firm handshake. “How were the roads out there son?”

“The snow plows have been busy; they’re OK to the west of town, when I came in.”

Dan, still worried about Tracy, replies, “I hope they are cleared to the north, I’m worried about Tracy driving by herself.”

Jason returns from the kitchen with a handful of Mom’s chocolate chip cookies. “Hay Bro, how you been?” The brothers greet each other with typical sibling gusto.

Over the boisterous greeting of the two brothers and their parents, the phone rings.

Dan answers it, “Hello, Tracy, is that you?” His words silence the rest of the family. Dan listens for a moment, then says “Hello Tracy, Tracy are you still there?”

Slowly he returns the phone to its base and exclaims, “There’s been an accident, that was Tracy and she was calling on her cell phone, but we were cut off. She was breaking up bad, it sounds like lost reception.”

Over the immediate clamor of questions Dan raises his voice to explain further, “She swerved to miss a deer and went off the road; I don’t think there was another car involved.”

“Was she hurt, where did it happen?”

“I don’t know where it happened, and if she was calling, then she must not be hurt. Someone try and call her back.”

George whips out his cell phone and says, “I have her on speed dial.” He pushes two buttons and waits for the connection. A frown mars his face as he closes the phone and remarks, “it didn’t go through.”

It is two hours later; everyone is pacing or talking quietly in the living room. Beverly is talking to George, “I don’t think she has been very close to God lately. She was so upset that Bob got deployed just after the baby was born. I think we need to pray, that is all we can do at this point.”

The doorbell plays it’s Christmas tune. Jason wins the race to the door and swings it open. “Tracy, your safe!” His cry is drowned out by the rest of the family who crowd around Tracy with her baby in her arms.

An hour later as the family finally sits down to the dinner table, the questions are still being answered by Tracy.

“I swerved to miss that deer, and went over that bank and was stuck in the snow drift. The baby was strapped in her seat and was not hurt. My cell phone reception went out right when I was calling you Dad, and I never could get a call through

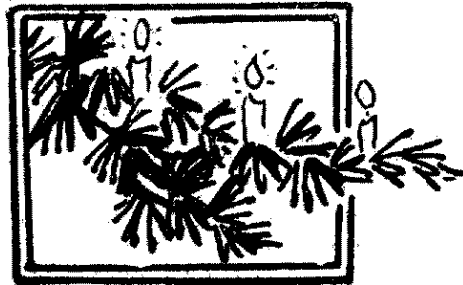
to 911. It all happened just about five miles up on Digger’s Pass. I got the baby out and was standing by the road, and you aren’t going to believe this part, along came a complete stranger in a sleigh. He offered us a ride into town and he dropped me off right in front of the house.

Jason asks, “Did he have a long white beard and a red suit on?”

Everyone laughs as Tracy answers, “No, but it was the strangest thing, pulling the sleigh were what I thought were skinny horses, it was very dark and no moon at all. Then when we got into town where there were lights, I would swear the horses had antlers, just like reindeer.”

Silence greeted this statement. After a long moment with no comments, Dan reaches out his hand to his daughter on one side and Beverly on the other, and says let’s pray.”

The whole family joins hands as Dan offers a prayer, “Dear Lord thank you for this blessed day and for looking after Tracy and bringing her home safely. We ask your continued blessings on not only this meal but on all of us here tonight, and thank you from the bottom of our hearts for this Christmas Miracle. Amen!”



BYOP Christmas Social

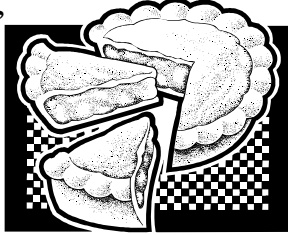
“Bring Your Own Pie”

Saturday • Dec. 19

Begins at 4:30PM

Dessert and Movie

“It’s A Wonderful Life”
in the Fellowship Hall



Auburn Church Kids Sabbath School Christmas Program



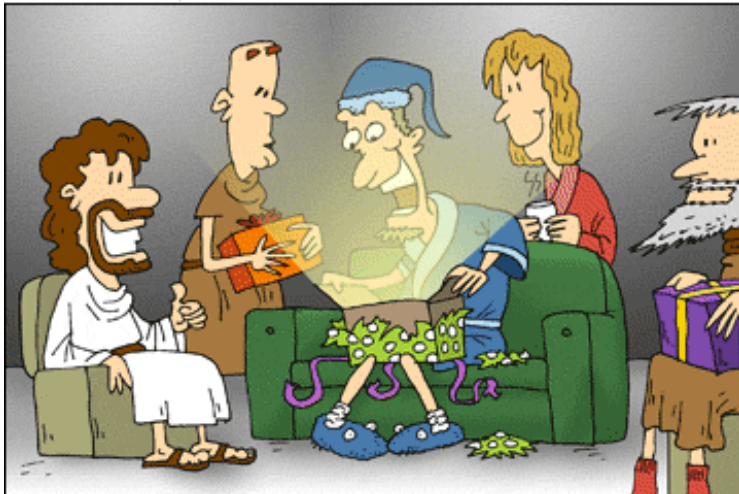
Church Service
Dec. 19
10:45 AM



PHAA “vege food store”

The Pine Hills Vege Food Store is open for your convenience supplying customers with a wide variety of fresh and packaged vegetarian food items. 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. The proceeds go to help the 8th grade class graduation and class trip.

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Thanks to Andrew S.

12-21-2007

ETERNAL LIFE, MY FAVORITE ... THANKS
JESUS!

Fellowship Luncheon December 12

Join us December 12 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.*

Need Fire Wood?

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

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 Pagere

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.

Sermon Notes

December sermon dates and speakers:

- Dec. 5 **Sermon**
Pastor Dan Appel
- Dec. 12 **Sermon**
Pastor Dave Carreon
- Dec. 19 **Kids Sabbath School
Christmas Program**
- Dec. 26 **Sermon**
Pastor Dan Appel

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