

# Auburn Seventh-Day Adventist Church Community Newsletter

October, 2013 Issue

## A Christian is Like a Pumpkin

The other day I was thinking,  
Just what it would be like to  
Be a Christian and making,  
A commitment to live for Jesus.

It would be like carving a pumpkin,  
God picks you from the patch,  
Out of all the other pumpkins,  
When you decide to let Him in.

It doesn't matter where we've been,  
God removes all the bad seeds,  
He cleans out all the ugly sin,  
That we have hidden inside of us.



He carves us a new face,  
So we are always smiling.  
God fills us with His grace,  
His love and forgiveness.

He lights a candle inside,  
So we can send His love,  
Shinning it far and wide,  
For the whole world to see.

He gives us a shot at a new life,  
Our ticket to our own paradise,  
A life to live free of all strife,  
Just like a carefree pumpkin.

## CRR Moving to Fridays

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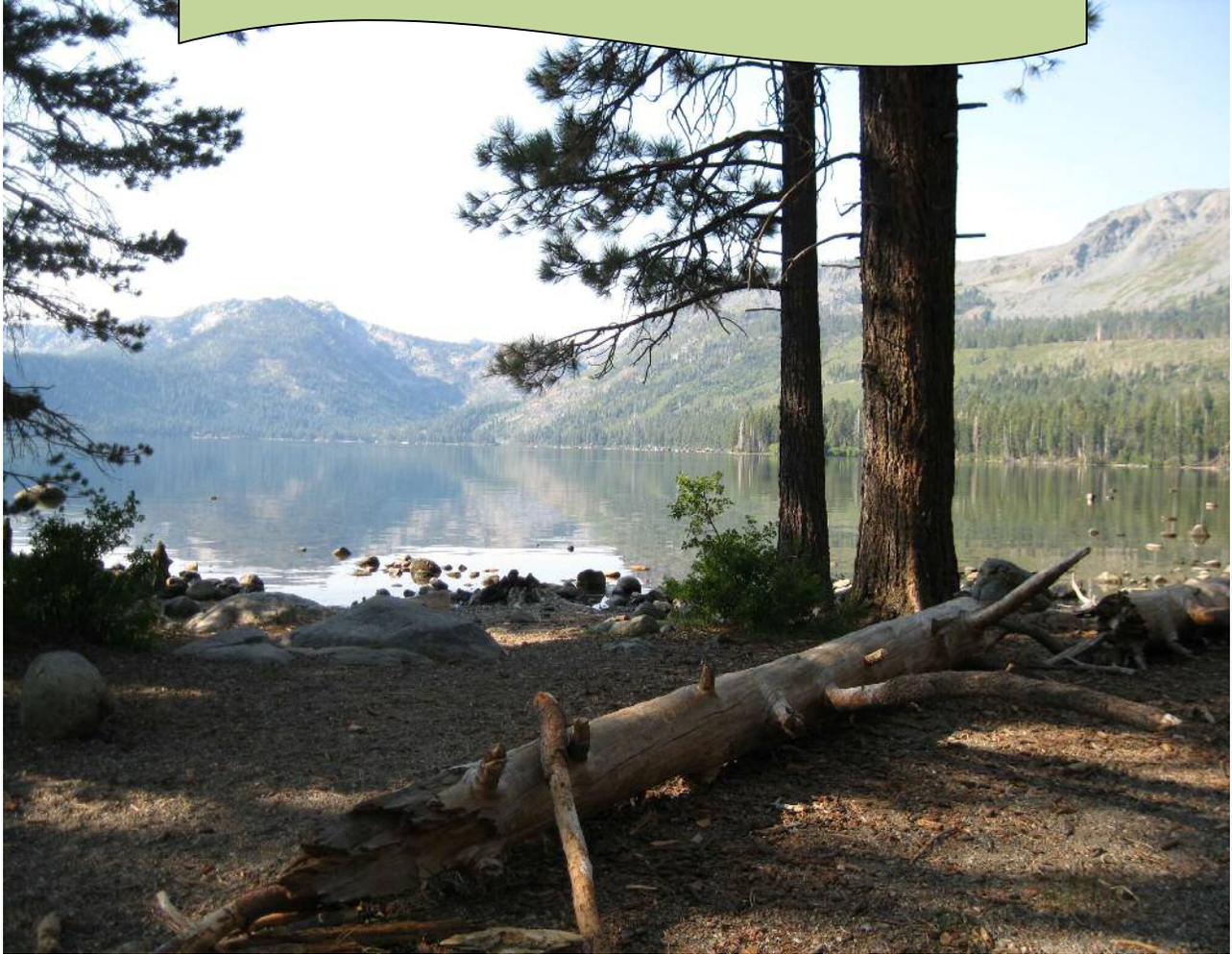
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Celebrate Restoration & Renewal (CRR) is moving from its regular Saturday afternoon time to Fridays at 7:00 to 8:30 PM starting October 4th. CRR will lead you on a path to discover God's power to restore and renew, from all manner of addictions. Join CRR for a Biblically based 12-Step journey and experience fun, fellowship, great music and heart healing within a Christian recovering community.

## Fallen Leaf Lake Church Campout



The Church Campout at Fallen Leaf Lake near Lake Tahoe on September 6-8, 2013 was a big success. The weather was great, the scenery superb, and the food outstanding. God's nature on display!





# Sermon Notes

- Oct 5: Dan Appel, Matthew 11:25-30  
(Communion)**
- Oct 12: Dan Appel, Matthew 12:1-8**
- Oct 19: Dan Appel, Matthew 12:9-14**
- Oct 26: Dave Carreon, Matthew 12:15-21  
(PHAA Choir/Band)**

# Happy Birthdays in October



Sandy Dyer	Oct 2
Emma Fisch	Oct 2
Jim Brewster	Oct 3
Judy Doyle	Oct 3
Caitlin Hanson	Oct 3
Eve Lynch	Oct 3
Yvonne Palmer	Oct 3
Hannah Allen	Oct 4
Wanda Culp	Oct 5
Ed Kleinecke	Oct 5
Joyce Grant	Oct 6
Robert Robbins	Oct 6
Tom Sayre	Oct 6
Lee Gipson	Oct 8
Rachelle Gadreault	Oct 8
Joy Gee	Oct 9
Horst Mehner	Oct 10
Dayne Dyer	Oct 11
Dorothy Young	Oct 11
Gara McLearn	Oct 14
Kathy Brewster	Oct 20
Norman Henderson	Oct 22
Milo Loye	Oct 22
Anthony Rios	Oct 24
Isabella Toppel	Oct 24
Deanna Kindrick	Oct 28

## Broadside-of-a-Barn Family Social



The Porco's will host the Church Social Broadside-of-a-Barn on October 12, 2013. The social starts at 6:30 PM with the movie starting as soon as it gets dark enough. There will be popcorn, fruit and Kendall's famous Cinnamon Rolls. The movie will be a surprise.

## HEALTH BITES



From the June 2012, Health Bites

### Can Nutritional Supplements Alter Student Behavior? By Fred Hardinge

A group of researchers reported that children age 6-12 years given low dose vitamin-mineral supplements were involved in less violence and antisocial behavior than those who did not receive the supplements. The setting for this study was two "working class" schools in Arizona in which 468 students participated. Half the students were given vitamin-mineral pills containing 50% of the U.S. RDA (Recommended Dietary Allowances) for four months while the rest got a placebo.

The study focused on students who were disciplined at least once during a full school year. Forty students given the placebo were disciplined 1.9 times each. The difference between these two groups was statistically significant. However, was it meaningful in actuality? 388 students were not disciplined at all, whether they got vitamins or not.



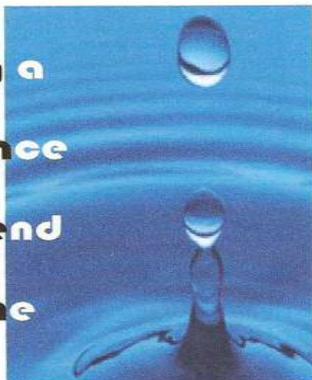
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## Health Bites Continued

What can we conclude? Unfortunately very little. The study authors concluded that bad nutrition led to low nutrients in the blood, impaired brain function, and bad behavior. However, they completely ignored the home status of the subjects which is a well-established confounding factor in children's behavior; and that the same number of students in both groups were disciplined. The supplements and placebos were only given for 4 months while their behavior was monitored for eight months. This study suggested nothing more than the need for another better controlled study in the future. We should wait for better information with children who had a more tranquil childhood.

Children who experience violence, age at a faster rate. This fact is captured in the Scripture, "The fear of Lord prolongs days, but the years of the wicked will be shortened" (Proverbs 10:27 (NKJV)). Scientific evidence indicates that this is true for the children of the wicked as well as for their parents. Consistent kindness to children may add years to their lives.

**Making a  
difference  
one friend  
at a time**



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## *Sailing on Wings so Strong*



At times troubles just overwhelm us,  
Like a storm breaking around us,  
Sometimes there seems no avoiding,  
The world down our throat shoving.

But we can learn from God's creatures,  
If we don't stay stuck in the bleachers.  
If we observe nature all around us,  
And we know just whom to trust.

Others may flee from rising winds,  
The eagle waits for rising winds.  
The eagle doesn't fear the storm,  
Because aloft the eagle is born.

He soars above the storm's fury,  
So high he has no need to worry,  
Safely they are carried along,  
Sailing on wings so strong.

Just like the eagle's great wings,  
The Lord's protecting arm brings,  
Safety from even the worst times,  
A haven from the devil's crimes.

If you just place your trust in Him,  
Life can always deal you a win,  
No lightning or thunder can harm,  
No winds can bring you alarm.

So you have no need to be afraid,  
Because of troubles the devil's made.  
You can be sailing on wings so strong,  
The Lord's wings carrying you along.

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