



Jan  
2014  
Issue

*Because we believe Jesus is returning, our mission is: to attract and grow passionate followers of Jesus through worship, relationships, and service.*

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## *Sandra Roberts Elected 1<sup>st</sup> Woman SDA Conference President*

On October 27, 2013, Sandra Roberts was elected President of the Southeastern California Conference of the Seventh-day Adventist Church. Her election was made possible by the vote in 2012 of the delegates to the Pacific Union Special Session to authorize the ordination of women. It should be noted however, since the General Conference does not endorse women's ordination, the General Conference will not recognize this election.

Roberts has served since 2004 as Executive Secretary of Southeastern California Conference. Previously she worked as teacher, chaplain, youth director and pastor. She received her Master's Degree from Andrews University in 1984 and her Doctor of Ministry Degree from Claremont School of Theology in 2006.

Referring to the dusty feet of Jesus, Roberts said, "Following Him means that we are going to get our feet dirty with the dust of Southern California...we must do this without fear that differences will pull us apart. Christ will always be our anchor point."

## Sermon Notes

**Jan 4: Dan Appel-  
Communion Service**

**Jan 11: Dave Carreon-  
Matthew 13:1-9**

**Jan 18: Dan Appel-  
Matthew 13:10-2**

**Jan 25: Dan Appel-  
Matthew 13: 24-30; 36-43**

## Church Birthday

Matt Stokes .....January 1  
Mike Miracle.....January 3  
Mark Porco.....January 7  
Cherie Blasquez-Tracy..January 9  
Holley Fisch .....January 11  
Dimitri Masumbuko.....January 12  
Melba Spycher..... January 15  
Beth Miracle.....January 19  
Rafael Ojeda.....January 21  
Zerna Carpenter.....January 22  
Dixie Pool..... January 27  
Wayne Davenport.....January 29  
Karmen Shores..... January 29  
Cara Roderick..... January 30

## Health Bites

### **If a Little Bit is Good...**

**From the October 2012 Health Bites**

**By Max Hammonds, MD, MPH**

If you take 2 fish tabs a day to increase intake of Omega-3 Fatty Acid, 4 pills would be even better. If you run 5 miles a day to improve your heart function, running 10 mile would be even better. According to Dr. James O'Keefe and his colleagues at St. Luke's Mid-American Heart Institute, this is not true.

They found that extreme exercising (20 – 50 miles of running a day) is not beneficial, and is probably detrimental to heart health. Their research found that ultra marathoning, Tour d'France biking and English Channel swimming can lead to scarring and stiffening of the walls of the heart—especially the parts where the electrical system of the heart is located, increasing irregular heart rhythms, some of which are lethal, by as much as 5 times the normal level.

This does not mean that exercise is bad for your heart health. Moderate exercise like walking, jogging, swimming for 30 minutes to an hour per day are some of the most beneficial things you can do to strengthen your heart.

What is the guiding principal here? Everything in moderation. The human body is a delicate machine requiring maintenance. It is also a gift from God that houses the most powerful computer and communication tool in the world (the brain). This computer can speak multiple languages, calculate at blinding speed, discern danger, imagine and create what it imagines, empathize with others and speak with the Creator Himself. When the physical body is not well the brain will suffer. Maintaining physical health is not optional; it is imperative. Whatever you do, do to the glory of God.

## Jan's Healthy Recipes

### Bread Machine Flax Seed Bread

#### Ingredients:

1-1/2 Cups luke-warm water  
3T Canola Oil  
2T Honey  
2T Molasses  
1 cup unbleached flour  
3 cups whole wheat flour  
1/2 cup flax seed meal  
1-1/2 t salt  
2 t yeast

#### Directions:

Mix dry ingredients together. Mix liquid ingredients in bread pan. Add dry ingredients on top of liquid. Make a well in center and put yeast there. Set bread machine on whole wheat setting and start.

## Home for Rent

Vitrano home for rent - beautiful home in Auburn Princeton Club. Master suite +2BD, 2BA. Large fenced back yard. High, bright open floor plan, 2 car garage, gas kitchen, built in micro. No smoking/drugs, pets negotiable. \$1850/mo. Credit check & references required. 530-885-4553

## Positive Tips

*Positive Tip for Dec 12, 2013 04:04 am*

## Flaxseed Helps Hypertensives

It was a small study, but the results were very encouraging! Over 100 patients with peripheral artery disease (PAD) went on a diet containing 30 g of milled flaxseed in foods or a placebo for 6 months. At the end of this double-blind, randomized trial [those in the flaxseed group had lower systolic and diastolic pressures](#) than those on the placebo (10 mm Hg and 7 mm Hg, respectively). Those with higher blood pressures saw the greatest benefit.

**PositiveTip:** Struggling with hypertension? Try some flaxseed in your diet. See new column Jan's Healthy Recipes, Page 3



Wireless Communication is nothing new. I have been praying for 75 years!"

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## *Children's Christmas*



December 14, 2013 the Christmas Story presented by the children.

## *Children Say the Funniest Things*

A little boy opened the big and old family Bible with fascination, and looked at the old pages as he turned them. Suddenly, something fell out of the Bible, and he picked it up and looked at it closely. It was an old leaf from a tree that had been pressed in between the pages.

"Momma, look what I found!" the boy called out.

"What have you got there, dear?" his mother asked.

With astonishment in the young boy's voice, he answered: "I think it's Adam's suit!"