



Feb
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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Steven Koehler~



The Legacy He Leaves Behind

On December 27, 2013, Steve Koehler passed away from a heart attack. But, the legacies Steven left behind live on. Steven was a person that lived bigger than life. This is evident in how he handled setbacks. This is also evident in how he offered a helping hand to one and all. And, it is certainly evident in his walk with his God.

Steven was not always restricted by the necessity of using a cane. Most of his life he was an avid sportsman, fisherman, hunter and RV traveler. He treated his handicap as a minor setback. He didn't let it stop him from helping out with the construction of the infrastructure and improvements on the ARC. Steven was a sober member of Alcoholics Anonymous for over 26 years. At his memorial service his grandson said, "Grandpa, even with his short leg, could out fish us all." Steven's legacy of showing by example that we should take what life dished out and still live it to the fullest, lives on.

Steven was instrumental in bringing CRR (Celebrate Restoration and Renewal) to the Auburn SDA Church. CRR is a support group for recovering addicts of all kinds. It is patterned after the 12-Step Program of Alcoholics Anonymous. It was also noted at his memorial service that Steven spent so much time reaching out to anyone in need, that he must have had stock in AT&T. His legacy of helping himself by helping others lives on.

Steven was often heard to say that his success in AA was attributed to God. He was strongly against any attempts to take God out of the AA program. He was the first to give God credit and the last to take any for himself. Steven Koehler may have passed on but his legacies will live on, in his family, friends and church.

Sermon Notes

Feb 1: Dan Appel
Matthew 13:47-52
Feb 8: Dan Appel
Matthew 13:53-68
Feb 15: Dave Carreon
Matthew 14:13-21
Feb 22: Jim Brewster
Matthew 14: 22-36

Church Birthdays

Debra Settlemier..... February 2
Denephine Bevins..... February 6
Sandy Nelson..... February 8
Vanessa Castlebary..... February 9
Cameron DeBusk..... February 9
Starr Wallace..... February 10
Donna Robinson..... February 14
Erma Harkey..... February 15
David Krussow..... February 16
Jonathan Gifford..... February 17
Doug Roderick..... February 19
Kara Dyer..... February 22
Jason Settlemier..... February 22
Tulio Robinson..... February 24
Cory Culp..... February 25
Stephen Price..... February 26
Don C Dyer..... February 27
Dayton Roderick..... February 27
Hershel Folkes..... February 28

Health Bites

Tricky Food Labeling! From the February 2012 Health Bites By Fred Hardinge, DrPH, RD

Did you resolve to eat healthier this year? That means you are going to choose better foods, right? Reading food labels might prompt you to buy some items that really aren't so good for you. It is important to understand the finer points of food labeling guidelines to avoid making poor choices. They can be tricky!

Robert Davis, PhD, a science journalist, has posted an intriguing list of the 10 most tricky food label claims on his blog. Here are seven of them.

No Trans Fat Because anything that contains less than 0.5 grams per serving, can be rounded down to zero, you could consume measurable amounts by consuming several servings of these foods in a day.

Multigrain Just because a food is made from several grains does not mean it is healthy. Make sure the first ingredient includes the word **whole**.

All Natural There is no strict definition of this term. A food product could be highly refined and still make this claim.

Organic There is no conclusive evidence that foods with this label are better for you, and some can be just as high in salt, sugar or calories, and have no fiber - just like their so called non organic cousins.

High in Fiber Just because the manufacturer has added fiber doesn't mean these fibers are proven to be as effective as natural occurring fibers found in vegetables and fruits.

Contains no Salt It is true too much salt may lead to hypertension. Keep in mind gram for gram, table salt or sea salt contains the same amount of sodium.

Jan's Healthy Recipes

Mexican Frittata

Ingredients:

- 1/4 Cup vegetable oil
- 1 Cup chopped white onion
- 2 Poblano chilies (about 12 ounces; charred, sweated, peeled, stemmed, seeded & diced)
- 8 large eggs
- 3 t milk
- 3/4 t Kosher or sea salt or to taste
- 1 pound peeled and diced butternut squash (about 1 pound; cooked in salted boiling water 4-5 min. & drained)
- Freshly ground black pepper to taste
- 1/2 t ground allspice
- 3/4 cups diced feta cheese (about 4 ounces)
- 1 Boule

Directions: **Step 1**-Preheat broiler, heat oil in a 10-12 inch broiler proof skillet over medium heat until hot but not smoking. Add onion and cook, stirring occasionally, until soft and barely beginning to brown, 6-8 minutes. Add chilies and cook until they begin to brown lightly, about 3 minutes.

Step 2-Meanwhile in a medium bowl whisk the eggs with the milk and salt until foamy.

Step 3-Toss the squash into the onion mixture, still in the remaining salt, pepper and allspice and cook, stirring occasionally, until squash has completely softened, about 5 min.

Step 4-Pour egg mixture on top of the squash mixture and stir gently as the eggs begin to cook along the edges and bottom of the pan, 2-3 min., and sprinkle cheese on top.

Step 5- Place skillet under the broiler and broil until the frittata is puffed and lightly brown on top, about 3-4 min.

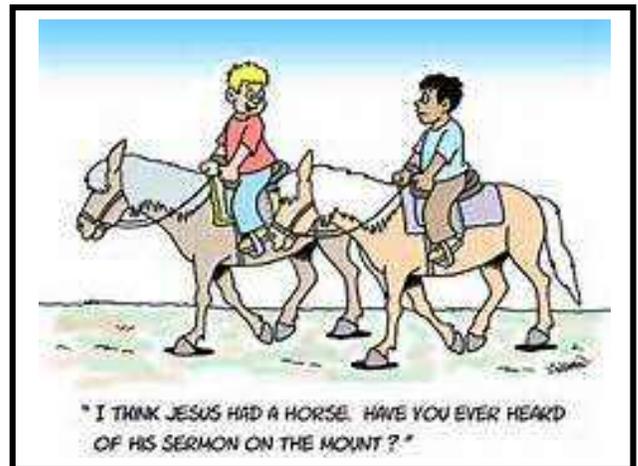
Health Bites Continued

Serving Size Unrealistic serving sizes often lead us to consume much larger amounts. Read the labels carefully, then measure out what you normally eat. You may be surprised.

Foods such as tomatoes, cucumbers, carrots, cabbage, lettuce, potatoes, apples, oranges, grapes, brown rice, beans and lentils really don't need food labels when purchased and consumed in their natural state. An abundance of these foods contribute best to a wholesome diet. When consumed in season, they are usually the most economical choices we can make.

"Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well. Eat only the best, fill yourself with only the finest." Isaiah 55:2, The Message.

Wise words, indeed!



Jan's Healthy Recipes Continued

Remove from oven, cut into wedges, and serve. Or let cool and serve at room temperature with crusty bread such as Boule. Helpful hints: beat the eggs hard and add a little milk to keep them fluffy. A little bit of allspice adds a deep rich flavor.

Christian Writers Seminar

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The 21st annual Christian Writers Seminar will be held at Redwood Chapel Community Church in Castro Valley on February 21-22, 2014. The seminar fees are \$109 for adults and \$89 for teens. The preregistration deadline is February 14. Day of the event fees are \$139 for adults and \$109 for teens.

The Key Note Speaker for the seminar will be Susy Flory. She is a New York Times bestselling author who grew up on the back of a horse in Castro Valley. She is the author or co-author of 6 books, including runaway bestseller *Thunder Dog*.

Workshops include:

Rick Acker, Author Law 101, How to Write Suspense

Judi Braddy, How do I Find the Time? Sabbath Principles for Writing

Jan Coleman, The Call to write, A Slice of Life Story

Carry Dameron, Writing, Tools for Your Ministry

Jon Drury, Hosting a Life, Changing Writing Seminars

Cathy Elliot, Niche Writing, Mine the Markets, The Inspirational Market

Pamela Erickson, Building Better Sentences, don't sound like a board writer

Carol Hall, Turning Experience into Devotionals

Denna Kimura, Poets Who Change the World

And many more!

Go to www.christianwriter.org for a complete listing of workshops and teachers.

Special Poetry Contest

The Adventist Review is holding a special poetry contest for its poetry dedicated issue in April of 2014. Items published will be judged by a national panel of professors and poets, within the following categories: **Free Verse** - need not follow any regular meter or rhyme, 50 line limit; **Formal Verse** - must conform to regular meter and rhyme including sonnets, villanelles, and other traditional patterns, 50 line limit; **Hymn Lyrics** - may be no more than four stanzas long in case of lyrics designed for existing hymn tunes, those tunes should be identified. You may enter up to two pieces, each entry must be in 12 point font in an attached word documents e-mailed to manuscripts@adventistreview.org by the **deadline of February 24, 2014**.