



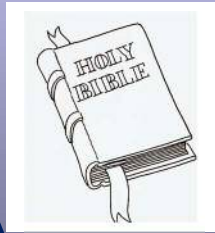
May  
2014  
Issue

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

# God's Covering Grace



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Pastor Dave demonstrates to the children how God's Grace covers all our sins, like a big umbrella, during the Children's story at the March 1, 2014 church service.

## Sermon Notes

**May 3-** Jim Brewster/Matthew 17:14-21

**May 10-** Dave Carreon/Children's Sabbath, also Mother's Day

**May 17-** Guest Speaker/Timothy Jennings, The God Shaped Brain, also at 10 for Sabbath School & Friday, May 16 at 7 PM

**May 24-** Dave Carreon / Matthew 17:24-27

**May 31-** Dan Appel/Matthew 18:19

## Church Birthday

Faye Jull.....	May 2
Helen Justice.....	May 2
Kendall Porco.....	May 3
Hannah Schmidt.....	May 4
Araceli Aleman.....	May 5
Chelsea Hanson.....	May 5
Scott Wallace.....	May 5
Jessica Aldred.....	May 9
Elijah DeBusk.....	May 10
John Grant.....	May 10
Dylan Van Zant.....	May 10
Ben Toppel.....	May 15
Jasmin Kissinger.....	May 16
Cheryl Wood.....	May 17
Krystal Aldred.....	May 18
Jordan Toppel.....	May 18
Lynell Gifford.....	May 19
Pam Mamoulelis.....	May 19
Franz Spycher.....	May 20
Merrick Stokes.....	May 23
Sally Christensen.....	May 25
Russell King.....	May 25
Michael Carreon.....	May 26
Barbara Morris.....	May 26
Roger Haddad.....	May 28
Jeffrey Sardella.....	May 28
Alyssa Gifford.....	May 31

## Book Review

### **A Short Guide to a Long Life by Dr. David Agus, MD** Reviewer Michael O'Haver

Dr. Agus has outlined some outstanding health principals in a logical concise manner. He starts with 51 principals of **What to Do** to prevent disease. He starts with **Listen, Look and Feel**, and adds **Record** what your body has to tell you. He wants us to **Partner With our Doctor**. It makes sense to have a readily accessible record of your unique body history. It can even be kept on a flash drive on your key chain, who knows when you will need it!?

Rule No. 3 is **Automate your Life**. By that he means establish a routine that works for you. Get up at a set time, eat your meals at a set time, go to sleep at a set time. Your body loves a routine. Dr. Agus has a lot to say about diet but it can be synthesized down to **Eat Real Food**. He debunks many of the controversial fads, such as **Getting Annual Flu Shots (Yes)** and **Should You Take Aspirin (Yes)**. He advocates **Getting More Exercise**. He stresses **Prevention** much more than cures, and advocates **Smiling** and **Following our Passions** to keep healthy.

Dr. Agus follows his 51 **What to do Principals** with only 13 **Things Not to Do**. He stresses avoiding **Sunburns** and **Needless X-ray Scanners** (as in Airport Security). He says to **Avoid Vitamins and Supplements**, as well as **Juiced Fruits & Vegetables** (too processed).

The 3<sup>rd</sup> and final section of Dr. Agus' book is called **Doctor's Orders**. It is a series of checklists like **Get an Annual Physical, Have a Colonoscopy Every 5 years if over 50**, etc. The lists are broken down in 10 year age brackets.

All in all the book is only 190 pages and is available in hardback from Amazon, for only \$10, in my opinion well worth the price and effort to read.

# Jan's Healthy Recipes

## Cartoon

### **Creamed Spinach Pie**

Contributed by Michael Simon, from  
The Chew

#### **Ingredients:**

- 9 tablespoons Unsalted Butter
- 1 small Yellow Onion (minced)
- 2 Garlic cloves (minced)
- 8 tablespoons Flour
- 1 teaspoon Salt
- freshly ground Black Pepper
- freshly ground Nutmeg (a pinch)
- 2 1/4 cups Whole Milk
- 2 tablespoons Olive Oil
- 24 ounces Spinach
- 1/2 cup freshly grated Parmesan Cheese
- 1/4 cup freshly grated Gruyere
- 1/2 cup Fried Onions (store bought)
- Pre-Made Pie Crust

#### **Directions:**

Preheat oven to 400°.

Thaw dough on the pie crust then roll out to 1/8-inch thickness and press in to the bottom of an 8" pie pan. Place a piece of foil over the crust, trying to avoid creasing then pour dried beans or rice over the foil, about 1 cup. Bake for 15 minutes, then remove from the oven and remove the foil with the beans/rice. Prick the bottom of the crust with a fork then place back in the oven for another 10 minutes or so until the crust is light golden brown. Remove from the oven and set aside.



Place a Dutch oven over medium high heat. When the pan is hot, add the 8 tablespoons of butter followed by the onions and garlic with a large pinch of salt. Cook, stirring occasionally until the onions are tender and translucent, 5 to 8 minutes. Next whisk in the flour, being sure to coat the onions. Cook for about 30 seconds then whisk in the milk. Season with salt and pepper and a little bit of fresh nutmeg. Bring the liquid to a gentle boil, whisking constantly, then reduce it to a simmer while you prepare your spinach.

Place a large sauté pan or Dutch oven over medium high heat. When the pan is hot, add the 2 tablespoons of olive oil and 1 tablespoon butter. When the butter has melted, add the spinach with a good pinch of salt and some freshly ground black pepper. Cook for a minute or two, until all of the spinach has wilted. Add the cooked spinach and parmesan to the cooked milk mixture and stir to thoroughly combine. Remove from the heat and set aside. Pour the creamed spinach in to the baked pie shell. Top with grated gruyere and place in the oven for about 20 minutes, until the spinach is bubbly and cheese is golden brown. Remove from oven and top with fried onions. Let sit for about 5 minutes, and then slice in to 6 to 8 pieces and serve.

# Poem

# Church Humor

## The Breath of Life

Cradled in my loving Savior's arms,  
I can imagine how it feels to me,  
To have His actions alley alarms,  
As He breathes the breath of life.

I imagine Jesus' tenderness when,  
He first formed Adam from dust,  
As He lowered His face and then,  
Breathed the breath of life to him.

I imagine Adam's feelings as he,  
First opens his eyes and gazes,  
Into the Creator's eyes to see,  
The love of a Father for His child.

How similar it must be, for each one,  
Who first realizes his holy commission,  
As it is passed down from Father to son,  
"Go, and spread the word to the world."

Jesus is waiting to breathe the breath  
Of life into each of his sons and daughters,  
So they can feel the inspirational breath,  
Of His sanctifying Holy Spirit within them.

© 3/15/14 by D. Michael O'Haver,  
Inspired by E. G. White

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**FIRST TIME USHERS**  
A LITTLE BOY IN CHURCH FOR THE  
FIRST TIME WATCHED AS THE  
USHERS PASSED AROUND THE  
OFFERING PLATES.

WHEN THEY CAME NEAR HIS PEW,  
THE BOY SAID LOUDLY, "DON'T PAY  
FOR ME DADDY I'M UNDER FIVE."

**PALM SUNDAY**  
IT WAS PALM SUNDAY AND,  
BECAUSE OF A SORE THROAT, FIVE-  
YEAR-OLD JOHNNY STAYED HOME  
FROM CHURCH WITH A SITTER.  
WHEN THE FAMILY RETURNED  
HOME, THEY WERE CARRYING  
SEVERAL PALM BRANCHES. THE BOY  
ASKED WHAT THEY WERE FOR.  
"PEOPLE HELD THEM OVER JESUS'  
HEAD AS HE WALKED BY."  
"WOULDN'T YOU KNOW IT," THE  
BOY FUMED, "THE ONE SUNDAY I  
DON'T GO, HE SHOWS UP!"

## Upcoming Events

July 17 - 26, 2014 - Soquel  
Campmeeting

July 24 - August 2, 2014 -  
Redwood Campmeeting

July 28 - August 2, 2014 - Lake  
Tahoe Campmeeting

September 5 - 7, 2014 - Church  
Campout at Fallen Leaf Lake, near  
Lake Tahoe.