

A celebration of Sherry Swisher's life occurred on March 9, 2019.

Sherry was born into a large family, the 4th child of 5. Her father had a naval career. When she was 15, she visited her grandparents in Manteca, and in the year she was there developed a love for Jesus, gardening, and horse-back riding.

Sherry and her husband Randy lived in the San Diego area and while there, their daughter Ashley was born. They moved to Meadow Vista.

Sherry loved cats and at one time had 7 of them.



Sherry Swisher  
3-11-1951~12-31-2018

Sherry and Randy often cared for dying people in their home. They often visited patients in the hospital and cared for the homeless.

Sherry visited the Auburn SDA Community Services

and was soon volunteering in the clothing department. She also joined Marilyn Herron's Bible Study class.

Sherry enjoyed Sabbath service, potlucks and retreats at Leoni Meadows. She was heartbroken when in 2016 her daughter Ashley died unexpectedly.

Sherry struggled with emphysema for her last 3 years. She was survived by her husband of 32



### *Fallen Leaf Lake Campout*

This year's campout at Fallen Leaf Lake, Tahoe, is scheduled for September 6-8. Try to get a space as close to #171-188 as possible. At last check, all the ones in our section were reserved but there is a chance you can double up with someone. Call Susan Excell at 530/878-4429 for the latest information.

### *A Better Life* by Marilyn Herron

He was a homeless man—perhaps some thirty five years old—that we saw regularly the past few years—broken relationships, an ex-wife who committed suicide. Depression and hopelessness etched his face at each interview. When questioned about his prayer needs, his response was always, “that things will get better”.

One day, I questioned him, “what would you like to get better?” He responded, “a place to live, a car and a job”. I then suggested that he look for a job on a bus line. I also reminded him that a potential employer would want an employee who was drug and alcohol free and reliable to which he agreed. We then prayed about these future needs.

I didn't see this homeless man for approximately three weeks, which caused me much concern. I felt impressed to daily lift him up in prayer. And then, I was relieved to see him—he seemed to have a changed countenance. When he was seated in my office for the usual interview, he explained that he did not need a shower, only clothing. He now had a place to live. It seemed that he wanted to share this joy with me.



### A THOUGHT OF WHAT IF???

What if we began to treat our Bibles the way we treat our cell phones?  
What if we forgot Bible then turned back to get it?  
What if we carried Bible with us everywhere?  
What if we checked for messages throughout the day?  
What if we used it incase of an emergency?  
What if we spent an hour or more using it each day?

*Submitted by Hope Sekulic*



# Auburn

April 2019  
Issue

SEVENTH-DAY ADVENTIST CHURCH

Community Newsletter

### Inside This Issue

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## Baptisms

March 9, 2019 saw three new members join the Auburn SDA family. Pastor Mel baptized Holly Graham, and Rhonda Rajaofera. Norma Jean Paisley Joined on Profession of Faith. Shown from Left-Holly Graham, Norma Jean Paisley, Seth and Dana Rae De Tar, Rhonda Rajaofera, and Pastor Mel.

[ PASTOR’S CORNER ]

The date is March 28<sup>th</sup>. Today is my father’s birthday, tomorrow is both my sisters and my sister-in-law’s birthday, and earlier this month it was also one of my brother’s birthdays. March is the month of birthdays in my family.

I don’t know how your family celebrates special occasions, but when it comes to my family one thing is for certain, we celebrate together. Every birthday we crowd as many people as possible around one table, us four kids, my two parents, my grandparents, and typically my best friend and her family was somewhere in the mix too.

After sharing a delicious and loud meal together, birthdays were always followed by **at least** one cake, there was usually two. One of the benefits of growing up in the middle of nowhere, edge of society, Canada, is that there is no place to buy a cake. Every cake was lovingly prepared by my Oma, my mom, or one of us kids. Last night my mom sent me this year’s creation for my father’s birthday. A beautiful vanilla cake with layers of carefully placed home canned peach slices.



Although I must admit, I do feel home sick to think of the birthday celebrations I miss living so far from my family. I’m so thankful for the family I have found in each of you here in California. I look forward to the celebration that we will share together this Good Friday, an Agape Feast. That is what my family’s celebrations are. A celebration of the love we all share for one another and the love that God has for us.

My challenge for you in this month of April is that you find ways to Agape with one another.

“Above all, keep loving one another earnestly, since love covers a multitude of sins”  
-1 Peter 4:8

-Pastor Dana Rae De Tar

Prevention  
Not Cure

Six Health Myths Your Doctor  
Wants You to Know—  
From Reader’s Digest

**1-Cold Weather Makes You Sick**  
Germs are the only thing that can make you sick. You can go out in freezing weather with wet hair and if there’s no germs around you won’t get sick. But, you should know the viruses that cause the common cold thrive in cold weather.

**2-All Heart Attacks Involve Chest Pain**  
A 2012 study showed 31% of men and 41% of women didn’t have any chest pains before hospitalization. You should call 911 for other symptoms like shortness of breath, light headedness and pain elsewhere in the body.

**3-Being Overweight Shortens Lives**  
Obesity is linked with many other health risks, including the so called All-cause Mortality and heart attacks, but recent studies show that overweight people live as long as normal weight people.

**4-You Should Ice a Burn**  
Most of the skin damage from a burn comes from inflammation. Ice can damage cells and make it worse. Instead you should immerse a burn in cool water for about five minutes. Then wash with mild soap and apply antibiotic ointment.

**5-Antipersperant Causes Cancer**  
Antiperspirants temporarily block sweat from escaping. But the theory that letting it build up in your ducts can cause tumors has no merit.

**6-CPR Must Include Mouth to Mouth Breathing**  
A 2017 study showed giving CPR without stopping for breaths gave a higher rate of survival than doing so.



Coming Events

April 1: No School, PHAA

April 12-14: Community Services Retreat, Leoni Meadows. Theme: The Missional Church Movement. Speakers: Pastors Sung Kwon & Marvin Wray.

April 18: PHAA Academic Fair, 5-7 PM

April 20: Christian Edition Concert, 5 PM

April 29-May 3: PHAA Week of Prayer

May 3-5: Christian Men’s Retreat at Leoni Meadows

Sermon  
Notes



April 6: Pastor Mel Baga  
April 13: Pastor Mel Baga  
April 20: Pastor Mel Baga  
April 27: Pastor Mel Baga

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Jan’s Healthy  
Recipes

Healthy Pancakes

Dr. OZ Pegan 365 Diet

Ingredients:

- ♦ 1 - 1/2 cups almond flour
- ♦ 4 large eggs
- ♦ 1/2 cup water
- ♦ 2 medium bananas
- ♦ 3-4 packets stevia
- ♦ 1 tsp baking soda

Directions:

1. Put all the ingredients into the blender.
2. Blend for 15-20 minutes, until smooth (don’t overblend or it will get warm).
3. Pour into a bowl.
4. Heat a griddle or heavy sauté pan on medium-low heat. Lightly brush with butter or ghee.
5. Add batter in small circles - about 1 tablespoon per pancake.
6. When the edges start to look dry and the pancake is firm enough to flip (about 3 minutes), flip and cook another minute or two on the other side.
7. Place onto a plate and cover to keep warm. Repeat with the rest of the batter.
8. Serve with berries., or other fruit topping in season or canned.

CHURCH  
BIRTHDAYS

Amelia Burge .....Apr 01  
Gertrude Mulvihill..... Apr 01  
Patricia Geronimo..... Apr 01  
Glenda Miller .....Apr 03  
David Geronimo..... Apr 04  
Grace Ferolino..... Apr 04  
Kenneth Schuetz ..... Apr 04  
Jerome Murillo..... Apr 07  
Larry Messner..... Apr 07  
Nathaniel Krussow .....Apr 09  
Kaitlin Haggerty..... Apr 11  
Karen Nicola..... Apr 12  
Jean Rouse..... Apr 13  
Keenan Ibarra ..... Apr 13  
Jennifer DeBusk .....Apr 14  
Joe Warda ..... Apr 14  
Matthew Binder .....Apr 16  
Katherine Price .....Apr 17  
Michael O’Haver .....Apr 21  
Anneliese Dyer .....Apr 23  
Micah Baga .....Apr 24  
Lisa Ojeda .....Apr 26  
Patricia Cox .....Apr 28



Positive  
Choices

Will Hospitals Ban Meat?

This recent headline shows that modern science is finally catching up with the light we’ve had for years. The article, Will Hospitals Ban Meat? AMA Emphasizes the Plant-Based Diet, notes that the AMA recently recommended that plant based meals be served to patients, staff, and visitors.

"The American Medical Association (AMA) said in a statement last month that the nation’s hospitals and physicians take their patients’ best interests to heart by shifting hospital food menus to focus on plant-based meals, as well as the elimination of processed meats, foods with added sugars and excess sodium and fat."

Dr. James Loomis, Board Member of the American College of Lifestyle Medicine notes that, "Fifty years ago, you would have seen doctors, patients and staff all smoking in a hospital, despite clear evidence that smoking posed a serious health risk. In 1972 the AMA declared war on smoking, and now we look back and think about how crazy it was that smoking was allowed in hospitals. My hope is that the AMA’s passage of this important resolution will provide the impetus for change so that we can all look back and say, ‘Can you believe what we used to feed our patients in the hospital?’"

All of this means that people are ready for our message! Why Be a Vegetarian? is a *Signs* special tailor made to help people lead healthier lives. Order some TODAY and share the good news far and wide!