

The Gift of Time by Marilyn Herron

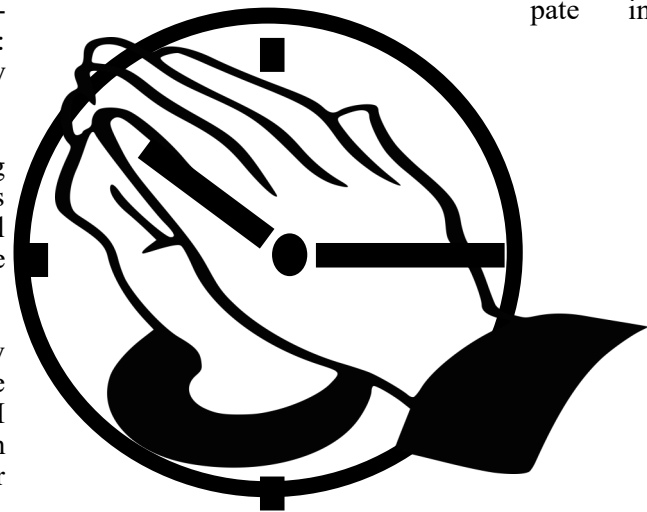
As I watch the autumn leaves changing color and dropping to decorate the landscape, I am reminded that life is full of changes: some anticipated—others unexpected. I had fully thought that my years of life would end before the passing of Norm. I am comforted by the memories of our 58 1/2 years of “time” together, the blessings of God and His providential leading in our lives.

One day during a time of meditation, I asked the Lord “Why am I here? I never expected to outlive Norm”. One word was immediately brought to my consciousness—“Time”. I have the gift of “time”. What could I do with “time” was my next question. I was reminded that there are those who may be going through discouraging circumstances, lives of loneliness or concerned health needs that might be comforted by a written note or phone call—opportunities to encourage and pray with them.

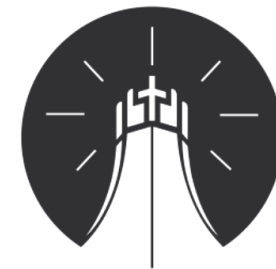
There is “time” to serve the unsheltered and needy families in Adventist Community Services—to share God’s love with them. There is “time” to participate in Bible study groups. This motivated me to say: “Yes, Lord—help me to use my “time” to glorify you in dedicated purpose.

Our friends and loved ones during the waning month of the past year come to mind as blessings that are often taken for granted. I can be thankful for the love and meaningful “time” that we have shared over the past year.

I have enjoyed the last few years writing about my experiences as I see lessons in the book of nature and the involvement of God in our daily lives. I can truly say, “God is good, God is love”, as seen in his Gift of Jesus who came to our earth as Savior and desires to spend “TIME” with us in eternity.



On January 26, 2019, due to an emergency plumbing repair at the church, we had an informal and last minute outdoor church service at Pine Hills Adventist Academy. It was a great blessing to worship outside together!



SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

February 2019
Issue

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We Are Almost There!

The Auburn Renewal Center (ARC) expansion has gained significant momentum in the last few weeks and we are now seeing the proverbial light at the end of the tunnel. The finishing touches on the inside of the new building are complete and extensive upgrades in both communication and the electronic health records (EHS) systems are now in place and fully operational. The next phase is to wrap up the few remaining tasks to the outside of the building which include the following;

- Prep, seal and paint building. (2-3 days)
- Replace ADA handicap ramp surfaces with new. (1-2 days)
- Pour additional sidewalk system to tie in with new steps and ramp. (1-2 days)

These items are currently in the process of beginning and should be finished within the next couple weeks, provided the weather cooperates. If you have a desire to help with any of these items please give Steve Holm a call 916-425-6766.

The first mental health department meeting took place Jan 16th. The greatly expanded staff was able to share each of their specific areas of expertise with the group and walked away with a better understanding of who can do what and with a renewed awareness of the importance of always keeping God as our center. Dr. Van Auken will again begin regular appointments, along with our regular counseling staff, effective this coming Tuesday Feb 5th. This should be considered a “soft-opening”. New areas of services to be offered include, grief counseling, issues of family origin, programs that promote self examination, recovery programs, group therapy and adolescent and family issues. These new services will begin as curriculum rolls out and opportunities present themselves.



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This church is truly blessed with rich “other-centered” ministries. There is plenty of room for people looking for a service opportunity to help round-out their spiritual walks. If you are a professional in the medical field, practicing or retired, have a desire to help run the many aspects of the intake process, would like to help cook meals for the shelter, pass out groceries at community services or simply would love to get your hands dirty helping in a garden, please don’t feel shy. Give us a visit, take a tour and we can sit and talk about what might fit your interests and skill sets.



There is nothing more rewarding than gifting your time and energy to help another. We can promise that your life will be enriched beyond your imagination, your connection to our Father will grow daily and the warmth of giving will invade your heart. Come see, and become a part of, what is happening all around this wonderful church.

God Bless
Steve Holm

Prevention
Not Cure

Warning Signs Your Marriage
is in Trouble

From Bottom Line Year Book, 2019

Research shows that couples in unhappy marriages wait an average of six years to seek professional help. No matter how long you’ve been married, it make sense to nip relationship problems in the bud before they get out of hand. Here are four signs that warn that you may have problems.

1-The Absence of Fighting. Some fighting is healthy, too much is bad. Some fighting means an open expression of true feelings, which is important in a healthy relationship. But when it turns into nagging, problems arise.

2-Little or no Touching. Although the need to be physically close varies from person to person, touch is a tie that binds. Although there may be extenuating circumstances, such as medical conditions or busy travel schedules, going for a long time physically disconnected is a red flag for a marriage.

3-Not Focusing on Us. Healthy relationships consist of three parts—you, me, and us. One of the common reasons relationships break down is the partners develop independent lifestyles. You must have interests and activities that feed your soul. But balance between individual pursuits and togetherness is essential for a relationship to thrive.

4-Kids Taking Center Stage. If you neglect your marriage and make your kids top priority, what happens when they leave home? Many divorces happen after the kids are all gone. Here are some tips for keeping your marriage on track. Schedule one night a week as date night. Get a babysitter and get out. Also spend 10-15 minutes each night checking in, finding out how your spouse’s day went. Remember showing your kids how much you value each other is a gift in itself. They learn by example as much as by telling.



Coming Events

Feb. 2, 2019 – Game Night at 6PM in Fellowship Hall

Feb. 8-9: Turning Points, Women’s Ministry Conference, at Lodi Academy

Feb 16, 17 & 23, 24 -PHAA production of *Music Man*. Buy tickets online at phaaonline.com

Mar. 8-10: NCC Prayer Retreat, Leoni Meadows

Sermon
Notes



Feb. 2: Pastor Mel Baga
Feb. 9: Pastor Dana Rae
Feb. 16 Julie Baga
Feb. 23: Pastor Mel Baga

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Jan’s Healthy
Recipes

Fall Garden Minestrone Soup

Serves 6 to 8 as a Main Dish

- ◆ 1/4 cup olive oil
- ◆ 2 tablespoons butter
- ◆ 1 yellow or white onion, chopped
- ◆ 2 garlic cloves, chopped
- ◆ 4 medium-sized potatoes, preferably Yukon Gold or other waxy type, chopped (about 5 cups)
- ◆ 4 baby fennel bulbs, plus 3 inches of stalk, chopped
- ◆ 2 cups mixed snap beans such as Romano, Blue Lake, and yellow wax, in any combination
- ◆ 2 small to medium-sized zucchini, chopped
- ◆ 2 cups coarsely chopped kale or green cabbage
- ◆ 3/4 to 1 pound fresh cranberry or other shell beans, shelled
- ◆ 2 cups peeled and coarsely chopped ripe tomatoes
- ◆ 6 cups vegetable broth
- ◆ 2 tablespoons chopped fresh marjoram or oregano
- ◆ rind piece of Parmesan or Romano cheese (optional)
- ◆ salt and freshly ground black pepper
- ◆ freshly grated Parmesan cheese for garnish (optional)

Put the olive oil and butter in a large soup pot over medium heat. When the butter foams, add the onion and garlic. Sauté for 2 or 3 minutes, then add the potatoes and sauté for 2 or 3 minutes longer. Continue this process, adding the vegetables, except the shell beans, one at a time in the order given and then sautéing each one for 2 or 3 minutes before adding the next. Once the tomatoes have been added, pour in the broth. Bring to a boil over high heat, then reduce the heat to low and cover the soup pot. Cook, stirring occasionally, for 2 hours. The soup should be rather thick at this point. Add the shell beans, the marjoram or oregano, and the cheese rind, if using. Cook until the shell beans are tender, 30 to 40 minutes.

Taste for salt and pepper. Ladle into bowls and serve piping hot, garnished with grated Parmesan, if desired.

CHURCH
BIRTHDAYS

Debra Settlemier Feb 02
Steven Maciel Feb 04
Denephine Bevins..... Feb 06
Patti Lutz..... Feb 07
Cameron DeBuskFeb 09
Vanessa Castlebary.....Feb 09
Starr Wallace..... Feb 10
Gillian Fralick..... Feb 14
David Krussow..... Feb 16
Sandy Douglass.....Feb 17
Douglas Roderick..... Feb 19
Daniel Ferolino..... Feb 21
Jason Settlemier..... Feb 22
Kara Dyer..... Feb 22
Cory Culp..... Feb 25
Stephen Price..... Feb 26
Dayton RoderickFeb 27
Donald Dyer..... Feb 27



Please don’t pray for healing. We don’t know who to bill for insurance.



Positive Choices

Healthy Carbs vs.
Unhealthy Carbs

Watch What You Drink

That soda you're sipping could be a sneaky source of simple carbs. That's because non-diet sodas contain a sweetener, often high-fructose corn syrup. It's right there on the nutrition label, usually one of the first ingredients listed. Twelve ounces of a regular soda can pack 39 grams of carbs, all coming from the sugar in it.

Think Fall

Many of the foods you associate with autumn are great sources of complex carbs. Try starchy vegetables such as sweet potatoes, squash, and pumpkin.

Sweeten With Caution

You can quickly load up on simple carbs if you're not careful about what you stir into your hot drink or put on your oatmeal. Go easy on brown sugar, maple syrup, honey, and molasses. And don't overdo it on fancier-sounding sweeteners, like turbinado and agave nectar. They're also sources of simple carbs. Stevia in the Raw is a good choice.

Bring on the Beans

They're a good way to get complex carbs. Whether you choose kidney, white, black, pinto, or garbanzo, beans have lots of fiber. While you're on that aisle in the grocery store, think about picking up some lentils or split peas, another way to add complex carbs to your diet.