

Acts of Kindness

by Marilyn Herron

It was worship time at our Community Services as we prepared ourselves for serving our unsheltered clients. Perhaps it was because of the outdoor cold that a few of our clients chose to come inside and sit among us in the waiting room before we officially opened our doors.

Pam, our director shared with us her heartfelt need one Christmas Eve after moving to Auburn; the loneliness of leaving friends that were now five hundred miles away and the anguish she felt of her sick infant daughter which seemed to take the joy out of Christmas. The quiet was interrupted by sounds of music outside their residence and as Pam opened the door, she discovered a group of Christmas Carolers from the church led by Vicki Clifford. They seemed to be a comfort from God, that in her deepest need she was not alone.

We listened attentively as Pam shared the story of the song, "The Twelve Days Of Christmas". It was full of Christian symbolism as was John Bunyan's "Pilgrim's Progress" during a time of persecution for the

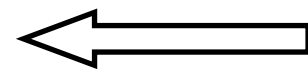
Christian believer's faith. As we were led in singing this timeless song, it was sung with meaningful joy. Worship ended with prayer for the requests that had been presented to our group. At the close, an unsheltered client who was sitting near me, leaned over quietly and straightened the towel that protected my feet from the cold metal footrest of my wheelchair. Unknown to me, It had become displaced. This act of kindness unnoticed by the volunteers who were filtering out of the room, was etched in my memory throughout the following week.

Near the close of the morning, a distraught client poured out her hopelessness to me of the unchanging circumstances in her life—her attempts to free herself of alcohol addiction. She explained that the Gathering Inn refused to give her shelter until she was five days sober. She would find herself two or three days short of attaining the goal. The relationships she sought ended in ridicule and ostracism when she refused to join them in alcohol consumption. She felt she must separate herself from those relationships that surrounded her and It left her feeling alone and in need of a safe place. Our time together ended in prayer.

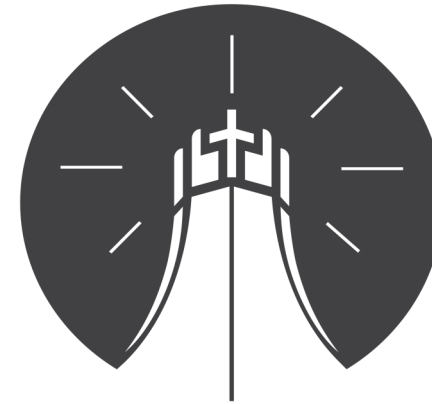
Subsequently, she was provided with clean clothing by our client clothing volunteers and she received a warm shower. I saw her waiting for a hot plate of food prepared by Heidi and a bag of fruit and snacks to take with her. There was a glow of happiness—a changed countenance that was beautiful. It seemed incredible that simple acts of kindness could make such a transforming difference in the life of an individual. I wondered—would it carry her through the week as it did for me?

I saw her a week later. She had that same beautiful glow. It seemed that she could hardly contain her happiness until at last she announced that she was seven days free of the alcohol that was dominating her life. Praise to the God who looks down to rescue a desperate one crying out with longing to be free—this God of unending love. Receive her into your sheltering arms and never let go!

Christmas Eve Service 2018



It was a wonderful night filled with Christmas carols, readings from the nativity story and welcoming Christmas in together.



Auburn

SEVENTH-DAY ADVENTIST CHURCH

Community Newsletter

January 2019
Issue

Inside This Issue

Pg. 1-Baptism

Pg. 2-Poem, Coming Events, Sermon Notes, Church Contacts, Positive Choice

Pg. 3-Jan's Healthy Recipes, Church Birthdays, Cartoon

Pg. 4-Sabbath Rest, Christmas Eve Service



Baptism

Addyson Van Zant was baptized on December 23, 2018. She is the daughter of Traci Van Zant. Pastor Dana Rae De Tar performed the baptism. Praise God for another one of our youth being baptized! May you continue to keep her in her prayers along her journey.

He Died so We Could Live

Jesus was born and lived a perfect life,
In an imperfect world.
Wounded He still conquered the strife,
That was dealt out to Him.

He was without sin and lived and died,
For a world full of sinners.
He took a soldier's lance in His side,
For you and for me.

He endured a painful crown of thorns,
Bore the pain and humiliation,
He chose to into this world be born,
Instead of a grown of gold.

He went through a death on that old cross,
So we would have a chance to live,
He came down and paid the ransom for us,
From the corruption of Satan.

His hands were pierced and nailed,
Instead of folded in prayer,
Those hands that only healed,
Were bloodied and broken.

Jesus was punished and crucified,
For acts He never committed.
He lived for us all and He died,
So we could live forever.

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Positive Choice

What Helps Kids Choose Healthier Foods?

Posted by Brian R. Bell on March
24th 2015

Your child CAN enjoy healthier
foods; here's three simple tips.

Three behavioral patterns that help
kids eat healthier emerged from an
editorial by two physician-scientists
at the University of Pennsylvania.

1. It's logical to choose food that
tastes better; take the time to
find healthy foods and recipes
kids enjoy.
2. Keeping healthy snacks visible
and available (eg. fruit bowl
on kitchen table) increases
their consumption.
3. Incentives work. One study
found even \$0.25 reward dou-
bled fruit & vegetable con-
sumption, even after the test-
ing period.

In addition consider:

4. Kids often learn better by a
positive example than a lec-
ture. Parents choose your own
snacks from fresh fruit and
vegetables.
5. Don't make desert after a meal
a habit. Save them for special
occasions (eg. birthdays or
holidays).
6. Don't encourage your kids to
get foods from vending ma-
chines. They are seldom
healthy and never fresh.

PositiveTip: Make the healthy
choice the easy choice in your
home.



Coming Events

Dec. 31, 2018 – New Year's
Eve Social. 6-9 pm.

Jan. 15: Church Board Meet-
ing, 6:30 PM

Feb. 2, 2019 – Church Game
Night starts at 6:00 PM

Feb. 9: Church Business Meet-
ing

Feb. 19: Church Finance
Committee, 6:00 PM

April 20: Christian Edition
Concert, evening

Sermon Notes



Jan. 5: Pastor Mel Baga
Jan. 12: Pastor Mel Baga
Jan. 19: Pastor Mel Baga
Jan. 26: Pastor Mel Baga

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Jan's Healthy Recipes

Pesto Zoodles

Yield: 4 servings Dr. Oz 21 Day Diet
Calories: 140



Introducing: zucchini noodles. You'll
want to get familiar with these. For this
recipe, you'll prepare them with basil,
garlic, and olive oil. It's not a healthy
alternative; it's its own thing. The Zoo-
dle has arrived.

Ingredients

- 2 cups packed basil
- 2 cups packed baby kale
- 1/4 cup walnuts
- 1 garlic clove
- 1/2 tsp coarse salt
- 1/4 tsp red pepper flakes
- 1/2 cup extra-virgin olive oil
- 1/4 cup grated Pecorino cheese
- 4 medium zucchini, cut on a spiral
slicer
- Pepper

Directions

1. In a food processor, pulse basil,
baby kale, walnuts, garlic, coarse
salt, and red pepper flakes. Whir in
extra-virgin olive oil. Stir in Pecori-
no cheese.
2. Toss with raw zucchini noodle.
3. Season with pepper; top with lem-
on zest.
4. Serve and enjoy!

CHURCH BIRTHDAYS

Matthew Stokes.....Jan 01
Dianne BinderJan 06
Mark Porco.....Jan 07
Cherie Blasquez-TracyJan 09
Angelina Crane.....Jan 10
Maria MessnerJan 12
Melba Spycher Jan 15
Olivia Genobaga.....Jan 17
Nancy Fowler.....Jan 18
Heidi Rose.....Jan 21
Rafael OjedaJan21
Karmen Shores.....Jan 29
Cara Roderick.....Jan 30

Happy New Year

Sending you the blessings of Christ
on this New Year! May god always
showers you lot of joy and
happiness!!



Just a mouse

