

2019 Leoni Meadows Christian Women's Retreat

By Holly Lee

The Drive:

This is my 3rd year attending Christian Women's Retreat at Leoni Meadows. No matter how many times you drive it you are amazed that you got there and thank God for his grace and assurance. I was fortunate to have Janice O'Haver and Lorna Lawrence as my traveling companions.

The Program:

What a treat! Kristen Hart & her husband, Dave, were our worship leaders and inspirational entertainment, Friday – Sunday morning. They lead us in old hymns to modern day songs. Saturday evening, they presented a mini concert of all old hymns.

The theme of 2019 Retreat was, "Reinventing You, Regenerate Your Life". Kristen started off with Roman's 12:1, "Just give it to me and see what I will do in you". She then suggested five areas we should work on in our walk as Christians in order to accomplish reinventing and regenerating.

Finances – becoming debt free.

Health

Career

What else do I want do?

What else do I want to be?

Family Relationships

How is my family downline?

Spiritual Life

Then, Kristen's story about finding out she was adopted, at the age of 40, was revealed while trying to obtain an updated passport. She noticed how peculiar her birth certificate was and one thing led to another. The story had us all on the edge of our seats, crying, laughing and wanting to know more.

Accommodations:

The first two years I attended Women's Retreat, 2017 & 2018, I stayed in a cabin. This year I upgraded to the lodge. Oh my! How much more comfortable! I've been told once you stay in the lodge you never go back to a cabin. Amen to that!



Saturday Morning Walk and Run Like a Girl 5K:

Sandy Becker, every Saturday morning of retreat leads an approximately 2-mile walk. We assemble by 7:00 a.m. and walk to the Leoni Meadow's entrance sign then back to camp. Every Sunday morning of retreat since 2018, Sandy puts together a, "Run Like a Girl" 5K run/walk. The route

takes us completely out and around the meadow along the train track route and back to the lodge. It is such a peaceful time to spend with the Lord and co-campers while testing our physical ability.

BREAK OUT SESSIONS/COUNSELING

The Prayer Sanctuary:

My favorite part of Women's Retreat is the Prayer Sanctuary. Every year our very own, Karen Nicola, designs and implements this heavenly experience. A time to be intimate with our Lord and reflect as we spend time at each of the stations and interact with our hearts, mind and body. The Holy Spirit meets us with grace, wisdom, freedom and a beautiful renewal. Every year I come away from this experience much closer to my Lord and definitely much more at peace.

Other Activities:

Leoni Meadows has its own train and train track. Janice and I took advantage, Friday evening of riding the train for the whole route. Over the past the track has been rebuilt and it encompasses the entire meadow through the forest. There are two stops at the old Grinding Rock and the Gold Nail. You will have to attend next year if you want to know what those are about.

Other activities include: Zip Lining (true test of faith and oh so worth it), Go Karts, water color painting and game night on Saturday from 8:00 p.m. until they kick us out of the dining hall. We also get to have root beer floats and popcorn.



Auburn
SEVENTH-DAY ADVENTIST CHURCH
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Church Christmas Eve Service



From left to right, Julie Baga, Dana Rae De Tar, Susan Woods, Ligia Borlean, Rhonda Rajaofera and Joanne Pierson, who were the storytellers in this year's Christmas Eve service. Also contributing to the music was Havilah and Micah Baga, Sandee Crane, Seth De Tar, the Genobaga Family and many more. It was a wonderful night and a perfect way to begin Christmas!

[PASTOR'S CORNER]

A Year of Full
By Pastor Dana Rae De Tar

To think that this year is nearly over. As I look back on this year, I compare it to John 10:10 as it says **"the thief comes only to steal and kill and destroy" I have come that they may have life, and have it to the full.**" The Christmas season is a whirl wind of one holiday after another but I find it fitting that we have just celebrated the coming of Christ and are now entering into a season to reflect upon what the past year has held and the next year will hold. As I reflect upon this past year, my first full year on staff at Auburn Church, I see an abundant and full life lived.

Last year we started the year much like we'll start this coming year, welcoming the new year with our New Year's Eve social! We welcomed in new life with sweet babies and new church family members with baptisms, dedications and commitments.

Together we have explored the uncharted territory that came with 2019. We embarked on more hikes, wonderful Sunday mornings at Sugar Pine Reservoir, epic camping adventures, and theme parks. We explored new ideas and continue to look for new ways to innovate and fine tune the implementation of our mission as a church family.

We have grown. Working with children it is hard to miss their rapid growth, but I can see many more ways we have grown. We have grown spiritually as we have embarked on this journey together, our ARC has gained a new building, the garden flourished with this year's crop, and PEP was a smashing success!

We served together and we served one another. I am proud to be part of a church that takes service so seriously and beyond grateful for the hours of dedication put in by all our volunteers. Sabbath school leaders, greeters, the ARC and ACS, Social committee, AV teams, praise teams, gardeners, the lists go on and on, each point referencing a team of people who have dedicated time and money given in service. Some of you have served for years and some are brand-new to the team, each act of service is a tremendous blessing!

There has also been rest, but maybe not enough. Especially with all the fullness of the Christmas season combined with an abundant year of exploration, growth, and service we cannot forget to rest. As celebrations lull momentarily before the New Year, I invite you to find time to rest and meditate on where God has brought fullness to you this past year. I for one have experienced God's fullness through each of you.

Prevention Not Cure

More Reader's Digest – Health Truths & Myths

If you don't have a bull's-eye rash, you don't have Lyme disease-Myth about 20-30 % of people with Lyme disease never have the classic rash. Other symptoms to watch for include fever, headache, achy muscles, and swollen lymph nodes and joints.

You need less sleep as you get older-Myth Older adults often sleep less as a result of chronic conditions that come with age and because of the medications used to treat them. But the CDC recommends at least 7 hours of sleep for optimum health.

Holding in a sneeze is unhealthy-Truth As your body gets ready to sneeze pressure build in your lungs. When you try to push air out it needs somewhere to go. If you pinch your nose and mouth, it could reroute to the ears. Ruptured ear drums could result

You can stop taking antibiotics when your symptoms go away-Myth Even if you're back in tip-top shape, Continue taking meds as prescribed. The symptoms can fade before the infection clears, meaning you can get sick all over again — and this time it might be more resistant to the antibiotics.

Women should worry about colorectal cancer as much as men-Truth This cancer is the 3rd most common cancer in men but the 2nd most common in women. Men have a slightly higher risk overall: 1 in 22, compared with 1 in 24 for women.



Coming Events

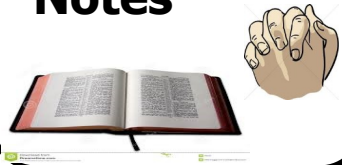
Jan 10-12-Northern California Girls Retreat at Lodi Academy

Jan 20-Martin Luther King Jr. Day

Jan 26-Northern California Conference Open House & Dedication, 12-4pm

Jan 27-31-PHAA Week of Prayer

Sermon Notes



Jan 4: Brian Toppel
Jan 11: Mario Sanchez
Jan 18: Pastor Ed Fergusson
Jan 25: Julie Baga

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Jan's Healthy Recipes

Cream of Butternut Squash Soup With Arborio Rice

1 small (1-pound) butternut squash, bulb and neck peeled and separated (neck reserved for garnish) 2 tablespoons unsalted butter 1 medium onion, finely chopped (about 1 cup) 3/4 to 1 cup arborio rice 5 cups milk or more to taste 1 cup chicken stock or low-sodium chicken broth Salt 1/4 cup olive oil, for garnish Cut the squash bulb in half and remove the seeds, then dice and set aside. In a medium stockpot over medium heat, add the butter and onions and cook until the onions become translucent, 2 to 3 minutes. Add the diced squash and cook for 2 to 3 minutes, stirring occasionally. Add the arborio rice, 2 cups of the milk and the chicken stock or broth and stir. Bring to a boil, then reduce the heat to medium-low. Simmer, with bubbles just breaking the surface, for 12 minutes, or until the rice kernels become plump. Add 1 cup of milk, and salt to taste. After a total cooking time of 30 minutes, remove from the heat and add 1 cup of the milk. Pour contents into a blender and puree until smooth (in batches, if necessary). Return the mixture to the stockpot and add the remaining 1 cup of milk or more if necessary for a creamy consistency. Adjust salt to taste, and mix well. Keep over low heat until ready to serve. Meanwhile, for the garnish, have ready a baking sheet lined with paper towels. Cut the squash neck into 3/8 -inch-thick slices, then crosswise into french-fry shapes. In a medium skillet over medium heat, add the olive oil. When the oil is hot, add the squash pieces and cook until golden brown on each side, 10 to 15 minutes total. Transfer to the prepared baking sheet to absorb excess oil. Sprinkle lightly with salt to taste. To serve, ladle the soup into bowls and garnish with the sautéed squash slices.

Church Birthdays

Ava Gradek..... Jan 01
Matthew Stokes..... Jan 01
Dianne Binder.....Jan 06
Mark Porco.....Jan 07
Cherie Blasquez-Tracy.... Jan 09
Angelina Crane.....Jan 10
Maria Messner..... Jan 12
Melba Spycher..... Jan 15
Olivia Genobaga.....Jan 17
Keith Brower.....Jan 18
Nancy Fowler..... Jan 18
Heidi Rose.....Jan 21
Rafael Ojeda..... Jan 21
Karmen Shores..... Jan 29
Cara Roderick.....Jan 30

Positive Choice

Religious People Live Longer
Author: Fred Hardinge

Self-reported attendance at religious services is linked with longevity.

Ohio State University scientists have examined two samples of more than 1600 obituaries looking for religion, marital status and social activities. They found religious people lived an average of 5.64 years longer than nonbelievers. When controlled for gender and marital status the advantage was 3.82 years. Religious values, prayer and mediation, and volunteerism may all help contribute to this advantage.

PositiveTip: Involvement in religious groups may extend your life

New Year's Resolutions

Five Resolution Ideas

From lifehack.org //Ivan Dimitrijevic

- **1. Get in shape:** Losing weight is the top resolution for Americans, and combined with "exercise more" and "stay fit and healthy". It's easy enough to start an exercise and diet program, but the trick is to find a decent one that will give you steady results and will be easy to stick to in the long run.
- **2. Start eating healthier food, and less food overall:** This is usually an extension of the previous resolution. Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits. Learn to control emotional eating, be aware of reasons for diets to fail and make use of these tricks.
- **3. Stop procrastinating:** The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to procrastinating it's difficult to snap yourself out of it, so you'll need to put in a lot of work to change this bad habit.
- **4. Become more active:** Some people don't really have a big weight problem, and they even get some exercise a few times a week, but they just sit around the most of the time at home and at work, which can have a negative effect on their posture and health
- **5. Meet new people:** When we get stuck in a rut, we usually end up staying at home most of the time. Meeting new people can be beneficial to your mental well-being and help your career, Overcome your shyness, get some knowledge and go and get to know new and interesting people.

