

PHAA Baccalaureate Sabbath



Pastor Walt Groff delivered the Baccalaureate message on June 8, 2019 to the Pine Hills Adventist Academy graduates. His message to the number of 15 graduating seniors was to: Yoke Yourself with Jesus for a Lighter Load in Life.

For those in the audience unfamiliar with yoking, he used Jack Fanselau, a graduate, to illustrate how yoking works.

Lamentations 3:27 ~ It is good for a man that he bear the yoke in his youth.

To the right, the PHAA Choir serenades the Auburn SDA Church June 8th on Graduation Weekend. Senior graduates can be seen in their caps and gowns.

The large class of 2019 High School graduates include: Barbara Bende, Wendell Bobst, Michaela Dimick, Jack Fanselau, Griffin Genobaga, Zoe Kanas, Trenton Lyman, Sean McCormick, Kasi Moore, Paul Nehvatal, Destiny Nunez, Grace Perkins, Dayton Roderick, Ale-yah Sallis & Christian Witzel.



Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

July 2019
Issue

Inside This Issue:

Pg. 1-Rollins Lake Young Families Campout
Pg. 2-Pastor's Corner, Coming Events, Sermon Notes, Church Contacts, Prevention Not Cure
Pg. 3-Jan's Healthy Recipes, Church Birthdays, Positive Choices
Pg. 4-PHAA Graduation Baccalaureate

Good Times at the Young Families Campout at Rollins Lake!

Lots of fun was had out at the lake during the Annual Young Families Campout from June 11-16. There was fishing, boating, kayaking, jet skiing, swimming, crafts, movie nights, daily worships and so much more! Overall it was a blast being out in the beautiful nature together as a church family.



[PASTOR’S CORNER]

This past month Seth and I made an investment into a weed whacker to help in the maintenance of our property. The day we got it we spent our whole evening at the house. Seth enjoyed the new toy and I was organizing the sections of the large logs, remnants of the tree that has caused much stress and worry for us the last nine months.

Throughout this entire rebuilding process, Seth and I have taken to removing brush on Sundays, doing our best to maintain the property even though most of our time is spent away. We have enjoyed our Sunday adventures of home ownership; they offer us the slight feeling that we do in fact still own the place and the fulfillment of a hard day’s work.

We switched it up this week and worked on our house on a Tuesday and by evening, forced to stop working by the lack of sunlight, proud owners of a new fancy weed whacker, Seth was almost gitty... I, was not. Perhaps it was that I didn’t have an opportunity to experience the sheer joy of mowing down weeds like David destroying his enemies the Philistines. More likely, I felt the weight of the house rebuild bearing down on my mental shoulders, failing at taking on my own words from my sermon only three days prior. “Don’t worry” has rung in my conscious practically every day since that Sabbath.

As we drove home that night, we discussed our felt needs and unmet expectations regarding the house. Seth reminded me of a Biblical truth he had been studying that week. “The treasures of this earth do not last forever ‘but store up for yourselves in heaven, where neither moth nor rust destroys and where thieves do not break or steal’.” -Matthew 6:20. Again I’m reminded that God knows our needs and the depth of His love. I am reminded that there is more to life than the repair of my home and that I don’t want the joy of my life to be suffocated by the mountains of worry. Maybe this time I can remember that Matthew 6:25 is less about the “Don’t Worry” and more about God’s desire for us to claim the life He bought for us and live it to the absolute fullest.

A few years back Seth and I decided we wanted to invest in memories and not possessions. I can’t say that we have been very good at keeping in line with those investment decisions as of late. What I do know is that an investment in heaven, though seen as a risky investment on earth, offers the most return in heaven. “Where neither moth nor rust destroys, and where thieves do not break or steal”.

-Pastor Dana Rae De Tar

Prevention
Not Cure

5 Brain Foods That Can
Help Prevent Alzheimer's

By Sarah Weinberg

1-Fatty Fish We've been trained to think negatively about fats, but not all of them are so bad for you. Omega 3 fatty acids found in some fish are anti-inflammatory and known to support healthy brain function tied to memory and mood. Dr. Isaacson recommends at least two servings of fatty fish - wild salmon, lake trout, mackerel, herring, sardines - every week.
2- Blueberries They're what Dr. Isaacson refers to as "brain berries." Multiple studies have shown that the super fruit, which is loaded with healthful antioxidants, can delay cognitive problems. Strawberries have been linked to the same benefits.
3-Mocha Dr. Isaacson stands by his phrase "a mocha in the morning for your memory" because of the dark chocolate that's in it. He likes to add Cocoa Via's purified dark chocolate cocoa powder to his coffee. "It can help with memory, in addition to blood pressure control and insulin resistance," he says.
4-Olive Oil This pantry must-have is another one of the good fats, Dr. Isaacson says. It's considered a monounsaturated fat, and it helps to reduce inflammation in the body, which is key to brain health. Dr. Isaacson cautions that you pay attention to where your olive oil is from, though. Opt for cold-pressed, good quality stuff, not bottles in the bulk bin that may not be the real thing.
5-Leafy Greens Not only are kale and spinach packed with fiber that keeps you fuller longer, they're also full of antioxidants that boost brain health. Researchers have found that consuming at least one serving a day can slow cognitive decline.



Coming Events

July 5-6: SALT (Soul Winning & Leadership Training) Sacramento Central SDA Church, 7 PM Friday, continues Sabbath, Potluck, Free

July 18-27: Redwood Camp Meeting

July 29-August 4: Tahoe Camp Meeting

Sermon
Schedule



July 6: Jim Brewster
July 13: Pastor Mel Baga
July 20: Pastor Mel Baga
July 27: Pastor Mel Baga

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Jan’s
Healthy
Recipes

Lighter Macaroni & Cheese
Serves 6 by Giada De Laurentiis

- 1 (12-ounce) bag rice flour penne, such as Bionaturae
- 1 teaspoon extra-virgin olive oil
- 1 shallot, minced
- ½ cup low-sodium vegetable broth
- 1 (15-ounce) container part-skim ricotta cheese
- ¼ cup fat-free plain Greek yogurt
- 1 cup (about ¼ pound) shredded Gruyère or Emmentaler cheese
- ½ teaspoon chopped fresh thyme leaves
- 1 teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- ½ cup oven-toasted rice cereal, such as Chex, crushed
- 2 tablespoons freshly grated Parmesan cheese

Bring a large pot of salted water to a boil. Add the penne and cook according to package directions, just until al dente. Drain well, reserving ⅓ cup of pasta water for the sauce.

Heat a 3-quart ovenproof pot over medium heat. Add the olive oil and shallot and cook, stirring often, until the shallot has softened and become translucent. Add the vegetable broth and bring to a simmer.

Preheat the broiler to high.

Turn off the heat and add the ricotta, yogurt, Gruyère, thyme, salt, cayenne, and reserved pasta water. Whisk until combined. Add the cooked pasta and fold it into the sauce until it is well coated.

In a small bowl, mix the crushed rice cereal with the Parmesan. Sprinkle the mixture over the pasta and broil for 3 to 5 minutes or until golden brown on top and bubbly.

Positive
Choices

Too Much Sitting-Bad for Hearts
Posted by Fred Hardinge on March 16th 2015

Reducing daily sitting time may have a positive impact on cardiovascular risk. A study presented at the *American College of Cardiology* 2015 meetings reports there are serious health consequences to 'sitting too much' and this may be different from the impact of not enough exercise. After adjusting for the traditional risk factors for cardiovascular disease, researchers found each hour of daily sedentary time was associated with a 10% higher risk of having increased coronary artery calcium scores.

PositiveTip: Reduce your daily sitting time by 1-2 hours for better heart health.

Posted by Fred Hardinge on March 13th 2015

Alcohol no longer seen as beneficial for heart disease risk. Earlier research appeared to show that moderate drinkers lived longer than non-drinkers and heavy drinkers. However, many of those studies included former heavy drinkers who had poorer health than never drinkers. Research from the U.K. which removed the former drinkers from comparison groups did not find the same benefits. The authors note they are skeptical there is any benefit from alcohol.



Church
Birthdays

Olga Openiano.....	Jul 05
Timothy Barr.....	Jul 05
Havilah Baga.....	Jul 07
Rowan King.....	Jul 07
Elizabeth Mogollon.....	Jul 09
Cameron Maciel.....	Jul 10
David Woods.....	Jul 10
Jeffery Culp.....	Jul 11
Susan Woods.....	Jul 12
Judy Crum.....	Jul 13
Sharon Munoz.....	Jul 13
Brian Toppel.....	Jul 16
Peter Van Auken.....	Jul 16
Jeanette Murillo.....	Jul 17
Donald Dyer.....	Jul 18
Garold Wareham.....	Jul 19
Jonathan Castro.....	Jul 19
Kent Young.....	Jul 19
Caleb Sim.....	Jul 21
Megan Mulligan.....	Jul 21
Traci Van Zant.....	Jul 21
Diana Barr.....	Jul 22
Kimberlee Maciel.....	Jul 22
Jeff Rose.....	Jul 23
Dalila Vargas.....	Jul 24
Pamela Haddad.....	Jul 24
Caitlyn Davidson.....	Jul 26
Chris Stokes.....	Jul 30
Darrel Crane.....	Jul 30
Blanca Fanslau.....	Jul 31
Dax Whitson.....	Jul 31
Lillian Ludwig.....	Jul 31