

Gary Weir



On February 16, 2019 the Auburn church celebrated the life of Gary Weir, the father of Julie Bags. His passing on November 22, 2018 was in the midst of Julie’s hospitalization with complications from Gallbladder surgery. He will be missed by all who knew him, and especially by his loving family.

Developing a Prayer Life:

Prayer is a necessity, for it is the life of the soul. Prayer is the most holy exercise of the soul.
Prayer is the opening of the heart to God as to friend.
Prayer is the key in the hand of faith to unlock heaven's storehouses.
"Prayer and faith are closely allied and they need to be studied together. In the prayer of faith there is a divine science;"
Everyone who would make his life-work a success must understand the Science of Prayer. How to develop stronger and more meaningful relationship with God. through payer. Join me in the learning of Science of Prayer. *Hope Sekulic 916-628-0077*

Auburn Creekside Shopping Center Update



Construction has begun on the new Creekside shopping center on Rock Creek Road across from the church. This is how it'll look like when it's all done. They will also be repaving the Rock Creek Rd and adding a roundabout on Quartz Dr.



Auburn

SEVENTH-DAY ADVENTIST CHURCH

March 2019
Issue

Community Newsletter

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Julie Takes the Pulpit

On February 16, 2019 Julie Baga made her preaching debut with a stirring sermon entitled *What If?*

She was poised, articulate and revealed some spiritual insights. She left the congregation hungry for future sermons from her.



On February 16, 2019 Kevin Openiano was dedicated to the Lord. Kevin is the son of Olga Openi- and Karlo Openiano.



Poem

What it Cost You

It is impossible for me to know,
What it cost You,
To leave paradise to come below,
And die for me,

To sacrifice yourself for me,
A poor sinner,
To be broken down on Your knees,
Jeered and forsaken,

Like the purest lily of the field,
Trampled and crushed,
And yet my salvation You sealed,
With Your broken body.

The blood flowing from Your brow,
Pieced by a thorny crown,
Washed away my sins somehow,
Guarantying my golden crown.

When Your side was pierced,
By a cruel spear,
The pain must have been fierce,
Along with everything else.

You washed my garments white as snow,
With Your red blood.
The pain and humiliation I'll never know,
You gladly experienced.

Thank You Lord!

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Prevention Not Cure

Preventing Leg Cramps

There's nothing quite like the cocktail of surprise, anger, agony, and dismay that comes with being woken up by the intense pain of a charley horse. These cramps in your legs (usually the calves) mean that your muscles have spontaneously decided to spasm and tense up while you were just hanging out asleep. As mysterious — and shockingly painful — as these middle-of-the-night cramps are, there are (thank god) some ways to prevent them.

This Week's Circulars

Unfortunately, it's not always possible to figure out why these cramps creep up. But, as MedLine explains, taking certain medications (such as diuretics), or exercising while low on calcium, potassium, or magnesium may make them more likely.

The most common culprits, though, are overusing those leg muscles and being dehydrated. And they're most likely to strike after you've been standing or sitting for a long period of time. So spending hours standing at a concert where you barely sipped any water is the perfect recipe for a late-night charley horse.

Leg cramps are also common among people who are pregnant, especially during the second and third trimesters, writes Myra Wick, MD, PhD, at the Mayo Clinic. However, it's not exactly clear why cramps are so common during pregnancy. According to the American Pregnancy Association, it may be due to a combination of weight gain, pressure on nerves, and changes in your blood flow.



Coming Events

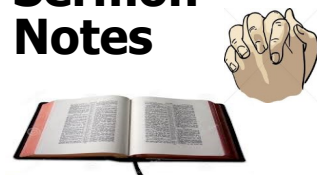
Baptism Sabbath—March 9

Pine Hills Spring Break—
March 18-29

San Gabriel Academy Vespers
Concert—March 30

Christian Edition Concert—
April 20

Sermon Notes



March 2: Pastor Mel
March 9: Pastor Mel
March 16: Pastor Mel
March 23: Pastor Marvin Wray
March 30: Pastor Mel

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Jan's Healthy Recipes

Ten Bean Soup

1/4 Cup of the following dried beans:

-Small lima
-Butter
-Pinto
-Red kidney
-Navy
-Pink;
plus:
-Black-eyed peas
-Lentils
-and Pearl barley

Use either one 28 oz. can of tomatoes or two 8 oz. cans of tomato sauce,
-1 tsp. chili powder
-1 Tbsp. Lemon juice
-Salt & Pepper to taste

Wash the dried vegetables and soak overnight in water and baking soda. Discard the soaking water. Add 2 quarts (less for thicker soup). Bring to boil and simmer 1-1.2 to 3 hours. Add the tomatoes or tomato sauce, seasoning and simmer an additional 30 minutes.

Optional ingredients:

-Chopped celery
-Onion
-Garlic

Serves 8-10 people

Preventing Leg Cramps Cont.

You can prevent muscle spasms during the night by stretching out those muscles before climbing into bed. The Cleveland Clinic suggests doing calf stretches against a wall or using a towel to hold your leg out in front of you while seated. You can also make cramps less likely by staying hydrated, exercising regularly,

and wearing supportive footwear during the day. And because of the aforementioned potential link between being low on magnesium, calcium, or potassium and cramps, it's worth trying to eat plenty of fruits and leafy green veggies. Should you experience a charley horse, the best thing you can do is (unfortunately) get out of bed, walk around, and do a few of those same stretches. Otherwise, you're just stuck waiting. Luckily, they only last a few minutes at most, although you could feel some soreness for a couple of days after the cramp.

However, there are some cases in which frequent leg cramps may be symptoms of a more serious issue, such as thyroid disease or diabetes. But don't jump to conclusions: If those conditions are actually responsible for your cramping, you'll also have other more serious symptoms that will signal something's wrong. If you're concerned about your leg cramps, or your cramps are persisting even after regular stretching, it's best to check in with your doctor. You and your legs deserve a pain-free night's sleep.

CHURCH BIRTHDAYS

Carolyn Crane	March 02
Adam Borlean	March 04
David Porco	March 06
Louis Cuccia	March 09
Peter Hollister	March 09
Cassie Crane	March 11
Jovany Geronimo	March 11
Thomas Pooler Jr.	March 12
MaryAnn Medeiros	March 13
Addyson Van Zant	March 16
Lisa Stokes	March 16
Kara Wareham	March 18
Karen Alm	March 21

Jenna Davidson	March 23
Tryg Stokes	March 23
Fatima Geronimo	March 25
Mel Baga	March 25
Taylor Toppel	March 25
Pam Warda	March 26
Lorna Lawrence	March 27
Ahmani Johnson	March 29
Charlotte King	March 29
Montague Johnson	March 29
Griffin Genobaga	March 30

Positive Choices

More Healthy Carbs vrs Unhealthy Carbs A Guilt-Free Treat

It seems too good to be true, but you can believe it: Popcorn is a whole grain. That means it's got complex carbs and fiber. Your healthiest choice is air-popped, without any added fat and salt. Season it with your favorite dried herbs and spices instead.

Great Grains to Try
Maybe you've heard of quinoa, the whole grain from South America. Some other new-to-you whole grains are becoming more widely available, and they can be a good choice to get complex carbs in your diet. Some grains to look for are millet, a staple from Africa and Asia, bulgur, which is used in Middle Eastern dishes, and triticale, a hybrid of wheat and rye.

Which Kind of Rice?
You're ordering Chinese food and the restaurant asks, "White rice or brown?" Which should you choose? White rice is a "refined" grain, meaning it has lost some key nutrients during processing, like fiber. But brown rice is a whole grain, a good source of complex carbs.

