

The Spider

By Marilyn Herron

I confess! I don't like spiders. It began some years ago when one was discovered crawling in my hair. It sent me into a frenzy and another time, when I felt one crawling in bed with me. That might explain why I have an obsessive fear of spiders to the extent that if one of them is found in my home, my instinct is to exterminate them.

It happened recently that our small group bible study that meets on Monday afternoons was canceled and I had over an hour of wait before my transportation would arrive. In a way, I was grateful because after volunteering at community services in the morning, I proceeded outdoors to discover the most glorious afternoon of sunshine and warmth. It seemed to be heralding the approach of springtime. The winter had seemed extremely long and cold and I was dreading being indoors.

I told my friend Kathy that I welcomed waiting outdoor in the sunshine. I chose a spot by the tree located in a block planter at the side entrance of the church—to spend a quiet time with God in bible study and reflection while drinking in the sunshine and the invigorating fresh air.

The tree was bare—the promise of shaded leaves was yet to come. And then I noticed it. A slender thread blowing toward me. Something tiny and black at the end of the thread caught my attention. It was a spider. I was upset because it had invaded my perfect spot and I didn't want to relocate. I hoped it would blow away. Where was it journeying? It didn't seem to be making any progress up or down. The very gentle breeze seemed to be a hindrance as I watched the spider clinging to the thread for support.

I began to feel sorry for this creature—actually I had invaded its space. After some time of observation, it seemed to be struggling, getting nowhere—just hanging on. After what seemed eternity, I saw the spider climbing the thread to one of the bare twigs of the branches of the tree and finally resting there. At last, I thought, the struggle was over.

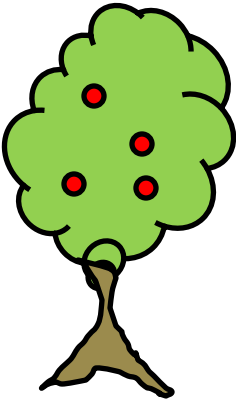
My attention was diverted to a ladybug that had fluttered into my sight, landing on the surface of the block wall of

the planter. Now I welcomed this creature with its pretty red coat. I would even let it crawl on my hand if it chose, but it lingered only a short time and off it flew to an unknown excursion. As I turned away, the spider drew my attention. It had descended again on that slim thread to a few inches from me, blown back and forth by the breeze. It seemed to have a determination to continue its journey in spite of the obstacles and tiresome effort. It would sway toward me and then back to the tree just a few inches from the ground. I felt myself wanting to encourage it and cheer it on. After what seemed much time of persistence, it finally landed on the earth near the base of the tree. Mission accomplished it seemed, through sweat and tears.

Moments later, my transportation arrived. I hadn't spent time in God's word as I had planned. I had experienced a lesson in God's book of nature. I was amazed at how God had designed and equipped this lowly spider, with the tenacity and ability to persevere in spite of obstacles. It wasn't worried about failure, but used all its strength and ability untiringly to accomplish its goal.

I wonder. Do we sometimes struggle and lose heart in life when we face obstacles that seem insurmountable of accomplishing our goals? Do we direct our minds to the God who has provided for all creation, as an assurance that He can provide for all we hope for and need, focusing like Abraham on our heavenly reward. Can we imagine, take heart and rest in all that God has provided to attain that goal—the ministering angels that are cheering us on, the thread of the Holy Spirit reaching down to guide and strengthen us. God, the Father and Jesus, the Son with love, creating us with the ability to reach out with renewed determination and persistence to reach the goal set before us. As one writer who encourages us to hope states—"Keep on, Keeping on" in perfect trust in the One who has walked the way before us and knows no failure.

It's easy for Personal
Computer users to
blame Apple for
mankind's downfall



Auburn

SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

May 2019
Issue

Inside This Issue:

Pg. 1-Easter Celebration

Pg. 2-Pastor's Corner, Coming Events, Sermon Notes, Church Contacts, Prevention Not Cure

Pg. 3-Jan's Healthy Recipes, Church Birthdays, Weimar Choral Group

Pg. 4-*The Spider*, Cartoon



Friday Night Dinner



Christian Edition Concert

Easter

He is Risen

2019



Sunrise
Service
at the
Pierson's



[PASTOR’S CORNER]

Throughout the Bible and especially the Old Testament, there is this concept that if you do what is right you will be rewarded and if you are evil destruction will come to you. Oh, if it could be so simple, that beyond every decision we make we see the positive consequences waiting to be bestowed upon us for every good decision or action we make.

Job’s friends got themselves into some serious trouble for preaching that concept.

The truth is that God causes the rain to fall on the just and the unjust. The truth is that sometimes doing the right thing can lead to the worst consequences and making those decisions can be some of the hardest choices we will ever make. It is for this reason that I have always felt pity for Herod and the impossible choice he is confronted with.

Herod is a man caught on the precipice between doing what is expected of him though evidently unjust, or the unpopular choice. The unpopular choice could have him losing the favor of those he has been charged with governing, resulting in a uprising that could bring about his destruction.

Herod takes the leap, but what is the result of this leap? Few know. We all know what happened to Judas when he took that leap, but what happened to the despised man who chose the path of least resistance? The answer is found in Acts 12:20-23. Here we find a man who illustrates what it means to “Gain the world and lose your soul.”

This isn’t to say that behind every poor decision lies a divinely instructed parasite to bring you to justice. No, once again, its not that simple.

“But I will rescue you on that day, declares the Lord; you will not be given into the hands of those you fear. I will save you; you will not fall by the sword but will escape with your life, because you trust in me, declares the Lord.”
- Jeremiah 39:17-18

Sin has a habit of enslaving us, but when God is our compass, we can encounter freedom. When our lives are governed by the thoughts and opinions of others, we are open to manipulation. What I see in this verse is a promise that, despite the world crumbling around us, we can be given life and freedom in knowing that God is the only one we answer to.

-Pastor Dana Rae De Tar

Prevention
Not Cure

Yogurt

It's no secret that probiotic-rich yogurt is good for your gut. But a healthier microbiome might also translate to a healthier heart. Eating 7 ounces of yogurt daily is tied to a significantly lower heart disease risk, found a recent Chinese analysis of nearly 300,000 people.

Just make sure to choose plain yogurt over the sweetened stuff—keeping your added sugar intake in check can lower your risk for heart disease. (Watch for these 6 foods you're buying that are secret sugar bombs.) And opt for low-fat instead of non-fat, says nutritionist Rania Batayneh, MPH, author of *The One One One Diet*.

Research shows that people who eat higher-fat dairy products are no more likely to develop heart disease compared to those who eat the fat-free stuff. Plus, it'll fill you up faster and keep you satisfied for longer. (See what happened when one woman swapped her almond milk with full-fat dairy for a month.)

PRO TIP: With the right toppings, yogurt can make a filling breakfast. Try it on Granola.



Coming Events

May 3-5: Christian Men’s Retreat, Leoni Meadows

May 10-11: Pine Hills Alumni Weekend

May 18: Church Picnic, Meadow Vista Park 1 P.M.

May 24-25: NCC/Auburn Church Prayer Weekend, Guest Speaker Pastor Pavel Goia

June 6-9: PHAA Graduations

June 11-16: Rollins Lake Campout

Sermon
Notes



May 4: Pastor Mel
May 11: Pastor Mel
May 18: Pastor Dana Rae
May 25: Pastor Pavel Goia

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Jan’s Healthy
Recipes

PERFECT Pie Crust

By Carla of The Chew

Ingredients

- 1 tablespoon Sugar or Stevia
- 1/2 teaspoon Table Salt
- 1/3 cup Water
- 1/2 pound (2 sticks) cold Unsalted Butter (cut into 1/2-inch dice)
- 2 1/4 cups All-Purpose Flour (plus more for rolling)

Step-by-step directions

- In a small bowl, dissolve the sugar and salt in the water. Refrigerate until very cold, about 30 minutes. During that time, refrigerate your butter, flour, mixer bowl, and paddle, too.

- Make sure your butter is cut into 1/2-inch dice. Bigger pieces will make your dough puffy. In the chilled bowl, combine the cold butter and flour. With your hands, toss the butter in the flour until each cube is lightly coated.

- With the chilled paddle, beat the flour-butter mixture on low speed to just break up the butter, about 30 seconds. Add the water mixture all at once and raise the speed to medium-low. Beat just until the dough comes together in big chunks, then immediately turn off the mixer.

Divide the chunks of dough in half and very gently pat each group into a round 1-inch-thick disk. Wrap each tightly in plastic wrap and refrigerate until firm, about 1 hour, before rolling. You can refrigerate the disks for up to 1 day or freeze for up to 3 months.



On April 13, 2019 the Auburn SDA Church was treated to a wonderful special music by select individuals of the Weimar Choral group, shown above. It was much too short but very entertaining.

CHURCH
BIRTHDAYS

Erik Fanselau.....	May 01	Cheryl Wood	May 17
Kendall Porco	May 03	Jesse Hollister	May 17
Adrianna Pooler.....	May 05	Celise Ibarra	May 18
Scott Wallace	May 05	Jordan Toppel	May 18
Isabella Ojeda	May 06	Lili Husse	May 18
Jacqueline Fralick.....	May 09	Pamela Mamoulelis.....	May 19
Justin Fralick	May 09	Virgil Starr.....	May 19
Dylan Van Zant.....	May 10	Andrew Binder	May 20
Elijah DeBusk	May 10	David Ferolino	May 20
Elena Mulligan	May 11	Franz Spycher	May 20
William Fowler.....	May 11	Heidi Hollister	May 21
Benjamin Toppel.....	May 15	Susie Hall	May 21
Stanley Hao	May 15	Merrick Stokes.....	May 23
Rosa Isela Geronimo.....	May 16	Russell King.....	May 25
Alanna Hollister	May 17	Sally Christensen.....	May 25
		Ligia Borlean.....	May 26
		Roger Haddad.....	May 28
		Elizabeth Borlean	May 30

