

A Special Musical Blessing from
Pine Hills Adventist Academy on September 21



Pine Hills returns to Auburn on Oct. 26 with the high school choir and string group. We can't wait!

Adventurer Club Begins!





Auburn

SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

October 2019
Issue

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Sandy Moss Celebrates 40 Years of
Ministry in Cradle Roll



On September 14, 2019, pictured above on the left is Nikki Wehtje along with Patti Lutz present a commemorative plaque to Sandy Moss (center) for her 40 years of dedicated service to the Cradle Roll division of Auburn SDA Church. On the right, Torry Haddad-Riddle holds newborn Quintan. Torry was in Cradle Roll when she was young, being taught by Sandy. Torry is the daughter of Pam Haddad, Community Services Director.

Poem

The Voice of Jesus in the Storm

A little boy loved to go canvassing,
with his pastor father every Sabbath.
But one Saturday it was cold and raining,
and his father refused, saying “no way”.

So he sent him out all alone,
all bundled up nice and warm.
But he was soon chilled to the bone,
and he was down to his last form.

He looked both left and right,
but the weather was so bad,
there was no one in sight,
to give the last tract he had.

So he walked up to this door,
and he rang the doorbell.
No answer, so he pounded on the door.
Someone was home he could tell.

Finally the door was opened,
by this sad little old lady.
He shoved the tract into her hand,
“Jesus loves you,” he said so happy.

The next Sabbath in church Pastor,
asked for Praise or Prayers Requests.
Many hands went up but none faster,
a little old lady stood up to confess,

Last year my husband passed away,
and I didn’t have any more reason to live.
I was so lost and lonely until one stormy day,
I decided to end it all, I had no more to give,

I had my rope all strung and the chair set,
when I heard the doorbell suddenly ring.
They’ll go away so on with business I can get,
but the doorbell didn’t stop it continued to ring.

And when I finally answered it at last,
there was a little boy there holding a form.
He told me Jesus loved me, a reason at last,
the voice of Jesus in the storm.

Michael, 8-31-02, from an unauthored story

Prevention Not Cure

Reader’s Digest – Health Truths & Myths

You should eat several small meals a day rather than 3 big ones-Myth some people might do better on a small-meal eating plan others do not feel satisfied. It is better to track total calories and nutrition, not how you spread them out.

Waking up sleepwalkers can give them a heart attack-Myth Sleepwalkers may be distressed or disoriented if you manage to wake them up but are not in danger of a heart attack or coma. The best bet is to guide them back to bed or wake them gently.

Coffee will dehydrate you-Myth Studies show that coffee and tea drinkers don’t use the bathroom any more than water drinkers.

A person having a seizure is at risk of swallowing their tongue-Myth Putting a spoon in their mouth won’t prevent tongue swallowing and may harm teeth or jaws. Instead, turn the person on their side and cushion their head with a pillow.

Frostbitten skin shouldn’t be warmed up by a heater-True Frostbite numbs the skin, so it could get burned without noticing. It should be immersed in warm water.

Peeing on a jellyfish sting will reduce the pain-Myth Urine or fresh water can trigger more venom, making the sting worse. Carefully pluck out any tentacles and rinse with vinegar if you can.



Coming Events

Oct 4: Placer Empowering People (PEP) at the church 9 AM—2 PM. Contact Steve at 530/425-6766 if you can help.

Oct 4-6 & 11-13 NCC Christian’s Women’s Retreat, at Leoni Meadows.

Oct 7, 14, 21 & 28: Gathering for Story at the ARC, 7 PM —8:30 PM..

Oct 18-20: Jr/Sr Retreat at Leoni Meadows

Oct 21-25: PHAA Spirit Week

Sermon Notes



Oct 5: Pastor Mel Baga
Oct 12: Pastor Mel Baga
Oct 19: Pastor Mel Baga
Oct 26: Pastor Mel Baga

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Jan’s Healthy Recipes

Craisin Oatmeal Chocolate Chunk Cookies

Ingredients:

- 2/3 cup soft butter or margarine
- 2/3 cup brown sugar
- 2 large eggs
- 1-1/2 cups old fashion rolled oats
- 1-1.2 cups flour
- 1 teaspoon baking soda
- 1.2 teaspoon salt
- 1-1/4 cups Craisins (dried cranberries)
- 2/3 cup chocolate chunks or chips

Directions:

Preheat oven to 375°. Mix butter or margarine and sugar with beater, until light and fluffy. Add eggs mixing well. Add to butter using several additions, mixing well each time. Stir in Craisins and chocolate chunks.

Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Cool on wire rack.



Church Birthdays

Julie Fralick..... Oct 01
Sandie Dyer..... Oct 02
Judy Doyle..... Oct 03
William Brewster..... Oct 03
Wanda Culp..... Oct 05
Georgia Genobaga.... Oct 06
Lee Gipson..... Oct 08
Joshua Allington.....Oct 09
Joy GeeOct 09
Horst Mehner..... Oct 10
Dorothy YoungOct 11
Marquelle WoodsOct 12
Jenell Wareham..... Oct 16
Kathleen Brewster.... Oct 20
Holly GrahamOct 21
Norman Henderson .. Oct 22
Isabella Toppel..... Oct 24
Jamison Ibarra..... Oct 25
Cambria Sim Oct 26
Deanna Kindrick..... Oct 28

Meet Your Head Deaconess

Pam Mamoulelis

When did you come to Auburn:
in 1990

What in you most memorable
childhood memory:
Jumping from my dad’s shoulders into our swimming pool.

Where was your last out of town
vacation: **Lake Tahoe**

What is your favorite hobby:
I like to be in nature and I like gardening.

What is your favorite Bible
verse:
Psalms 30:5 “For His anger endureth but a moment; in His favour is life: weeping may endure for a night, but joy cometh in the morning.”

What do you like most about Auburn SDA Church:
That we help our community with Community Service & Garden and the ARC.

What is your vision for Church:
To keep growing, for our ministry for our community to continue to grow.

Describe your family:
I lost my husband 15 years ago. I have 3 kids—Lisa, Jacquie & Teddy, plus 5 grandkids. I am an RN and I work at Beautiful Minds.



October is Pastor Appreciation Month.
We’re so thankful for the hard working and dedicated pastors that we have here at Auburn.
Next time you see them, say “Thank you!”

