

The Main Speakers at the 2019 Tahoe Camp Meeting were Justin and Charissa Torossian, shown to the right. They look like a happy SDA couple, because they were just married three weeks ago. Justin just happens to be the great, great, great grandson of James and Ellen White. They come to us from Australia, where they both are currently employed, although Justin was raised in Northern California and graduated from PUC.

7/29/19 Justin—*Giants in the Land*. The Israelites, after wondering in the wilderness for 40 years, let the fear of giants keep them from the Promised Land. They failed to realize God is bigger than any giant.

7/30/19 Justin—*The Parable of the Sower*. A parable is an earthly story with a heavenly meaning. To understand this parable we must know what the symbols represent: Sower=Jesus, Seeds=Words of the Kingdom, Birds=Devil, Sun=Trials or persecution, Thorns=Barriers to God's kingdom, Rocks=Secret sins, Plants=Public walk with God, Roots=Private walk with God. Read Matthew 13:3-8 again with this knowledge.

7/30/19 Justin—*The Bible's One Word Secret to Happiness*. God blesses us with trials in our lives. The trials don't build character. How we react to trials shows our character. Only God can pull out the weeds (sins) in our hearts by the roots. Seed + Soil = Plant, God's word + Soft heart= New life in Christ. The purpose of an apple tree is to make new apple trees. The purpose of a Christian is to make new Christians. The 5 avenues to a heart are the 5 senses. The enemy of happiness is covertness. The Bible's one word secret to happiness is contentment.

7/31/19 Charissa—*Knowing God Will*:

- 1) Surrender your will to God,
- 2) Fast and pray about it,
- 3) Do a cost benefit analysis,
- 4) Be Patient,
- 5) Consult trusted Christian friends,
- 6) Search the scriptures, and
- 7) Look for providential circumstances.

7/31/19 Justin—*Digging Deeper, Scripture Errors clarified by Ellen White*. Scripture- **Genesis 2:25**- "...they were both naked, the man and his wife and were not ashamed."

EGW- "...they were clothed in cloths of light."

John 20:17 - "do not touch me for I have not yet ascended to my Father" (Said to Mary at the tomb.)

EGW- "Do not detain me for I have not yet ascended to my father."

8/1/19 Charissa—*Revelations Interpreted Revelations 14:6-10 (The 3 Angel's messages)*

1st Angel: The everlasting gospel to preach to the world.

2nd Angel: Babylon has fallen because it was evil.

3rd Angel: Do follow the Devil or suffer damnation.



Justin & Charissa Torossian
Tahoe Camp Meeting Main Speakers

Since 1844 we have been living in the time of judgement. Jesus is our judge and our advocate, so there is nothing to fear.

8/1/19 Justin—*Bride From his Side*. (How the Hebrew Marriage Customs parallel Jesus' Life & Death)

- 1) Ketubah - Marriage Contract (God has made a contract with his bride-the church)
- 2) Marriage Cup - (when the groom drinks he signifies he accepts the provisions of the contract) Jesus' drank from the cup at the Last Supper, before his crucifixion.
- 3) The Cost (Bride's Price) Jesus paid his life.
- 4) Bride's Cleansing (Spreading the Gospel)
- 5) The Grooms Return (Jesus' 2nd coming)
- 6) The Celebration or Wedding Feast (Eternal life in Heaven)

8/2/19 Charissa—Constantine became a Christian and made Christianity the official religion of Rome because he had a dream the night before a important battle and God told him to place the cross on his soldier's shields and banners. They won the battle.

In the last times we have to choose between 666, the mark of the beast, or God's Seal. When the U.S. passes Sabbath Laws, following those laws will be the mark of the beast. Don't sit on the fence, the Devil owns the fence. Protestants and Catholics are coming together.

8/2/19 Justin—*Thank God for Unanswered Prayers*. Moses prayed to be able to enter the Promised Land. God did not answer that prayer but he redirected Moses after he died and took him straight to Heaven.

Elijah prayed for death, but God refused and he was taken up to Heaven in a fiery chariot instead.

When Jesus decuples asked to have places on his right and left, they were refused, and were glad when they saw his crucifixion.

Jesus' own prayer when in the garden to not be crucified, wasn't answered, and we are all thankful for that unanswered prayer. **Faith is believing in advance what is proven in reverse.**

8/3/19 Justin—*Mighty Weaklings*. Sampson & Joseph Samson was chosen at birth to be a Nazarite and be dedicated to God. But he rejected this and chose to marry a pagan woman Delila. After his hair was cut and he lost his strength, he was defeated, blinded and thrown into prison. But he was victorious in the end when he regained his strength and brought down the building on his enemies. Joseph was sold into slavery by his brothers. But he made his parent's God his own. He forgave his brothers and resisted the temptations of Potiphar's wife to become 2nd in command on Egypt. They were both mighty weaklings.

There were two people who asked to be baptized.



Auburn

SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

September 2019
Issue

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Fallen Leaf Lake Campout



Four conquerors of Mount Tallac. L-R -Michael O'Haver, Tim Barr, Asdrubal Groschel and Horst Mehner pose at the summit, with Fallen Leaf Lake and Lake Tahoe in the background.



The activities on Sabbath included, good eats, good hikes, lay activities (naps), bike rides to Pope Beach, good eats, wonderful mission stories, inspiring song service, good eats, fellowship, a wonderful sermon, and did I mention good eats? A big thank you to Susan Excell and crew who did excellent jobs coordinating everything!

Above, 100 + church members who camped out at Fallen Leaf Lake and enjoyed a wonderful weekend. The activities included hikes, bike rides, camp fires, outdoor church services, potluck lunch and dinner on Sabbath, fishing, sun bathing, visiting the Nature Center and so much more.

Poem

The Worshipers

I had a dream and I dreamed of prayer.
I saw three people kneeling in prayer,
and while they were praying, there came,
our Master but He didn't treat all the same.

The first he bend over speaking graciously,
words that were pure and sweet, so beautifully,
He lingered with them for a good little while,
before approaching the second in a different style.

With the second one He placed his hand,
on their head and give them a look so grand,
that conveyed all of His approving care.
Then He went on to the third offering prayer.

But for this one He passed almost abruptly,
without stopping for a word, seemingly,
almost to shun the last one in the line,
but also somehow leaving a feeling sublime.

To me it seemed the first one He greeted,
He approved of, while the last He cheated,
by being so abrupt, and the middle one,
while having approval, had not won,

the Master's full share of loving grace.
But while I contemplated events out of place,
the Master came to me and clarified,
His actions, and my thoughts rectified.

He said the first worshiper needed more,
because they needed My guidance for,
them to remain on the straight and narrow,
and for them to be able to face tomorrow.

The second one I greeted was stronger,
not needing My encouragement longer.
I knew they would trust in Me without,
More, My singing their praise in a shout.

And the third one in line was the strongest.
Their love and faith was of the highest.
They, I am training by quick and drastic,
service for a mission that is so fantastic.

*© 4-1-06, by D. Michael O'Haver, from an
unauthorized story in "Springs in the Valley" by
Mrs. Charles Cowman*

Prevention Not Cure

Reader's Digest – Health Truths & Myths

Carrots Help Your Eyesight Myth
Carrots get their vision-boosting rep. from beta-carotene which converts to vitamin A, that helps you see better in the dark. But this conversion isn't very efficient. So to improve eyesight eat other vegetables high in vitamin A, such as leafy greens like kale and spinach.

Eating Too Much Sugar Gives You Diabetes Myth
Sweet foods don't directly lead to chronically high blood sugar. But they can contribute to obesity, which is a risk factor for diabetes, so keeping a well-balanced diet and limiting treats is till the right idea.

You Shouldn't Let Someone With a Concussion Sleep Right Away True
For several hours after the initial blow, it's good to keep the person awake and monitor symptoms. But after that, naps and getting plenty of sleep at night are recommended.

Tilt Your Head Back to Stop a Nosebleed Myth
Tilting your head back might make you swallow blood, which could irritate the stomach and potentially make you vomit. Instead, tip your head slightly forward and pinch your nose shut for ten minutes.

Alzheimer's & Dementia Are Two Separate Conditions Myth
The term dementia refers to an umbrella of disorders that affect brain functioning; Alzheimer's is one of these diseases.



Coming Events

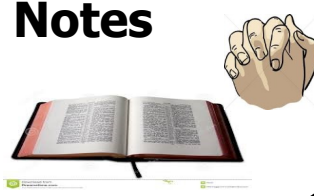
Sept 16-20: PHAA Week of Prayer

Oct 4-6 or Oct. 11-13: NCC Christian Women's Retreat at Leoni Meadows

Oct 12-Filipino Food Fest

Oct. 18-19: Jr/Sr Retreat at Leoni Meadows

Sermon Notes



Sept 7: Fallen Leaf
Sept 14: Pastor Mel
Sept 21: Pastor Mel
Sept 28: Pastor Mel

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Jan's Healthy Recipes

From Dr. Oz Total-10 Rapid Weight Loss Plan:

If you usually crave something sweet for breakfast then these two smoothie recipes from the Total 10 Rapid Weight-Loss Plan is perfect for you! Packed with protein and nutrition, it will keep you full until lunchtime. Also, you don't have to make this recipe strictly for breakfast -- you can drink it for lunch or dinner, too!

Chocolate Covered Almond Smoothie

Ingredients

- 1 tbsp almond butter
- 2 tbsp protein powder
- 1 tsp unsweetened cocoa powder
- 1 tbsp flaxseed oil
- 1/2 banana
- 1 cup unsweetened vanilla almond milk
- 2 dates
- 1/2 cup ice

Directions

Blend ingredients and enjoy!

Berry Smoothie

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1/2 banana
- 1/2 cup frozen berries
- 2 tbsp protein powder (whey protein powder or egg white protein powder)
- 1 tbsp flaxseed oil
- 1/2 cup ice

Directions:

Place all ingredients in blender and process until smooth.

Positive Choices

Dietary Fiber Reduces Cardiovascular Risk

Posted by Fred Hardinge on January 24th 2014

Each 7-gram increase in dietary fiber significantly lowers risk for heart disease.

High dietary fiber intakes have been associated with lower risks for coronary heart disease (CHD). A meta-analysis of 22 observational cohort studies found that every increase of 7-grams in total dietary fiber (amount in 1 cup bran flakes, 2 fresh apples, or 1 cup of raw peas) reduced the risk of CHD and cardiovascular disease events by 10%. Findings were also similar for soluble, insoluble, vegetable, cereal, and fruit fibers.

PositiveTip: Consuming fiber rich foods may indeed keep the doctor away!

PositiveTip for December 24, 2013

Dietary Fiber Still Beneficial

Posted by Fred Hardinge on December 24th 2013

Cardiovascular risk lowered by increasing dietary fiber intake.

A meta-analysis of 22 cohort studies mostly in Westernized countries reaffirmed dietary fiber's role in preventing cardiovascular disease. For each 7 grams a day of fiber (read food labels), the risk ratio dropped 0.9 points. Only insoluble fibers contributed to this benefit.

PositiveTip: Consume wheat bran, brown rice, and other whole grains to lower your risk of heart disease.

Church Birthdays

Diane Schuetz	Sep 02
Jonalyn Cooke.....	Sep 03
Wanda Rasche	Sep 04
Karen Koehler.....	Sep 05
Rocio Mojica-Bierwirth...	Sep 06
Annmaree Gipson.....	Sep 08
Keith Muillo.....	Sep 08
John Kaster	Sep 08
Mace Stokes.....	Sep 10
Cameron Munoz.....	Sep 12
Ashley Murillo.....	Sep 14
Dennis Hanson.....	Sep 14
Julia Gee.....	Sep 14
Rodney Wehtje.....	Sep 14
Bonnie Carter.....	Sep 16
Elizabeth Porco.....	Sep 17
Jenara Moreno.....	Sep 19
Norma Paisley.....	Sep 20
Joseph Fralick.....	Sep 21
Victoria Borlean.....	Sep 22
Delores Trest.....	Sep 23
Satchel Genobaga.....	Sep 23
Chris Genobaga.....	Sep 24
Ivanette Osborn.....	Sep 24
Marilyn Herron.....	Sep 26
Mike Wood.....	Sep 29

BROADSIDE OF A BARN CHURCH SOCIAL

Saturday, Sept 28 at
6:30pm at the Porco

Family Ranch in Lincoln

Come and watch an inspiring movie, delicious cinnamon rolls and fellowship.

