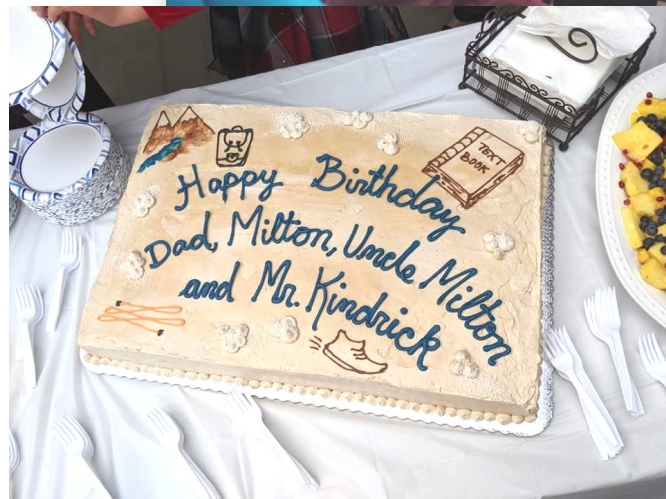


Milton Kindrick Turns 80

Ever ready to celebrate, on January 25, the church helped celebrate Milton Kindrick's 80th birthday by throwing a potluck lunch.



The social hall was full and the overflow spilled into the patio with church members and Milton's family celebrating his birthday.



Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

February 2020
Issue

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On January 25, 2020 Julie Baga poured her heart into her second sermon at the Auburn Church. In addition to delivering a stirring message, she introduced the upcoming sermon series beginning in February entitled *The Lamb Wins*, Portrait of Peace in Troubled Times. This will be a study series on the book of Revelation. February is also the month of Valentines Day.

[inspirational corner]

GOD'S PROMISE

God has not promised
Skies always blue,
Flower-strewn pathways
All our lives through;
God has not promised
Sun without rain
Joy without sorrow,
Peace without pain.

But God has promised
Strength for the day,
Rest for the labor,
Light for the way,
Grace for the trials,
Help from above,
Unfailing sympathy,
Undying love!

- Mandi Wilding

Prevention Not Cure

More Reader's Digest – Health Truths & Myths

Poison Ivey or Oak is Contagious Myth The only way to develop a rash is to come in contact with the sap of the plant yourself. You can not catch the itch from someone else—as long as the person washes off the sap.

Vaccines can cause autism Myth some people have raised concerns that substances used in trace amounts in certain vaccines—including formaldehyde, aluminum salts, and thimerosal, a mercury based preservative—could cause autism. But none of these substances has been shown to cause harm in the small doses used in vaccines. Nor is there any evidence that multiple or combination vaccinations, such as those recommended for children, can weaken the immune system and trigger autism, as some people fear.

A workout won't counteract the effects of sitting all day Truth A study of 8,000 adults found that people who sat the longest overall and for the longest uninterrupted time had the greatest risk for death, regardless of whether they'd squeezed in a workout. That's not to say exercise is useless, but it's important to scatter activity throughout the day in addition to a designated workout.

Coming Events

Feb 1, Weimar Concert 4:30 PM at the church

Feb 1: Drive in Movie Night at Pine Hills Academy, 6 PM

Feb 7-9: PHAA Fres/Soph. Retreat, Leoni Meadows

Feb 15, 16, 22 & 23: PHAA Drama Presentation

Feb 29: Game Night at the church Fellowship hall, 6 PM

Mar 3: California Presidential Primary

Sermon Notes



Feb 1: Pastor Mel
Feb 8: Pastor Mel
Feb 15: Pastor Mel
Feb 22: Pastor Mel
Feb 29: Pastor Mel

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Jan's Healthy Recipes

Chickpea & Lemon Vegetable Soup

Ingredients:

- ♦ 2-15 oz cans Chickpeas (Garbanzo beans)
- ♦ 1 Lb. small new potatoes, halved or quartered
- ♦ 2 cups cherry or grape tomatoes (1 can stewed tomatoes will do)
- ♦ 10-12 small baby carrots
- ♦ 1-1/2 cups frozen whole kernel corn
- ♦ 1 medium onion cut into 8 wedges
- ♦ 2 Tbsp snipped fresh rosemary
- ♦ 2 Tbsp olive oil
- ♦ 2 cloves garlic minced
- ♦ 1/2 tsp salt
- ♦ 1/8 tsp cayenne pepper
- ♦ 29 oz vegetable broth
- ♦ 4 cups packaged baby kale, spinach, or cabbage
- ♦ 1 medium zucchini, halved and cut into 1/4 inch pieces
- ♦ 1 Tbsp lemon zest
- ♦ 2 Tbsp pesto (optional)

Directions:

Mix in a six quart slow cooker: chickpeas, potatoes, tomatoes, carrots, corn, rosemary, olive oil, salt, and cayenne pepper. Add broth, cover and cook on low 8-10 hours or high for 4-5 hours.

Before serving stir in kale, zucchini, lemon zest. Keep cooking until kale is wilted. If desired top servings with pesto. Makes 6 servings

Church Birthdays

Karina Ludwig.....Feb 01
Debra Settlemier..... Feb 02
Steven Maciel..... Feb 04
Denephine Bevins.....Feb 06
Patti Lutz.....Feb 07
Olivia Ludwig.....Feb 08
Cameron DeBusk.....Feb 09
Vanessa Castlebury.....Feb 09
Starr Wallace.....Feb 10
Gillian Fralick.....Feb 14
David Krussow.....Feb 16
Sandy Douglass.....Feb 17
Douglas Roderick.....Feb 19
Daniel Ferolino.....Feb 21
Jason Settlemier.....Feb 22
Kara Dyer.....Feb 22
Cory Culp.....Feb 25
Stephen Price.....Feb 26
Dayton Roderick.....Feb 27
Donald Dyer.....Feb 27
Jason Brown.....Feb 28

Positive Choice

Vegetarian Diets Reduce Chances of Colon Cancer

Importance Colorectal cancers are a leading cause of cancer mortality, and their primary prevention by diet is highly desirable. This study showed a 22% reduction in the risk of colon cancer with a vegetarian diet.

Objective To evaluate the association between vegetarian dietary patterns and incident colorectal cancers.

Design, Setting, and Participants The Adventist Health Study 2 (AHS-2) is a large, prospective, North American cohort trial including 96 354 Seventh-Day Adventist men and women recruited between January 1, 2002, and December 31, 2007. Follow-up varied by state and was indicated by the cancer registry linkage dates. Of these participants, an analytic sample of 77 659 remained after exclusions. Analysis was conducted using Cox proportional hazards regression, controlling for important demographic and lifestyle confounders. The analysis was conducted between June 1, 2014, and October 20, 2014.

Exposures Diet was assessed at baseline by a validated quantitative food frequency questionnaire and categorized into 4 vegetarian dietary patterns (vegan, lacto-ovo vegetarian, pescovegetarian, and semi vegetarian) and a non-vegetarian dietary pattern.

Main Outcomes and Measures The relationship between dietary patterns and incident cancers of the colon and rectum; colorectal cancer cases were identified primarily by state cancer registry linkages.

Conclusions and Relevance Vegetarian diets are associated with an overall lower incidence of colorectal cancers. Pescovegetarians in particular have a much lower risk compared with non-vegetarians. If such associations are causal, they may be important for primary prevention of colorectal cancers.

