

# Belize Mission Trip



The mission trip was such a blessing and a great experience though it was cut short. Thank you for your prayers for our safe travels.  
—Pastor Dana Rae

A few photos from the Youth Mission Trip to Belize and their different construction projects.

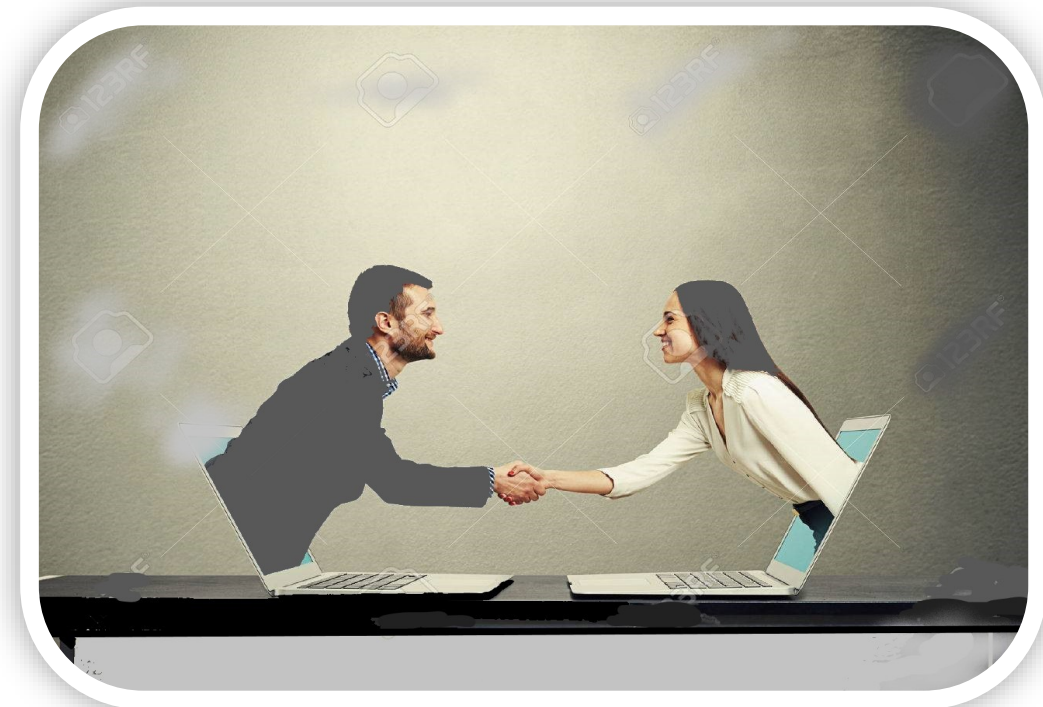


**Auburn**  
SEVENTH-DAY ADVENTIST CHURCH  
Community Newsletter

April 2020  
Issue

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## Virtual Church Initiated Until Further Notice

As a precaution to contain the spread of the Coronavirus locally, the Auburn SDA Church will hold a virtual church service on its Facebook page until further notice.  
Join us Sabbath mornings at 11:15am at [facebook.com/auburnsdachurch](https://facebook.com/auburnsdachurch)

## How to Boost Your Immunity:

Written by: [Onlymyhealth Staff Writer](#) Published at: Feb 20, 2020

Dr Mehta explains how to keep safe from the outbreak of coronavirus amid the many myths and false precaution tips making rounds. Even though the deadly coronavirus is being spread mainly in China, it's a concern, which is justified in India too. So far, There have been three confirmed cases of coronavirus and thousands of suspects have been found. At the same time, the number of people affected by this virus has caused a lot of havoc in China in the last two months. According to the data released by WorldOmeter on 20th February morning, The number of people who have died from the virus has so far reached 2,130 in China. The India-China relation is such that a lot of Indians go to China and the Chinese citizens visiting India, be it academic work or business. This is why the coronavirus continues to be a concern for the Government of India as well as the health experts.

Cont. on Page 2 Prevention Not Curse.



## THINGS ARE NOT ALWAYS WHAT THEY SEEM

There once was two angels who stopped the night  
At the castle of a baron who thought it right  
To put them up in the cold dungeon instead  
Of the guest suite, as they made their bed

The older angel noticed a hole in the wall  
He repaired it, this troubled the younger angel  
Who asked why, to which the older angel replied  
Things are not always what they seem

The next night the pair of angels came to rest  
At a poor farmer's house, and the guests  
Were given the farmer's bed, so they  
Could get a good rest for their stay

They shared the meager meal and rose  
The next morning to find their hosts  
In tears because their only milk cow  
Had died, they had sold the cow's

Milk, it was their sole source of income  
The younger angel asked him how come  
This was allowed to happen, the first one  
Had everything, yet you helped him

This family had little and then  
You allowed this tragedy to happen  
Things are not always what they seem  
When we stopped in the dungeon I saw a gleam

Of gold in the hole in the wall, the baron  
Was so greedy, I put the patch on  
So he would not find the gold  
Then last night as we slept I was told

The angel of death was here for  
The farmer's wife, I substituted the cow for  
His wife, so you see what I mean  
Things are not always what they seem

That is what happens sometimes  
When things don't turn out, you find  
Out much later if you have faith  
In the Lord, that even a death

Was meant to be, as hard to take  
As it is, you learn the pain to forsake  
Sometimes the Lord works in a mysterious way  
His children's best interest to play

## Prevention Not Cure

### How to boost your body immunity?

The first way would be, choose a healthy lifestyle. Every part of your body, including your immune system, functions better when you maintain healthy habits. According to Health Harvard, to boost immunity, you need to make some changes in your lifestyles.

#### These changes are as follows:

- ◆ Don't smoke
- ◆ Include more fruits and vegetables in your diet
- ◆ Exercise everyday
- ◆ Keep your weight balanced
- ◆ Get enough sleep (7-9 hours of sleep)
- ◆ To avoid infection, wash your hands frequently and cook the meat thoroughly and eat it.
- ◆ Avoid stress

**REMEMBER: The best way to prevent the coronavirus is to wash your hands for at least 20 seconds or use hand sanitizer with at least 60% of alcohol.**

#### When to see a doctor:

"If your fever is increasing and so is your cough or you're not relieved from body pain, fast breathing, more mucus or blood is coming out while coughing, then I recommend that you should go to the doctor," says Dr Yatin.



## Events Update

April 11– Easter/Communion Service has been moved online. Please tune in on Facebook for the virtual church service.

PHAA Events - Canceled until further notice

Weekly Karate: Canceled until further notice

ACS Retreat at Leoni Meadows has been canceled

## Sermon Notes



April 4: Pastor Dana Rae  
April 11: Pastor Mel  
April 18: Pastor Mel  
April 25: Pastor Mel

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## Jan's Healthy Recipes

### No Noodle Vegetable Lasagna



Makes 12 Servings

#### Ingredients

- 5 sprays cooking spray divided
- 1 medium eggplant, trimmed, and sliced
- 1 large uncooked zucchini, trimmed, and sliced
- 1 large egg, beaten
- 3/4 lb part-skim ricotta cheese
- 1/4 cup basil, fresh, cut into thin strips
- 1/2 cup grated Parmesan cheese, divided
- 4 cups store-bought marinara sauce, divided
- 1/2 lbs shredded part-skim mozzarella cheese, Divided

#### Directions

To roast vegetables, preheat oven to 400°F. Coat two baking sheets with cooking spray. Place eggplant on one prepared baking sheet and place zucchini on other prepared baking sheet; coat vegetables with cooking spray. Roast 8 minutes; turn over vegetables and roast for 7 to 10 minutes more (total roasting time should not exceed 20 minutes or the vegetables will get too mushy); remove from oven and set aside.

Meanwhile, in a medium bowl, combine egg, ricotta cheese, basil and 1/4 cup Parmesan cheese; set aside.

When vegetables are done, reduce

To assemble lasagna, coat bottom and sides of a 14- X 8-inch baking dish with cooking spray. Spread a thin layer of sauce (about 1/4 to 1/3 cup) on bottom of pan. Layer eggplant over sauce (use all the slices, even if you have to overlap them). Cover eggplant with half of marinara sauce and then spread half of ricotta mixture on top; sprinkle with half of mozzarella cheese. Top mozzarella cheese with zucchini and cover zucchini with remaining marinara sauce; spread with remaining ricotta mixture and then sprinkle with remaining Parmesan cheese.

Bake until the bottom starts to bubble, about 35 to 40 minutes. Remove lasagna from oven and allow it to rest for about 15 to 20 minutes before slicing into 12 pieces. Yields 1 piece per serving.

## Positive Choice

### Dietary Fiber and Stroke Risk

Posted by Fred Hardinge on March 29th 2013

Higher fiber intakes associated with lower stroke risk.

British researchers report you can lower your risk of stroke by 7% for each additional 7 grams of daily fiber consumed. This data comes from a meta-analysis of 8 prospective studies. This is equivalent to the amount of fiber found in a single serving of beans or 1 large apple. Few individuals actually eat the recommended 25+ grams of fiber. It is possible that fiber is a marker for other healthy activities like exercise or not smoking.

## Church Birthdays

Gertrude Mulvihill.....Apr 01  
Patricia Geronimo.....Apr 01  
Glenda Miller.....Apr 03  
David Geronimo.....Apr 04  
Grace Ferolino.....Apr 04  
Kenneth Schuetz.....Apr 04  
Will Gannon.....Apr 06  
Jerome Murillo.....Apr 07  
Larry Messner.....Apr 07  
Micah Brown.....Apr 07  
Nathaniel Krussow.....Apr 09  
Kaitlin Haggerty.....Apr 11  
Karen Nicola.....Apr 12  
Abby Shchedrov.....Apr 13  
Brianna Riojas.....Apr 13  
Jean Rouse .....Apr 13  
Keenan Ibarra.....Apr 13  
Jennifer DeBusk .....Apr 14  
Joe Warda.....Apr 14  
Jacquie Brown.....Apr 15  
Matthew Binder.....Apr 16  
Jeremiah Shchedrov.....Apr 17  
Katherine Price.....Apr 17  
Kevin Openiano.....Apr 21  
Michael O'Haver.....Apr 21  
Tyler Mulligan.....Apr 21  
Micah Baga.....Apr 24  
Lisa Ojeda.....Apr 26

### The symptoms of 2019-nCoV and how it spreads

