

Weimar Choir Performs



On February 1, 2020 the Auburn church was treated to a wonderful concert by the Weimar Choir.



March 1, 2020 Brian Toppel started his Karate lessons at Pine Hills Adventist Academy gym. He has four students—Mel Baga, Michael O'Haver, Ben Toppel and Seth De Tar. To the left Seth mixes it up with the instructor Brian after the first practice. Those interested, they meet each Sunday at 10:30-12:00.

The ARC is Expecting

On February 5, the Auburn Renewal Center was gifted a gently used Ultra Sound unit that will be employed to take our diagnostic services to a new level. We have an experienced technician coming in to train staff on the use of this amazing tool and we look forward to adding this remarkable tool to our regular services shortly.

Over the years we have come to pivotal points in this ministry where we needed that "next tool" to continue moving forward. This new unit is once again answer to prayer. God is so subtle in how he lifts us up in moments of need. It seems that when we are looking in one direction he quietly sneaks up on us from another and, when appropriate, boldly answers with exactly what we have ask him for.

So, if you have not yet stepped across the parking lot to see what is happening at the Auburn Renewal Center, then by all means come and take a look. Thank you all for your continued support in assuring that the doors at the ARC continue to swing open for those less fortunate. You are all ARC Angels.

Steve Holm



Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

March 2020
Issue

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In the February newsletter it was erroneously reported that Julie had preached two sermons, when actually it was her third. Sorry about that!



Grilled Cheese & Game Night Fun!

On February 29, 2020, a Grilled cheese/game night social was held at the Auburn SDA church. See photos above. Susan and Tim Excel had everything organized to a tee. As can be seen, food, fun and games were had by all who attended.

INSPIRATION CORNER ☺☺

The Bible and the Bushel Basket

A grandpa sat for hours reading each day, his Bible, prompting his grandson to say, "why do you waste so much of your time, you can't possibly remember every line?"



Grandpa didn't reply he just went outside, giving the boy a bushel basket and tried, to persuade him to go down to the river, and bring him back a basket full of water.



Finally the boy agreed to go get the water. After some time he returned from the river, "I tried and I tried he lamented but it all, ran out as fast as I filled it up Grandpa."



Grandpa looked the basket over closely, and said that's true but don't you see, how much cleaner the basket is now. All that reading makes me cleaner somehow.

© 1-24-00, by D. Michael O'Haver, from an unauthored story

Prevention Not Cure

Six Steps to a Healthier You Be the Architect of How You Age From *Healthy You* magazine

1-Increase Body Movement "Move it or Lose it!" Our bodies benefit from movement throughout our lives. Most gyms offer classes such as Yoga, Dance, Aerobics. Most are free. Try them all and pick the one that suits you, the one you can stick to.

2-Make Healthier Food Choices Cut back on soda, sugar, and processed foods. That means more home-cooked meals and less fast-food meals. Don't try to cut out all unhealthy foods at once. Small changes can make a big difference. Learn how to read those required nutritional food labels.

3-Stretch You Mind Just like our bodies, our minds need exercise as well. Try cross-word-puzzles, reading, taking classes to learn a new subject. All of these help to keep your mind sharp and prevent disease.

4-Meditation Our mental and physical wellness depends on the calmness and peace within we create with meditation. Even five minutes a day will improve and give you a more balanced outlook on life.

5-Get Enough Sleep Quality sleep is beneficial at any stage of life. Avoid caffeine or alcohol a few hours before bedtime. Disconnecting from technology at least 30 minutes before bedtime will allow your body and mind to wind down for the day. While different people need different amounts of sleep, if you habitually start your day dragging yourself out of bed, chances are pretty good that you just need to get more sleep.

6-Be a Volunteer Isolation and loneliness can have a negative impact on our health. The solution is to increase social connections. You can do this by volunteering. You will be part of a team, and that can be beneficial for you as well as your community. You can volunteer to walk dogs at a local animal shelter. You can deliver meals to shut ins. You can help children practice reading at the library. You can hold the hand of a hospice patient,, and offer precious support. The possibilities are endless. And what's more you will have the satisfaction of making a heartfelt difference.



Coming Events

Mar 3: California Presidential Primary

Mar 8: Set you clocks forward one hour for Daylight Saving Time

Mar 13-15: Prayer Retreat at Leoni Meadows, Randy Maxwell is the speaker

Mar 16-27: PHAA Spring Break

Apr 11: Easter Sabbath/ Communion Service

Sermon Notes



March 7: Pastor Baga
March 14: Pastor Baga
March 21: Brian Toppel
March 28: Darrel Crane

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Jan's Healthy Recipes

Chocolate Chip Banana Bread by Briar Patch Food Co-op

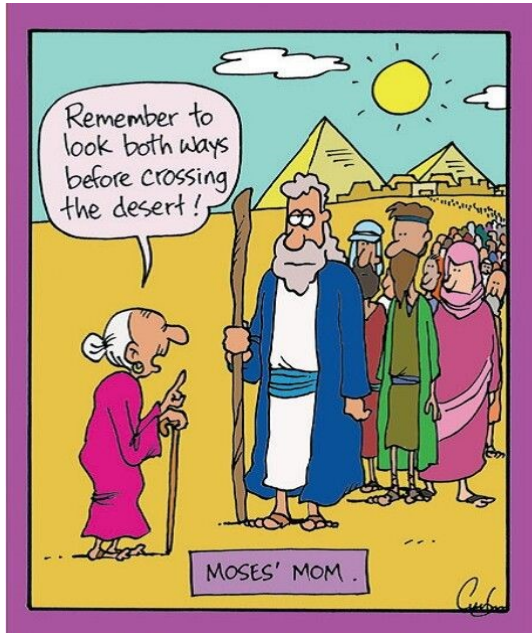
Ingredients:

- 1 cup mashed Banana (about 3 bananas)
- 3 eggs
- 1/2 cup almond butter
- 1/4 cup coconut oil (melted)
- 1-1/2 tsp vanilla
- 1/4 cup coconut flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp sea salt
- 1/2 cup dairy-free chocolate chips

Instructions:

Heat oven to 350 degrees. Prep a loaf pan by greasing it with coconut oil. In a large bowl mix bananas, eggs, almond butter, coconut oil and vanilla.

Combine remaining dry ingredients. Gently stir in chocolate chips. Pour into pan. Bake 40-45 minutes or until golden in color. Let cool before serving. Serves 8.



Church Birthdays

Carolyn Crane.....Mar 02
Adam Borlean..... Mar 04
David Porco..... Mar 06
Chase Crane..... Mar 07
Louis Cuccia..... Mar 09
Peter Hollister..... Mar 09
Noah Gannon.....Mar 10
Cassie Crane..... Mar 11
Jovany Geronimo.... Mar 11
Thomas Pooler Jr....Mar 12
MaryAnn Medeiros... Mar 13
Addyson Van Zant....Mar 16
Lisa Stokes.....Mar 16
Kara Wareham.....Mar 18
Karen AlmMar 21
Jenna Davidson.....Mar 23
Tryg Stokes.....Mar 23
Fatima GeronimoMar 25
Mel BagaMar 25
Taylor Toppel.....Mar 25
Pam Warda.....Mar 26
Lorna Lawrence..... Mar 27
Ahmani JohnsonMar 29
Charlotte KingMar 29
Montague Johnson.. Mar 29
Griffin Genobaga..... Mar 30

Positive Choice

Preventing Childhood Obesity

Family meal times should not simply be an event where food is prepared and consumed, but also a time for talk and interaction between family members. There's a range of benefits for your family when this is practiced.

Childhood and teenage obesity is a growing problem, but a strategy as simple as structured family meals can help to combat this epidemic. A study by The Journal of Nutrition Education and Behavior found that kids who watch TV during meal time ate fewer vegetables, calcium-rich foods and grains, and they consumed more soft drinks than those who did not. The study concluded that the habit of having family meals during the early teenage years has a positive and lasting influence on dietary quality and meal patterns in young adulthood.

The research journal "Obesity," also reports that "the family meal setting has the potential to substantially impact the dietary intake of children and may provide an important avenue for obesity prevention. However, opportunities for families to have meals together have been negatively affected by changes in our society and . . . the frequency of family meals may be declining."

One such change that's negatively affected childhood obesity is the ready access to fast foods. Whoever is responsible for buying the groceries needs to avoid bringing home fast foods to be eaten during meal time. Fast foods tend to include more servings of chips and soft drinks, both of which are associated with obesity among young people.

The Journal of Adolescent Health also revealed that students who reported never eating family meals were more likely to be overweight, eat less fruits and fewer breakfasts and be more depressed. The evidence is clear—structured family meals can prevent obesity.

