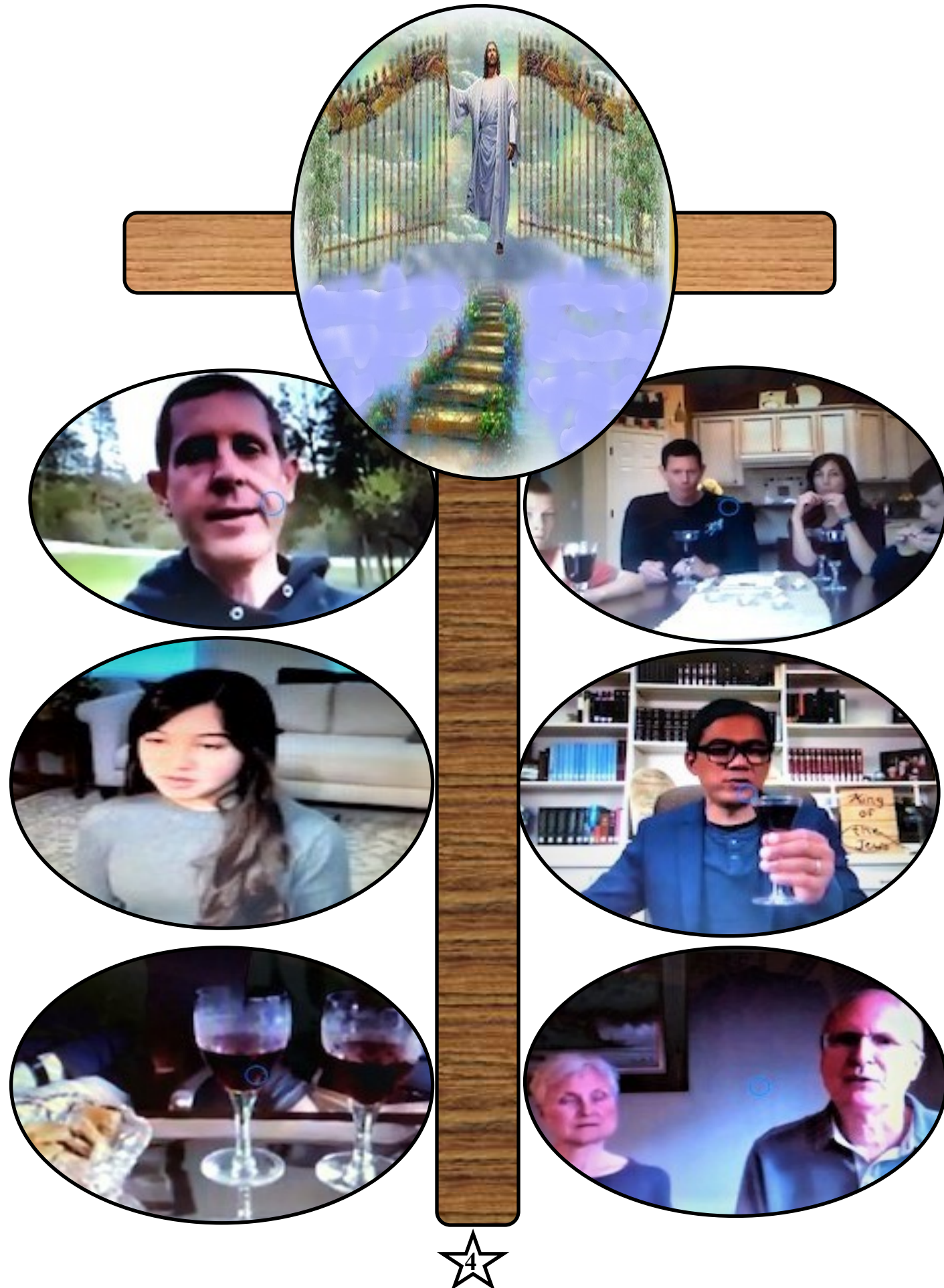


Virtual Easter Communion

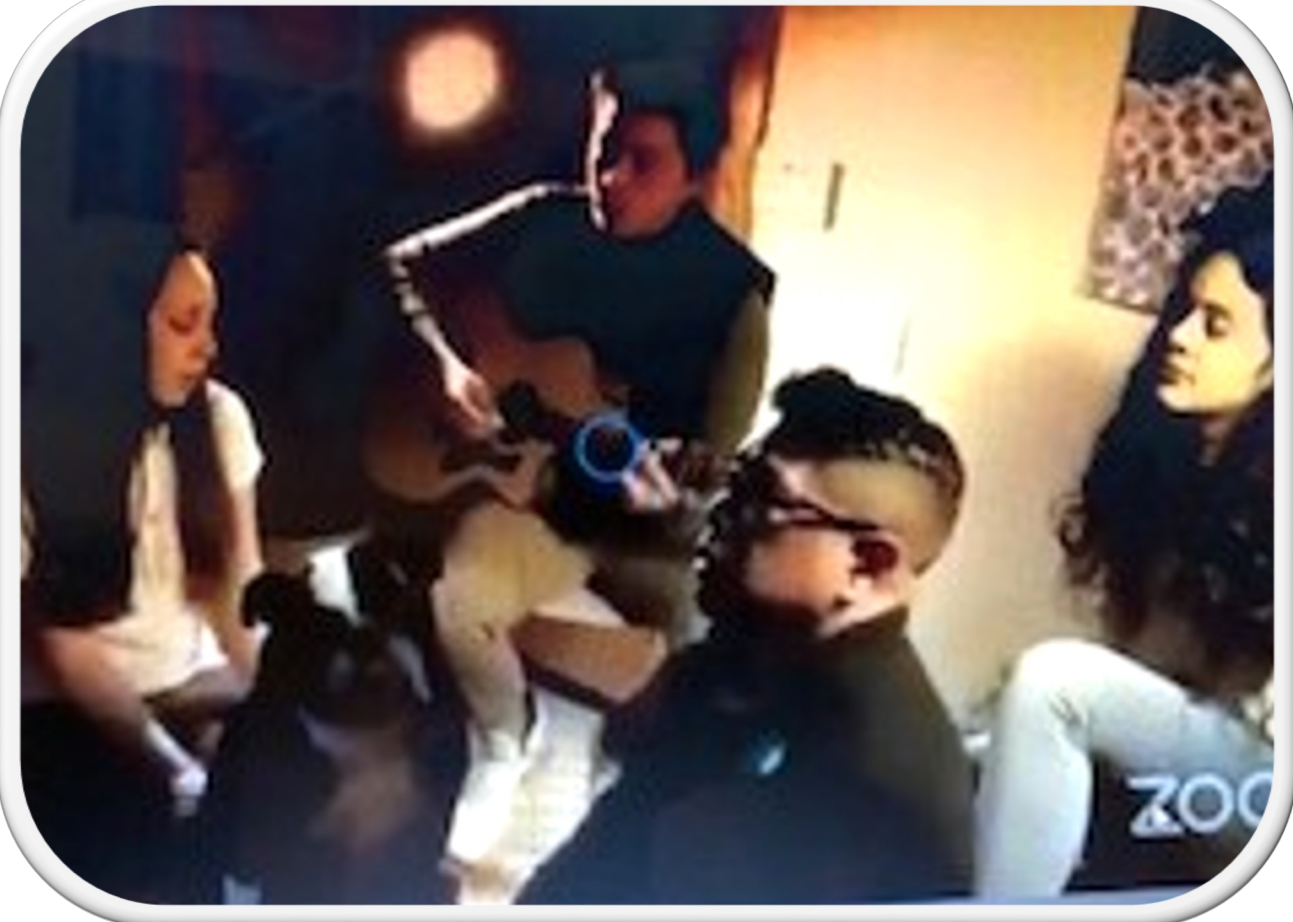


Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

May 2020
Issue

Inside This Issue:

- Pg. 1-**Easter Service
- Pg. 2-**Inspiration, Coming Events, Sermon Notes, Church Contacts, Prevention Not Cure
- Pg. 3-**Jan's Healthy Recipes, Church Birthdays, Cartoon
- Pg. 4-**Easter Communion



On April 12, 2020, Auburn celebrated Easter communion utilizing virtual technology in compliance with limiting large gatherings. The Genobaga family provided the music, Dave Krussow, the Allington Family, the De Tar family, the Osborn family and Havilah and Mel Baga contributed to the celebration.

INSPIRATION CORNER

HE HAS RISEN

So many more have taken sick and are dying

There's no cure anyone can be buying

No matter how hard we all are trying

The world may have gone crazy with fears

With the pandemic causing death and tears

All the bad news today that everyone hears

Is canceled on this day – the tomb is empty

The good news should send our hopes flying

It means soon there will be an end to dying

We can dry our tears because no more crying

The lamb will lie down with the lion

No more tempting devil's lies to buy in

And his web of deceit to lie in

The good news -- the ultimate sacrifice

He will return and make everything like new

The old will be swept away for me and you

A new and glorious day is dawning anew

All made possible at calvary's cross

A victory for all and not a loss

Jesus has emerged as the boss

What a glorious day --- He has risen

© 4-12-2020 by D. Michael O'Haver

Prevention Not Cure

More Reader's Digest – Health Truths & Myths

Sitting too close to TVs damage the eyes *Myth* Until the late 1960s, the amount of radiation from TVs wasn't regulated. Modern TVs don't pose that risk, so they aren't dangerous.

Probiotics can help ease diarrhea *True* There is evidence that certain strains of probiotics can reduce diarrhea. Other benefits include weight loss, cold prevention and protection from tooth decay.

Holding in a fart could damage the GI tract *Myth* When you hold back gas it stays right where it is. Your body will expel it eventually when you're not paying attention.

Depression incurable *Myth* Recovery from depression is not only possible but likely when people receive the right help. When you combine medication with therapy as well as social supports like housing, employment and engagement, that's the gold standard for recovery.

Running is bad for you knees *Myth* Current research shows that running strengthens the muscles that stabilize the knees and may help arthritis.

Coming Events

Due to the Coronavirus situation, all events have been canceled or postponed to a later date for the health and safety of all attendees.

Virtual Sabbath School & Church will remain online through Zoom & Facebook Live until further notice

Christian Men's Retreat -
Postponed until next May

Redwood Campmeeting 2020 -
Postponed until 2021

Maranatha Paradise Shed
Building Project -
Postponed to a later date

Sermon Notes



May 2: Pastor Mel
May 9 Pastor Mel
May 16: Pastor Mel
May 23: Pastor Mel
May 30: Pastor Mel

Auburn SDA Community Church

12225 Rock Creek Road,
Auburn, CA 95602
Phone 530/885-4232
Head Pastor—Mel Baga
Youth Pastor—Dana Rae De-Tar
Office e-mail -
office@aubstda.net
Website - www.aubstda.org
Newsletter Editor -
Michael O'Haver
E-mail -
GodsScribeMike@aol.com

Jan's Healthy Recipes

Eggplant Au Gratin

Yield: Serves six

This is a delicious version of eggplant Parmesan. Instead of breaded, fried eggplant, though, the eggplant in this dish is roasted and sliced, layered with a rich tomato sauce and freshly grated Parmesan, and baked in a hot oven until bubbly. Serve light salad and good bread. A side of multi-colored peppers makes this a feast.

Ingredients for sauce

Advance preparation: The tomato sauce can be made up to three days ahead.

1 tablespoon of olive
1 small or 1/2 medium onion, chopped
2 to 4 garlic cloves (to taste)
2 pounds fresh tomatoes quartered if you have a food mill or else peeled, seeded and chopped; or 1 1/2 (28-ounce) cans chopped tomatoes, with juice
Salt and freshly ground pepper
1/8 teaspoon sugar or honey
2 sprigs fresh basil

For the gratin:

2 pounds eggplant, roasted
Salt and freshly ground pepper
2 tablespoons slivered fresh basil leaves
2/3 cup freshly grated Parmesan
1/4 cup bread crumbs
1 tablespoon extra virgin olive oil

Procedure:

1. Roast the eggplant.
Roasted on the grill--peel, slice in medium lengths or discs, brush with olive oil and sprinkle with salt, oregano and garlic powder, or grated garlic. Start gas grill or charcoals. When the temp is at a medium-high, place oiled eggplant on grill, turning with tongs after 3-4 minutes. Watch for them to brown, not burn. When they are tender, remove to tray or baking dish, cover until ready to use in recipe below. If they are a little firm in the center, it is fine, they will finish cooking in the baking process. This can be done in the oven, with the oven at 400, but you won't get the same taste.

2. Meanwhile, to make the tomato sauce, heat the olive oil in a large, heavy, preferably nonstick skillet over medium heat, and add the onion. Stir until tender, about five to eight minutes, then add the garlic. Stir until fragrant, about a minute, and add the tomatoes, salt (1/2 to 1 teaspoon),

pepper, sugar and basil sprigs. Turn the heat up to medium-high. When the tomatoes are bubbling, stir well and then turn the heat back to medium. Stir often, until the tomatoes have cooked down and are beginning to stick to the pan, about 25 minutes. Remove the basil sprigs.

3. If you did not peel the tomatoes, put the sauce through the fine blade of a food mill. If the tomatoes were peeled, pulse the sauce in a food processor fitted with the steel blade until coarsely pureed. Taste and adjust seasoning. If

4. Preheat the oven to 400 degrees. Set aside 1/4 cup of the Parmesan and mix with the bread crumbs. Oil the inside of a two-quart gratin or baking dish with olive oil. Spread 1/2 cup tomato sauce over the bottom of the dish. Slice the roasted eggplant about 1/4 inch thick, and set an even layer of slices over the tomato sauce. Season with salt and pepper. Spoon a layer of sauce over the eggplant, and sprinkle with basil and Parmesan. Repeat the layers one or two more times, depending on the shape of your dish and the size of your eggplant slices, ending with a layer of sauce topped with the Parmesan and bread crumb mixture you set aside. Drizzle one tablespoon of olive oil over the top. Place in the oven and bake for 30 to 35 minutes, until bubbling and browned on the top and edges. Remove from the heat and allow to sit for at least 10 minutes before serving. Serve hot, warm or room temperature.

Note: If you want to try something different, and so fast--Use thick slices of tomato and thin slices of onion and layer eggplant, onion, tomato, Parmesan/crumbs and repeat ending with tomatoes and onions--drizzle olive oil over Parm/crumbs. Bake the same way. Very good leftover on a sandwich!



Church Birthdays

Erik Fanselau.....May 01
Kendall Porco..... May 03
Adrianna Pooler..... May 05
Scott Wallace..... May 05
Isabella Ojeda..... May 06
Jacqueline Fralick..... May 09
Justin Fralick..... May 09
Dylan Van Zant.....May 10
Elijah DeBusk..... May 10
Elena Mulligan.....May 11
William Fowler..... May 11
Benjamin Toppel..... May 15
Stanley Hao..... May 15
Rosa Isela Geronimo.....May 16
Alanna HollisterMay 17
Cheryl Wood..... May 17
Jesse Hollister..... May 17
Celise Ibarra..... May 18
Jordan Toppel..... May 18
Lili Husse..... May 18
Pamela Mamoulelis..... May 19
Virgil Starr..... May 19
Andrew Binder..... May 20
David Ferolino..... May 20
Franz Spycher..... May 20
Heidi Hollister..... May 21
Susie Hall..... May 21
Merrick Stokes..... May 23
Russell King..... May 25

