

Honor Your Mother



Mom

Mom, when we all think of you,
And all us kids put you through,
Raising us all, wasn't that easy,
But you made it seem so easy.

Now, that you've made it to ninety,
With all you've done for the family,
It's time we gave you some thanks,
So sit back and refill your banks.

You were not only a mother,
And a wife to two fathers,
But when needed you stepped in,
As a bread winner now and again.

There was the Jurupa Culture Center,
The mobile home park manager,
And there was Edith's Clip Joint,
Well you all get the point.

Always willing to do what was needed,
You never was one to give up defeated,
You managed to raise us all up right,
And taught us all wrong from right.

There were a few tears along the way,
But there is one thing we can say,
Not all the tears were from sadness,
Some were tears of gladness.

We want to thank you for the gifts,
That you gave us, quite a long list,
There were things above and beyond,
That came from your magic wand –

Thank you for your artistry,
And the gift of your poetry,
And for your musical skill,
That many of us inherit still.

But the greatest legacy handed down,
Was your ability to take a frown,
And turn it right side up,
Or was that upside down?

As kids, you kissed our hurts away,
As we grew up and went our own way,
You were always ready to give,
Be it advise, or a place to live,

And when we stumbled now and then,
You were there to pick us up again.
So thank you Mom for being true,
And always remember, we love you.

5/26/07 – **Michael O'Haver**
Written for Mom's 90th Birthday

Contented Soul

I saw a rose this morning,
On stem and leaves so green,
It's crimson tones so lovely,
The purest I've ever seen.
It made my day seem brighter,
My burdens less to bear,
It did not cure the heartache,
But hope renewed was there.



I saw a smile this morning,
It warmed my heart to see,
How smiles just spread like magic,
Or so it seemed to me.
It made the sun shine brighter,
And clouds all disappeared
It did not end the heartache,
But an answer had appeared.

I heard the wind this morning,
So cool and fresh and clean.
It moved the leaves and branches,
Of trees I've never seen.
It told of changing seasons,
As thus the twigs were bent.
It did not cure the heartache,
But it left my soul content.



By Edith O'Haver, November 1974

Some have asked me where I got my poetic talents. Well, they are hereditary. My mother who lived to the ripe old age of 96 years old, gave me my poetic background. She wrote over a dozen poems, mostly about our family and her friends. The poem above to the left, I wrote to celebrate the occasion of her 90th birthday. Michael O'Haver



Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

June 2020
Issue

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On May 9, 2020, Auburn celebrated Mother's Day. The message via Live Streaming was on the Seven Angel's of Revelation. It was all about how God's goodness will triumph in the end over the evil one's last days plagues. Good timing Pastor!

I will Have Wings

There will come a glorious day,
When my Lord will fulfill His word,
Returning to open the way,
For us sinners to go home.

I will leave this word behind,
Rise from my Earthly grave,
And soar with my own kind,
Fly up to Heaven's gate.

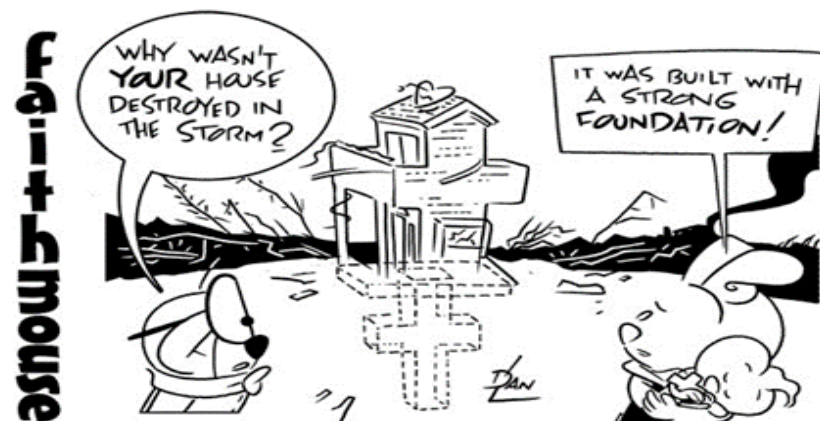
Then I will have wings,
Fly to where angels sing,
Gone, escaped life's sting,
To enjoy what Heaven brings,
I will fly on eagle's wings,
Drink from God's own spring.

Because I've opened my heart,
I can have this assurance,
By making Jesus a big part,
Of my life here on Earth.

I will have my own mansion,
To live in forever more,
Just a little south of Heaven,
On the Crystal Seashore.

Then I will have wings,
Fly to where angels sing,
Gone, escaped life's sting,
To enjoy what Heaven brings,
I will fly on eagle's wings,
Drink from God's own spring.

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Inspired by the song *I Will Rise*



Prevention Not Cure

More Reader's Digest – Health Truths & Myths

You can get the flu more than once a season-Truth Each year there is more than one flue strain circulating. The vaccination for one strain doesn't protect you from the others.

Leeches are a legitimate medical treatment-Truth In 2004 the FDA officially approved using leeches on some postsurgical patients. They may not work for the bloodletting of olden days but they have been proven to work in keeping blood from coagulating, which is helpful in some surgeries.

Sitting up straight can be bad for you back-Truth Hunching can be bad but the opposite is also true, says Neel Anand, MD, professor of orthopedic surgery at Cedars-Sinai Spine Center in LA. He recommends when sitting to keep you lower back supported, with your legs uncrossed with your knees at a 90 % angle, and get up to stretch every half hour or so.

Coming Events

All conference and church events are cancelled for the time being. Please continue to check your emails for any updates from the church on reopening and any other developments.

Stay safe and well!

A NEW FAMILY RESOURCES PAGE

Visit our website for a new Family Resources page at aubsda.org/familyresources. It has links from all over the internet with a focus on Biblical children's programing.

Sermon Notes



June 6: Pastor Mel
June 13 Pastor Mel
June 20: Pastor Mel
June 27: Speaker

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

Jan's Healthy Recipes

STRAWBERRY SURPRISE

1 large package of strawberry Jell-O
2 Cups boiling water
1 package (10 oz.) frozen strawberry halves
1 package (4 oz.) chopped pecans
2 large or 3 medium bananas, crushed
1 Cup of sour cream or cream cheese

Dissolve Jell-O in boiling water, cool. When syrupy, add crushed bananas, thawed berries & pecans. Pour 1/2 of mixture in pan & refrigerate until firm. Spread sour cream over top & cover with remaining Jell-O mixture. Chill until firm.

Church Birthdays

Campbell Rose.....Jun 01
Claire Ludwig.....Jun 01
Irina Shchedrov.....Jun 04
Maxine Mehner.....Jun 05
Jake Brower.....Jun 06
Gina Wallace.....Jun 08
Michael Sutter.....Jun 08
Richard Price.....Jun 11
Lisa Allington.....Jun 12
Andrew Vargas.....Jun 13
Victor Ibarra.....Jun 14
Lilyian Baker.....Jun 15
Rose Horsman.....Jun 15
David Van Zant.....Jun 16
Edward Rouse.....Jun 16
Julie Baga.....Jun 17
Nikki Wehtje.....Jun 18
Lorelie Krussow.....Jun 20
Edward Jackson.....Jun 21
Kellan Jackson.....Jun 21
Mark Husse.....Jun 21
Sherri Gerking.....Jun 21
Santee Crane.....Jun 22
Stephen Holm.....Jun 23
Marilyn Cuccia.....Jun 24
Shawn Wallace.....Jun 24
Adrienne Brower.....Jun 28
Alanna Jackson.....Jun 30

CORONAVIRUS HEALTH TIPS

- 1) Wash your hands frequently and carefully** Use water and soap and rub your hands for at least 20 seconds. Work the lather to your wrists, between your fingers, and under your fingernails. Use hand sanitizer when you cannot wash your hands properly.
- 2) Avoid touching your face** COVID-19 can live on hard surfaces for up to 72 hours. You can get the virus on your hands if you touch a surface like a doorknob, gas pump handle, or your cell phone. Avoid touching any part of your face or head including your mouth, nose, and eyes.
- 3) Cover your mouth and nose when you cough and sneeze** COVID-19 is found in high amounts in the nose and mouth. This means it can be carried by air droplets to other people when you cough or sneeze. It can also land on hard surfaces and stay there for up to 3 days. Use a tissue or sneeze into your elbow to keep your hands as clean as possible. Wash your hands carefully after you sneeze or cough, regardless.
- 4) Clean and disinfect surfaces** Use alcohol-based disinfectants to clean hard surfaces in your home like countertops, door handles, furniture, and toys. Also clean your phone, laptop, and anything else you use regularly several times a day. Disinfect areas after you bring groceries or packages into your home.
- 5) Self-quarantine if sick** Call your doctor if you have any symptoms. Stay home until you recover. Avoid sitting, sleeping, or eating with your loved ones even if you live in the same home. Wear a mask and wash your hands as much as possible. If you need urgent medical care, wear a mask and let them know you may have COVID-19.
- 6) Take social distancing seriously** If you are carrying the SARS-CoV-2 virus, it will be found in high amounts in your spit (sputum). This can happen even if you do not have symptoms. Social distancing means staying home and working remotely when possible. If you must go out for necessities, keep a distance of 6 feet from other people. You can transmit the virus by speaking to someone in close contact to you.

- 1) Limit your news watching**
- 2) Visit with God about the things you read**
- 3) Check in with family & friends**
- 4) Place your trust in God—not fun, safety, health, or being in control**
- 5) Every time you catch yourself being worried, bored, or stressed, pray for the person you're worried about, thank God for five different things, or do something for someone who needs help**

C.O.V.I.D. - 19
Christ over viruses and infectious diseases

"Have I not commanded you?
Be strong and courageous.
Do not be frightened,
and do not be dismayed,
for the Lord your God is
with you wherever you go."

Joshua 1:9

