

Remembering Cher Wagenleitner



In memory of our special friend Cher Wagenleitner, thank you for your beautiful spirit and zest for life. Thank you for the smiles and warmth you shared from a heart full of love. Thank you for the glorious, God-given and God-inspired music you played for us on the piano. You made every service better because of your music. We are sorry you have left us for now, but we will be reunited in heaven and live in perfect harmony forever with you and once again listen to your beautiful music.

Pam Warda



It was November of 2014 when Janice O'Haver became acquainted with a new Auburn church member by the name of Cher (at that time) Johnson. They road up to Leoni Meadows together for the Annual Women's Retreat. A lasting friendship was established. Michael soon took advantage of Cher's musical talents getting help with the music to several songs he had written.

Every Sabbath, when Cher was playing the piano before church service she would make a point of playing *In the Garden*, because it is Janice's favorite hymn. We are looking forward to hearing Cher's wonderful music, this time accompanying a heavenly choir.



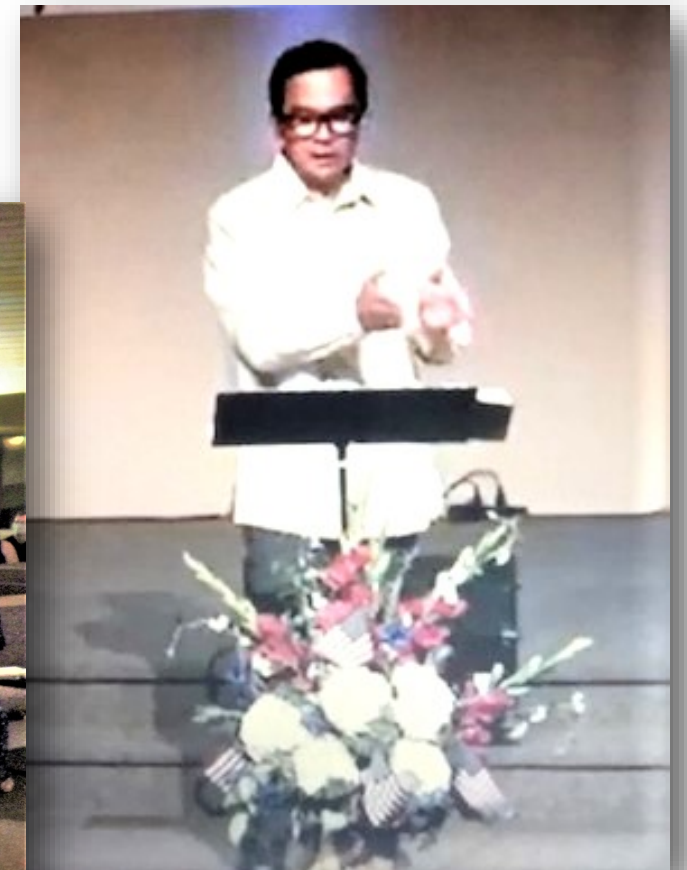
Auburn
SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

August 2020
Issue

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BACK TO VIRTUAL CHURCH



On June 20, 2020, Auburn celebrated the lifting of the non congregation order by holding live church again for the first time since March. Although face masks and social distancing were enforced, it was still great to experience live church service again.

But the lifting of the ban on large gathering was short-lived. On July 13th the Governor rescinded the previous easing of restrictions and it was back to virtual church again.

Join us and tell your friends about virtual church, every Saturday at 11:15am on our church Facebook page (www.facebook.com/auburnsdachurch)

God's Rainbow Promise

God's covenant is reflected in His rainbow. With it He promised me, I would never know, The sorrows and pain in this same way again. It symbolizes both the depth of my pain, And the hope of a better future in store, Happiness, prosperity, salvation and more.

It means the sin and betrayal will be cleansed, From mankind and earth will be rinsed, Free of the evil man has brought on himself. Life can begin anew with the chance of health, Promises of a new family, children and friends. That means more to me than I can express again.

It was made with love and given as a gift. It was meant as a reminder and to uplift. It has become even more than that to me, It symbolizes a promise from God you see. This rainbow symbolizes hope, a new beginning. A chance to start over and this time winning.

It is a bridge from the old to the new. It was made when my love was still true, But it became important to me at a time, When it was hard to see any reason or rhyme, When I could have lost my faith in the Lord, But it helped bind me fast to God's word.

God's rainbow shining above, Symbolizing His lasting love, Proving when push comes to shove, We can depend on His love. It was created for all of us - God's covenant, His rainbow promise.

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Prevention Not Cure

Three Common Causes for Women's Fatigue

From 2020 Prevention Magazine

What you eat or what you don't eat could be making you tired. If you don't eat right your body won't get enough of the nutrients it needs to stay energized. You will feel tired at the wrong times. Even worse, your metabolism may slow down, causing you to gain weight. How many times have you herd a woman gaining weight ask—why? I'm not eating any more!

CARNITINE DEPLETION

Research has shown people may have as much as 50% drop in muscle carnitine levels when they are Vitamin C-depleted. Carnitine is so important because it is a molecule that helps your body burn fat. If you don't have enough, you may be gaining weight without knowing why. As many as one in three women aren't getting enough Vitamin C.

LOW THYROID

Thyroid problems could be the single most common cause of fatigue. The American Assoc. of Endocrinologists estimates that 13 million Americans have thyroid disorders — and more than half are undiagnosed. Here are some symptoms: feeling run down, difficulty concentrating, muscle ache, always thirsty, weight gain, feeling cold even in hot weather, or rapid heart rate.

IRON DEFICIENCY

Iron deficiency does not only affect women of childbearing age. Postmenopausal women are at risk too. Some of the symptoms include: tire easily, feel lethargic, tasks that used to be easy now tire you out, difficulty sleeping, headaches. The good news is once you rule out these hidden causes, you can get back to the life you enjoy full of the energy you used to enjoy.



FALLEN LEAF CAMPOUT

At this time, we have not made a decision on whether to cancel the campout or not. As the month progress, we will let you know in early August the final decision. Continue to 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. As well as links for various Adventist media organizations.

Sermon Notes



Aug. 1: Pastor Mel
Aug. 8: Ken Osborn
Aug. 15: Pastor Mel
Aug. 22: Pastor Mel
Aug. 29: Pastor Dana Rae

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Jan's Healthy Recipes

Pati Jinich's Mexican Frittata

Step 1 Ingredients: 1/4 cup Vegetable Oil

1 cup chopped White Onion
2 Poblano Chiles (about 12 ounces; charred; sweated; peeled; stemmed; seeded; diced)

Instructions- Preheat the broiler. Heat the oil in a 10- to 12-inch broiler proof skillet over medium heat until hot but not smoking. Add the onion and cook, stirring occasionally, until soft and barely beginning to brown, 6 to 8 minutes. Add the chiles and cook until they begin to brown lightly, about 3 minutes.

Step 2 Ingredients: 8 large Eggs
3 tablespoons Milk
3/4 teaspoon Kosher or coarse Sea Salt or to taste

Instructions- Meanwhile, in a medium bowl, with a whisk or a fork, beat the eggs with the milk and 1/4 teaspoon of the salt until foamy.

Step 3 Ingredients: 1 pound peeled and diced Butternut Squash (about 1 pound; cooked in salted boiling water for 4 to 5 minutes and drained)
freshly ground Black Pepper to taste
1/2 teaspoon ground Allspice

Instructions- Toss the butternut squash into the onion mixture, stir in the remaining 1/2 teaspoon salt, pepper, and allspice, and cook, stirring occasionally, until the squash has completely softened, about 5 minutes.

Step 4 Ingredients: 3/4 cup diced Feta Cheese (about 4 ounces)

Instructions- Pour the egg mixture on top of the squash mixture and stir gently as the eggs begin to cook along the edges and bottom of the pan, 2 to 3 minutes. Sprinkle the cheese on top.

Step 5 Ingredients: 1 Boule
Instructions- Place the skillet under the broiler and broil until the frittata is puffed and lightly browned on top, about 3 to 4 minutes. Remove from the oven, cut into wedges, and serve. Or let cool and serve at room temperature with a crusty bread such as boule.

Positive Choices

Exercise Intensity and Weight Loss

Posted by Fred Hardinge on March 12th 2015

High-intensity or low-intensity physical activity will both help take off the pounds.

When it comes to weight loss, both high and low-intensity workouts are beneficial. Researcher's randomized 300 abdominally obese adults to four groups: controls maintained baseline activity level, low (30 minutes)-low (intensity) group, high-low exercise, and high-high exercise. Each exercise group received 5 weekly sessions of the assigned intervention. After 24 weeks all in the exercise groups had smaller waists and had lost weight with little difference between the groups.

PositiveTip: Just get moving more results in improved weight control.

Nuts for Longer Life

Posted by Fred Hardinge on March 9th 2015

Nut consumption may be a cost-effective way to improve cardiovascular health.

Nuts are a rich source of nutrients and may be a health-protective food. Most early studies were done in white, high socioeconomic populations. Researchers have now found the same is true in lower socioeconomic, multi-ethnic populations in both the U.S. and China. Significantly reduced total mortality and death rates from cardiovascular disease in both males and females who ate the most nuts compared to those who ate the least—including peanuts. **PositiveTip:** Include modest amounts of nuts and seeds in your diet each day.

Church Birthdays

Jayne Weir..... Aug 02
Herbert Douglass..... Aug 04
Kaylie Wareham..... Aug 04
Charleen Nugent..... Aug 05
Drew Whitson..... Aug 05
Dana Rae De Tar..... Aug 06
Steve Nicola..... Aug 07
Cheryl Haggerty..... Aug 08
Ken Osborn..... Aug 10
Darran Sim..... Aug 11
Cheryl King.....Aug 12
Sharon Weir..... Aug 16
Janice O'Haver..... Aug 17
Shauna Metherell-Ibarra.. Aug 18
Jill Genobaga..... Aug 20
Susan Excell..... Aug 20
Lori Hanson..... Aug 21
Frances Benedickt..... Aug 23
Darrell Mulligan..... Aug 24
Rianna Krussow..... Aug 27
Gayle Willock..... Aug 29
Patsy Cooke..... Aug 30
Pheobe Maciel..... Aug 30



REMEMBER , I IS THE MIDDLE OF SIN.