

Honor Your Father



For My Dad

Michael, Started 1996, finished 1997

My Dad died a while ago, it was very sad
I was not able to be there, which was bad
I came at once, when he had a heart attack
And he seemed to be recovering so I came back,
But he was still suffering, even though
He had the latest medical care, and so
It was expected when my Mother called to say
That my Dad had gone and passed away

He wanted to have his remains cremated
And placed in his Mother's grave, he hated
To have a fuss made over him, so my Mother
Respected his wishes and she buried Father
As he wished, but I always felt cheated some how
Because a real good-bye I was not allowed
This was in February, so I made a way
To all gather on his birthday in May



I wanted to do something to celebrate his life
And to show some purpose for all the strife
It was a labor of love because even though
I had trouble expressing my love to him, to go
To the effort was my way to say thank-you Dad
For all you gave us and for the start we all had
All the family was there, when we met for Father
My Mother, my three brothers and my sister

Uncle Ralph and Aunt Joyce were happy to host
It was hard to say who was satisfied the most
All contributed in the celebration of Dad's life
I made a video of his life from the time he took a wife
Our memories sometimes differed from one another
But we all agreed that he was a good father

The gathering at the grave site was kind of solemn
It was sad to see all the gravestones sitting in columns
I was embarrassed to not have a prepared prayer
But Tom filled in and it probably was better
It was finally a way to say good-bye, for me
To put a closure to my Dad's life, you see
To allow all the family our love to show
We didn't have a chance to tell him, but he knows

PHAA Graduation



This year, due to COVID-19 restrictions, the Pine Hills 8th & 12 Grade class held a unique drive-in graduation on June 7.
It'll certainly be a graduation that they won't forget.



Auburn

SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

July 2020
Issue

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Church Reopens Safely Again



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. There was about 40 people there worshipping together at a safe distance. For those who would prefer to stay home, they can still join us online in worship at www.facebook.com/auburnsdachurch.

God Loved us That Much

Would you sacrifice your life for your child?
If it ever came down to that,
It is not a question that is all that wild.
You probably would if needed.

The love of a parent for their child,
Is the strongest love there is.
You'd do anything to save you child,
Even sacrifice your own.

But would you give your child up,
To save a complete stranger?
That's a question with which to stump,
Probably not so many takers.

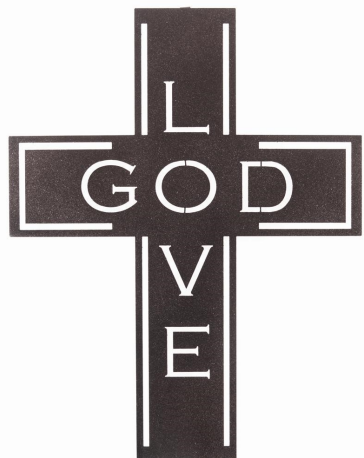
It is hard for us to even comprehend,
That kind of love.
To give up one's child even for a friend,
Beyond our understanding.

But that is just what God did for man,
He gave his only son,
So we can all go to the Promised Land,
If only we believe.

I praise God for what we understand,
And I praise Him even more,
For all that we do not understand,
That God could love me.

It must take a love beyond belief,
To make such a sacrifice.
For all of us it is quite a relief,
That God loved us that much.

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Prevention Not Cure

Not Everything That Irritates Is Gluten

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From October 2014 Prevention Mag.
by Max Hammonds, MD, MPH

One of the risks to health from obesity is cancer. Early studies indicated obesity was a risk factor for developing cancer of the uterus, gallbladder, and kidney. A new and extremely large study has clarified what has not been known about obesity and cancer until now. Very large studies can tease out even the smallest positive or negative relationship between risk factors and the development diseases such as cancer. This new study included 5.23 million individuals in the Clinical Practice Research Datalink in the United Kingdom. Over the study period more than 200,000 cases of cancer developed in this population. In addition to measuring various levels of obesity, it was possible to take into account and control for a person's gender, menopausal status, cigarette smoking, age and other factors known to contribute to the development of cancer. The risk of many cancers increased in a linear fashion as weight increased. Obesity is a major contributor to cancers of the uterus, gall bladder, kidney, liver and colon. Obesity is a small but statistically significant cause of cancers of the esophagus, stomach, pancreas, post-menopausal breast cancer, cervix, bladder, brain, thyroid, and leukemia. Obesity was not associated with cancers of the mouth, lung, premenopausal breast cancer, malignant melanoma, or prostate cancer. Ellen White a 19th century health reformer saw this day coming. She said, "The human family has been growing more and more self-indulgent, until health has been most successfully sacrificed upon the altar of lustful appetite." The Bible advises us to be careful in what and how much we eat. "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31 (NKJV) by Elvin Adams, MD, MPH



Fallen Leaf Church Campout Update

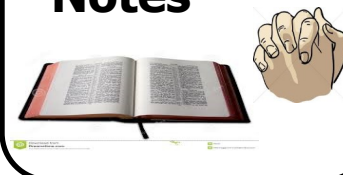
At this time, we have not made a decision on whether to cancel the campout or not. As the month progress, we will let you know in early August the final decision.

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



July 4: Pastor Mel
July 11: Pastor Mel
July 18: Pastor Mel
July 25: Brian Toppel

Auburn SDA Community Church

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Jan's Healthy Recipes

Gluten Free Oat Waffles

Ingredients

1 1/2 cups rolled oats
3 tbsp cornstarch
1 tbsp brown sugar
2 tsp baking powder
1/4 tsp salt
2 eggs
1 tbsp butter, melted and cooled slightly
1-1/2 tsp vanilla
1 cup club soda
Oil spray

Instructions

Add all ingredients to a blender and blend until smooth. Spray waffle iron with oil.
Scoop batter into prepared waffle iron and cook according to manufacturer's instructions.
Top with fruit, maple syrup, or any other toppings!

Lack of Exercise, Not Calories To Blame for Obesity Epidemic?

Stanford researchers believe their research shows that decreased leisure exercise is the primary culprit for our obesity epidemic. Over the past 20 years the average daily caloric intake has remained steady, but physically inactive leisure time has jumped from 19% to 52% in adult women and 11% to 44% in men.

PositiveTip:
Eat a healthy diet and get daily exercise to maintain a healthy weight. Reducing exercise is always a health risk.

HealthBites from PositiveChoice.com

Worship Service COVID-19 Guidelines

It is great to be back worshipping at a live church service again. In order to maintain your safety and that of those around you, kindly abide by the following guidelines:

- ♦ If you feel sick, stay home, contact your doctor, and worship with us using the live Facebook feed.
- ♦ While inside maintain a six foot distance from people not in your family group.
- ♦ Refrain from shaking hands, fist bumping, or elbow bumping people. A "Happy Sabbath" will do.
- ♦ Wear your mask at all times inside.
- ♦ Sanitize and wash your hands often.
- ♦ Use the marked entrance and exits.
- ♦ Use only designated areas within the sanctuary.
- ♦ Only two at a time in the restrooms.
- ♦ Refrain from congregating in the building or parking lot.
- ♦ Observe all signs that restrict access to other parts of the facility.
- ♦ Feel free to ask any pastors, deacons, deaconesses or volunteers if you have any questions.
- ♦ Enjoy the sermon and the entire worship service. Thank God that we are healthy and able to enjoy a "regular" church service.
- ♦ There's a limit of 100 in the building or 1/4 of capacity (400+), whichever is smaller.



Church Birthdays

Jacob Gannon.....Jul 01
Olga Openiano..... Jul 05
Timothy Barr..... Jul 05
Havilah Baga..... Jul 07
Rowan King..... Jul 07
Elizabeth Mogollon..... Jul 09
Cameron Maciel..... Jul 10
David Woods..... Jul 10
Jeffery Culp.....Jul 11
Susan Woods..... Jul 12
Judy Crum..... Jul 13
Sharon Munoz..... Jul 13
Betty Henderson..... Jul 14
Brian Toppel..... Jul 16
Carolyn Rudometkin..... Jul 16
Peter Van Auken..... Jul 16
Jeanette Murillo..... Jul 17
Donald Dyer..... Jul 18
Garold Wareham.....Jul 19
Jonathan Castro..... Jul 19
Caleb Sim..... Jul 21
Megan Mulligan..... Jul 21
Traci Van Zant..... Jul 21
Diana Barr..... Jul 22
Elijah Shchedrov..... Jul 22
Kimberlee Maciel..... Jul 22
Jeff Rose..... Jul 23
Dalila Vargas..... Jul 24
Pamela Haddad..... Jul 24
Caitlyn Davidson.....Jul 26
Brodie Gannon..... Jul 29
Chris Stokes..... Jul 30
Darrel Crane..... Jul 30
Jackie Whitson..... Jul 30
Blanca Fanslau..... Jul 31
Dax Whitson..... Jul 31
Lillian Ludwig..... Jul 31