

Baby Dedication



On September 19, Ashley and Marc Galicia dedicated their baby Macey to the Lord. Pastor Mel did a dedicatory prayer over them, blessing them with a life of wellbeing, health, and a good Christian home.

Church Reopens Again



Job Opportunities at PHAA

With Pine Hills fully reopened for in-person learning, they are looking for several people to fill much needed positions for a safe learning environment.

Teachers' Aides - Needed Monday-Friday, up to 28 hours per week. Specific hours to be determined. This position will provide support to the teacher by assisting with instruction, clerical tasks, and supervision. Must have a passion for children, be flexible, creative, organized, a team player, and have strong communication skills.

After School Care Assistant – Needed Monday-Friday after school, hours may vary. This position will help provide a safe, caring, and well-supervised environment until the students are picked up. Must have the ability to establish authority through leadership, communication, and patience. Must have a love for children, be a self-starter, flexible, and a team player.

Substitute Teachers – On call position, Monday-Friday. We are looking for energetic and motivated substitute teachers to work with students at all levels, from pre-kindergarten through high school. Substitute teachers are responsible for providing instruction and manage classroom environments in the absence of the regular teacher. Substitute Teachers execute lesson plans left by the absent teacher, create, and maintain a respectful and fair classroom. Must enjoy working with children, have good time management and communication skills, be flexible, organized and a team player.

Please call the school office to apply - (530) 885-9447.

On September 19, 2020 the church which had reopened again for in-person meetings the week previous, had quite a few more attendees this time. The service had to do without in-person singing and made due with a pre-recorded praise video instead. People were all wearing their masks and spaced out in a safe environment.



Community Newsletter



Auburn
SEVENTH-DAY ADVENTIST CHURCH

October 2020 Issue

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Currently the Auburn Renewal Center (ARC) is seeing about 20 patients each week for mostly medical and dental needs. The counseling services are expanding nicely as more and more people are looking for a kind ear to sit and share with in these difficult times. There is good news relating to the women's health program. Miracles are happening there. There has been four babies born to couples who had spent many thousands of dollars previously with no results. Dr Durant is a treasure. Praise God. Oddly enough the "no-show" rate has dropped to almost zero (less than 1% on most days) which is a huge difference than in years past where it typically ran 35% no shows. Reminder calls are no longer needed. This is the Holy Spirit's handiwork. For the immediate future the policy will continue of no "walk-ins" and "no extra family or friends" accompanying patients for appointments. Additionally, the thorough screening of all who wish to enter the clinic will continue.

Donations seem to be strong which is attributed to the extra online screening of a potential patient. Because of advance information collection, there is more prioritization of the most serious of cases is possible. With that there seems to come an enhanced level of appreciation by those receiving services.

Volunteers are the fuel that keeps the ARC running smoothly, this is true for all our ministries. Currently, and greatly due to the Covid-19 situation, volunteers are few and far between. There is a real need for additional RNs and dental staff and translators. The physical plant is in good condition. Several old unused pieces of equipment and electronic devices have been replaced and/or eliminated. All systems seem to be running as designed. Lastly, as a matter of practicality it may be wise to start thinking about reaching out to our church body, and even our other churches, to find the next batch of people who would like to help steer the ARC into the future. There is a need to have trained people ready to step in, in the event something was to happen to one of the current key staff members. Understand, nobody is planning on leaving, but this is something that needs real consideration. There is a lot, emphasize on the word LOT, to learn about how things work and having to ask someone to do so on the "fly" would be a real burden and I believe also unfair. Let us pray for God's hand in this endeavor.

Steve Holm, Auburn Renewal Center Director

A Closer Walk with You

Each morning I pray,
That this is the day,
I have a closer walk with You.

I know that I should,
And if I try hard I could,
Have a closer walk with You.

But as nighttime is hailed,
Often I know I have failed,
To have a closer walk with You.

I know that there are things,
I can do that should bring,
Me a closer walk with You.

I can faithfully study my Bible,
And know that I'm more liable,
To have a closer walk with You.

I can pray to You faithfully,
Await Your answer dutifully,
To have a closer walk with You.

I can commune and meditate,
Be a master of my fate,
To have a closer walk with You.

All this should help me get a grip,
On a meaningfully relationship,
To have a closer walk with You.

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Inspired by a sermon by Dan Appel

Prevention Not Cure

3 More Ways to Lower Blood Pressure Without Drugs

1. Lose extra pounds

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure. Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose.

2. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure

3. Reduce your stress

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

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, arts and crafts, games, stories and much more for all ages. It also has links to the different Sabbath School guides online as well as links for various Adventist media organizations. We're always looking for more, so please let us know if something should be added.

Sermon Notes



Oct 3: Pastor Mel
Oct 10: Pastor Mel
Oct 17: Pastor Mel
Oct 24: Jason Brown
Oct 31: Pastor Dana Rae

Auburn SDA Community Church

12225 Rock Creek Road,
Auburn, CA 95602
Phone 530/885-4232
Lead 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@gmail.com

Jan's Healthy Recipes

Puerto Rican Rice & Beans

Ingredients:

- 2 Tablespoons cilantro finely chopped
 - 2 Tablespoons Olive oil
 - 1 medium onion chopped
 - 1 small jalapeno pepper , seeded and minced
 - 2 Tablespoons minced garlic
 - 1 Tablespoon smoked paprika
 - 1 Tablespoon cumin
 - 1 bay leaf
 - 1 medium bell pepper chopped
 - ½ teaspoon cayenne pepper
 - 1/2 cup of Olives stuffed with pimentos
 - 1/2 cup tomato sauce
 - 4 cups cooked red beans
 - 2 cups vegetable broth
 - 1 large Potatoes chopped
 - 1 Tablespoon Ground coriander
 - 1 Tablespoon Garlic powder
 - 1 Tablespoon Dried oregano
 - 1 tablespoon of kosher Salt
- 2 cups of cooked white rice to serve along side main dish

Directions:

Place olive oil in a large sauce pan on medium heat. Add onions, peppers, and garlic. Add cooked beans. Add tomatoes and potatoes. Add the rest of ingredients. Add seasoning and let simmer until potatoes are fully cooked. Serve over rice.

Positive Quotes

Find Your Joy

Find joy in the simple things. Successful motivational quotes remind us to give gratitude for what we already have and to be mindful in our everyday activities.

Be You

There's no one else like you in the whole world, and that is your power.

Live Fearlessly

Face your fears, but remember: Fate loves the fearless.

Carpe Diem

Seize that day, and do something your future self will thank you for.

Never Lose Hope

Hope is what keeps us running.

Try, Try Again

Every accomplishment starts with the decision to try.

Conquer Your Fear

"We have nothing to fear but fear itself."

Let Your Dreams Lead You

"Don't be pushed by your problems. Be led by your dreams." -- Ralph Waldo Emerson

No Clouds Allowed

Don't let one cloud ruin your whole day." -- Anais Nin.

Church Birthdays

Julie FralickOct 01
Sandie DyerOct 02
Jim BrewsterOct 03
Judy DoyleOct 03
Wanda Culp.....Oct 05
Georgia GenobagaOct 06
Robert Robbins..... Oct 06
Lee GipsonOct 08
Joshua Allington..... Oct 09
Horst MehnerOct 10
Dorothy YoungOct 11
Marquelle WoodsOct 12
Jenell Wareham..... Oct 16
Kathleen Brewster..... Oct 20
Holly GrahamOct 21
Norman Henderson..... Oct 22
Isabella ToppelOct 24
Jamison IbarraOct 25
Cambria SimOct 26
Deanna Kindrick..... Oct 28

October is Pastor Appreciation Month, so let your pastors know how much you appreciate all their hard work.