

The Journey

By Marilyn Herron

When God has done something wonderful in your life, something unexpected, answered prayer or an epiphany of God's character of love, what is your response? Do you hold back sharing it with others? It was my fear (for a time) to share my experience with God because it might cause embarrassment and attention to myself, perhaps resulting in pride. So I would keep it secret. Perhaps part of the problem was a failure to recognize God's goodness and answered prayer.

One day, I came across a Psalm in the King James translation that caught my attention—"But Thou art holy, O Thou that inhabits the praises of Israel". Psalm 22:3 KJV. Again in Psalm 117:1, "It is good to praise God and exalt His name, and honorably to shew forth the works of God, therefore, be not slack to praise Him".

This has encouraged me with blessings in my journey. Praising God for His acts in my life, doesn't mean I have arrived in the work He is performing. It is a grateful acknowledgement of how God is presently moving to draw me into a closer love relationship with Him.

I am reminded of an oft repeated question by children on a long journey: "Are we there yet?" They don't stop to think of what has been accomplished—the miles already covered in the journey. It seems so long and tedious to reach the destination.

Sometimes the way seems slow and long in our spiritual lives also—perhaps at a standstill of where we want to be. Do trials like flat tires trouble us in our travel. Hurry up, God! Or stopping for gas like the need for the infilling of the Holy Spirit. Sometimes the circumstances that happen in our lives show we need to take a detour to avoid hindrances or repeating mistakes. We want to be safe arriving at our destination—at home in the eternal kingdom.

We often forget like a child to take inventory of the miles we have accomplished on our journey. To recognize that we have grown closer to our destination through the providences and grace of our Lord Jesus Christ and we will arrive there because God is at the wheel. This is a call for praise that will encourage other travelers to look for and praise God for the goodness and acts of His kindness in their lives. In return, you will experience God in new ways, because He inhabits your praises. Praise Him from whom all blessings flow!



Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

December 2020 Issue

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Merry Christmas



Jesus is the reason for the season



CHRISTMAS IS THE CELEBRATION OF THE BIRTH OF JESUS, THE SAVIOUR OF MANKIND

INSPIRATION CORNER

The “W” in Christmas

Each year I vow to simplify Christmas,
Not so many cards, decorations and fuss,
Yet I always find myself exhausted,
The true meaning of Christmas wasted.

My son Nicholas was a kindergartener,
A very exciting time for a six-year-old,
Songs to memorize for the Winter Pageant,
It was hard, but I make sure that I went.

This was a public school so Christ was gone,
All I could expect was Santa Clause for fun.
It was a shock when my son’s class came along,
“Christmas Love” was their theme song.

All the kids were so excited, all aglow,
Adorned in winter finery from head to toe,
As the class sang “C is for Christmas,”
A child would hold up a “C” for emphasis.

So they went down the line, spelling out,
Their theme and singing their song at a shout,
All went smoothly until suddenly it came
M’s turn and people laughed, what a shame,

Because the little girl had her “M” upside down,
Unaware it would read as a “W” upside down,
They continued to laugh until the very end,
And when the spelling was complete then,

There was a hush over the whole audience,
Because we all understood at a glance,
The true meaning of the season at last,
Why we celebrated the holiday in the past,

For when the last letter was held high,
The message no one could deny,
That must have come from above,
Read “CHRIST WAS LOVE.”

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from a story by Brenda Miller



How to Prevent Christmas Blues

Not everyone feels merry and bright during the holiday season. For many seniors, the holidays are a stark reminder that the best times of their life have passed, and those memories can be bittersweet, especially during this time of year. Mental Health America says that “more than two million of the 34 million Americans age 65 and older suffer from some form of depression.”

Despite the prevalence of depression among seniors, it is not a natural part of the aging process. So when you see a loved one feeling a little blue during the holidays, here are some easy ways to brighten up the season.

1. Plan ahead

If you know the holiday season is loaded with trigger points for depression, make plans to minimize the risk of those feelings taking hold. “Set realistic expectations, first for yourself, and then communicate what those are to others,” says Anita Sanz, psychologist. “You may need to modify the typical ‘holiday survival tip’ advice that is given if you are managing a depressive episode.” Prevention is an effective strategy for staving off the onset of depression. So schedule extra time for exercise, reduce the number of goodies consumed, and plan specific activities that can build anticipation and counter those feelings of apathy and hopelessness.

2. Discuss feelings and personal needs

It always helps to talk about personal feelings. “An honest and empathetic conversation can help them process what is bothering them, whether they are mourning a loss or coming to terms with new challenges in their life,” says Carol Bradley Bursack. “It may also reveal why they are feeling down and help you devise other ways to lift their spirits.” As they say, misery loves company; by being open about feelings, people will discover that others

share their emotional struggles during the holidays, and that connection can lend support.

3. Share happy memories

Most seniors can relate to childhood memories of the holidays since they share the same age group. So it’s fun to trade stories about family activities, traditions, keepsakes, and events. Marla W. Deibler, PsyD, a clinical psychologist, advises looking through old photos to generate positive thoughts and emotions.” Plan an afternoon where people can gather together and share fun stories, songs, and mementos over a light lunch or a big pot of coffee or tea.

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Sermon Notes



Dec 5: Pastor Mel
Dec 12: Pastor Mel
Dec 19: Pastor Mel
Dec 26: Pastor Mel

Auburn SDA Community Church

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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.

JOY
NOEL
ANGEL
JESUS
PEACE HOPE
WISEMEN
CHRISTMAS
BELIEVE FAITH
PRINCE OF PEACE
THANK YOU



Christmas Blues Prevention Cont.

4. Get social with service

Everyone has something they can share with others. For those who may be alone during the holidays, plan a concert where guests can perform their favorite Christmas carol. Or, open up the kitchen so residents can prepare a beloved recipe and share the tasty reward with others.

5. Improve your diet

Those visions of sugar plums may make for a great story, but they are a nightmare on our positive spirit. Keep indulgences to a minimum by avoiding alcohol, caffeine, and sugary foods. Instead, enjoy lean protein sources like turkey, walnuts, and fatty fish. Along with fresh fruit and vegetables, be sure to add plenty of low-fat dairy. “Skim milk, yogurt, low-fat cheeses, and other dairy products are rich in calcium, vitamin D, and protein,” says Wyatt Myers. “These are great for your body for many reasons, including fighting depression.”

6. Exercise

Just one hour of exercise per week can help reduce the risk of depression curbing your Christmas. “Researchers postulate that it’s the social benefits of exercise—getting out and about, feeling good about oneself, self-care, that sort of thing—that may make the real difference,” says Emily Deans, MD. So grab your neighbor and take some leisurely laps to chase those bad feelings away.

This holiday season, the best gift you can give yourself is joy. By anticipating the challenges of the season with scheduled activities, companionship, exercise, and healthy snacking, your blue Christmas will become the most wonderful time of the year.



Church Birthdays

Esther Borlean Dec 02
Jaimie Gannon Dec 03
Nicole Toppel..... Dec 03
Donald Wallace Dec 05
Joanne Pierson Dec 07
Viktor Shchedrov Dec 07
Viktoria Shchedrov.. Dec 07
Abigail Hidalgo Dec 09
Milton Kindrick Dec 09
Tim Excell..... Dec 09
Sandy Moss..... Dec 14
Jeffrey Pierson..... Dec 15
Joe Mogollon Dec 15
Vilma Pooler Dec 15
Jett Whitson Dec 18
Mamie Hao..... Dec 19
Abel Vargas..... Dec 20
Kenneth Alm..... Dec 26
Jordan Brower..... Dec 28



Silent Night Oh Holy Night.