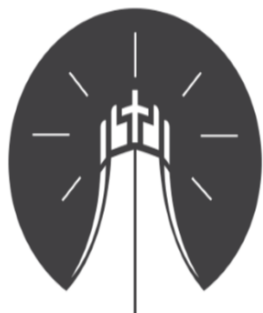


# Community Newsletter



## Auburn

SEVENTH-DAY ADVENTIST CHURCH

*April 2021 Issue*

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## Church Campout Moved from Fallen Leaf Lake to Leoni Meadows

With the restrictions on group gatherings due to COVID-19 Fallen Leaf Lake has decided this is a good time to renovate some of their camp sights. So, not enough sights were available for our church campout.

The new plans are for going back to the original dates September 10-12 but to change the location to Leoni Meadows instead. There will also be more leisure activities available than at Fallen Leaf Lake. More details will be forthcoming as we get closer to the date, so stay tuned. Unfortunately the lodge and cabins will not be available. Bring your own food but the cafeteria will be open for lunch. Activities will include train, nature center, go carts, rock wall, zip line, hiking trails and much more!

# INSPIRATION CORNER

## Surrender to Him

In times of good and times of bad,  
When you're happy; when you're sad,  
In times of thick; in times of thin,  
All should know you can turn to Him.

When someone you think has your back,  
Turns and instead stabs you in the back,  
When they hide their evil behind a grin,  
All should know you can trust in Him.

When all your friends seem to desert you,  
Even those you thought tired and true,  
And your trust is wearing really thin,  
All should know you can rely on Him.

When you have just received another blessing,  
And you know He stood for you, no guessing,  
And you know He has blessed you again,  
All should know you can stand for Him.

When you realize Jesus died just for you,  
The most painful death He could go through,  
Just so we could shed all our sin,  
All should try to live just for Him.

Many pride themselves on self sufficiency,  
How they can live their lives efficiently,  
It's not time to rely on yourself again,  
We should all surrender to Him.

## Church Birthdays

Gertrude Mulvihill .....Apr 01  
Patricia Geronimo..... Apr 01  
Glenda Miller..... Apr 03  
David Geronimo .....Apr 04  
Grace Ferolino .....Apr 04  
Will Gannon .....Apr 06  
Jerome Murillo..... Apr 07  
Larry Messner .....Apr 07  
Micah Brown .....Apr 07  
Nathaniel Krussow..... Apr 09  
Kaitlin Haggerty .....Apr 11  
Karen Nicola .....Apr 12  
Abby Shchedrov .....Apr 13  
Brianna Riojas .....Apr 13  
Jean Rouse..... Apr 13  
Keenan Ibarra .....Apr 13  
Jennifer DeBusk .....Apr 14  
Joe Warda .....Apr 14  
Jacquie Brown .....Apr 15  
Matthew Binder .....Apr 16  
Jeremiah Shchedrov .....Apr 17  
Katherine Price..... Apr 17  
Kevin Openiano..... Apr 21  
Michael O'Haver .....Apr 21  
Tyler Mulligan .....Apr 21  
Beverly Condry..... Apr 24  
Micah Baga .....Apr 24  
Roberto Brockway .....Apr 24  
Lisa Ojeda .....Apr 26

## Children's Letters to God

"Dear God, Maybe  
Cain and Abel  
would not kill each  
other so much if  
they had their own  
rooms. It works  
with my brother." –

*Larry*

"Dear God, I want to  
be just like my Dad-  
dy when I get big  
but not with so  
much hair all  
over." – *Sam*

"Dear God, You don't  
have to worry about  
me. I always look  
both ways." – *Dean*

"Dear God, I bet it is  
very hard for You to  
love all of every-  
body in the whole  
world. There are  
only 4 people in our  
family and I can  
never do it." – *Nan*



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## Sermon Notes



April 3: Pastor Mel  
April 10: Pastor Mel  
April 17: Pastor Mel  
April 24: Pastor Mel



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## Jan's Healthy Recipes

## Prevention not Cure

### Pasta with Ricotta & Vegies

From Better Homes & Gardens Healthy Recipes

#### Ingredients:

8 Oz. dried penne (mostaccioli or cut ziti)  
2-1/2 cups fresh broccoli florets  
1-1/2 cups fresh asparagus or green beans cut into 1-inch pieces  
2 large red or yellow tomatoes  
1 cup light ricotta cheese  
1/4 cup shredded fresh basil  
4 teaspoons snipped fresh thyme  
4 teaspoons balsamic vinegar  
1 tablespoon olive oil  
1 clove garlic, minced/  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
2 tablespoons Parmesan or Romano cheese, grated

Optional: fresh thyme, shaved parmesan or Romano cheese

#### Instructions:

Cook pasta according to package directions, adding broccoli and asparagus or green beans the last 3 minutes. Place strainer over a large bowl. Cut tomatoes in half and squeeze seeds and juice into strainer.

Add ricotta cheese, basil, thyme, vinegar, oil, garlic, salt & pepper to tomato juice, mix well, stir in tomatoes.

To serve drain pasta and vegies, add to ricotta cheese mixture in bowl and toss well. Divide mixture among 4 bowls. Sprinkle with grated Parmesan or Romano cheese.

If desired garnish with thyme sprigs and shaved Parmesan cheese.

### Nine Foods That Help You Sleep Better

There's no beating around the bush. Getting a good night's sleep is critically important to your overall health and function. In fact, studies show that getting a good rest may reduce your risk of developing certain illnesses, keep your brain working at optimum performance and help you avoid stress, but there's more to a good sleep than just a comfy bed. When it comes to health, diet is crucial and knowing the foods that help you sleep better is a great place to start.

**1) Bananas** Bananas are super rich in magnesium, which is shown in clinical studies to reduce anxiety – one of the leading causes of sleeplessness – by 31 per cent. Bananas are also great for sleep because they help the body synthesize serotonin. As a calming hormone, this is a great remedy against stress.

**2) Almonds** You might not know it, but nuts are among the best foods for good sleep and it has a lot to do with fat content. Almonds, in particular, are rich in healthy fats, which your body needs to metabolize other aspects of your diet. Specifically, almonds and walnuts contain melatonin, a hormone that helps to synchronize your sleep cycle. Nuts can increase your blood levels of the hormone; therefore, help you sleep more soundly.

**3) Chamomilla Tea** Studies show its calming properties are likely linked to an antioxidant called apigenin – similarly to sleeping pills, this activates GABA neurotransmitters; helping you feel more relaxed and sleep easier.

**4) Cottage Cheese** This is high in lean protein, and also has the amino acid tryptophan, which may increase serotonin levels, reducing the risk of insomnia. To sweeten it up, top the cottage cheese with raspberries, which are rich sources of melatonin.

**5) Fruit** Certain fruits that contain melatonin may help you fall asleep faster and wake up less often during the night. These include—tart cherry juice, pineapples & oranges.

**6) Turkey** It has the amino acid tryptophan, which increases the production of the sleep-regulating hormone melatonin.

**7) Kiwi** Eating two kiwi fruits one hour before bedtime has helped people get to sleep more quickly by 35% and sleep more soundly.

**8) Fatty Fish** Salmon, Trout and & Tuna have a combination of omega-3 fatty acids and Vitamin D, that has the potential to enhance sleep quality. Also they have been shown to increase the production of serotonin, a sleep-promoting brain chemical.

**9) Walnuts** Much like the almonds before, walnuts are among the best foods to help you sleep. Rich in melatonin, walnuts can help regulate your sleeping pattern and improve the quality of your rest. Specifically, nuts are high in omega 3's: shown in clinical trials to support sleep quality and minimize night time waking.



## More Kid's Letters to God

"Dear God, Of all the people who work for You, I like Noah and David the best." — **Rob**

"Dear God, My brother told me about being born but it doesn't sound right. They're just kidding, aren't they?" — **Marsha**

"Dear God, If You watch me in Church Sunday. I'll show You my new shoes." — **Mickey D.**

"Dear God, I would like to live 900 years like the guy in the Bible." — **Love, Chris**

"Dear God, We read Thomas Edison made light. But in school they said You did it. So, I bet he stoled Your idea." — **Sincerely, Donna**

"Dear God, I do not think anybody could be a better God. Well, I just want You to know but I am not just saying that because You are God already." — **Charles**

## More photos from our newest addition to the church family, Baby Nevaeh!

