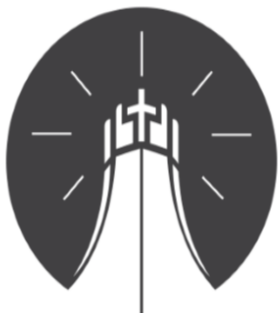


# Community Newsletter



## Auburn

SEVENTH-DAY ADVENTIST CHURCH

*May 2021 Issue*

*Page 1:* Church Slowly Reopening

*Page 2:* Inspire, Sermon Notes

*Page 3:* Recipe, Prevention not Cure

*Page 4:* Earth Day



## Church Slowly Reopening

Auburn is slowly reopening its full slate of programs. On April 17, 2021 it had its first live singing inside the sanctuary Praise Team led song service since the Pandemic started over a year ago. Katherine Price (Above-Right) celebrated her 15th birthday by leading out with the service. Helping out with the Praise Team are Micah Baga (Rear) on percussion, Charlie King on the piano (not pictured) and Giovana Burgos (Left) on guitar and vocals.

It certainly is a pleasure to be able to gather here with grateful hearts, and worship the God of our choice. We may still have to maintain social distancing, wear masks, and greet each other with a wave instead of a holy hug, but if you remember correctly that's how we got safely to this point. We can keep it up for a while longer and if we do, it won't be long before we will be back to normal.

# INSPIRATION CORNER

## My Japez Prayer

Please God, shower me with blessings,  
Even though my sins I am confessing.  
May always Your purpose I be assessing,  
When You shower Your blessings down,  
Your children with needs may abound.  
Help me to lead those lost to be found.

Please God enlarge my territory.  
Give me new ways to tell Your story.  
With You leading I need not worry.  
Without You God, I am nothing.  
With You God, I am something.  
Through You I can win everything.

Please God, keep hold of my hand.  
Lead me to follow what You've planed.  
Only with Your help can results be so grand.  
If I should stray from Your chosen path  
Help me God to find a way back to the path.  
Forgive me God; shield me from Your wrath.

Please God, keep me from all evil.  
Help me to resist the trickster Devil.  
Give me the will to resist his spell.  
Only with Your power will he fall.  
Alone, none of us can do anything at all.  
Please keep temptation away, that's all.

Help me God, to not cause anyone pain.  
Help me to avoid my own personal gain,  
So I can remember the lessons You train.  
Help me God, to always lift up others,  
And to remember not to step on others,  
My purpose is to show You to others.

© 2-22-03 by Michael O'Haver,  
Inspired by 1 Chronicles 4:9-10,  
Thanks to Bruce Wilkinson

## Church Birthdays

Erik Fanselau .....May 01  
Kendall Porco .....May 03  
Adrianna Pooler .....May 05  
Scott Wallace .....May 05  
Isabella Ojeda .....May 06  
Jacqueline Fralick.....May 09  
Justin Fralick .....May 09  
Dylan Van Zant .....May 10  
Elijah DeBusk .....May 10  
Elena Mulligan.....May 11  
William Fowler .....May 11  
Benjamin Toppel.....May 15  
Rosa Isela Geronimo .....May 16  
Alanna Hollister.....May 17  
Cheryl Wood.....May 17  
Jesse Hollister .....May 17  
Celise Ibarra .....May 18  
Jordan Toppel .....May 18  
Pamela Mamoulelis.....May 19  
Virgil Starr.....May 19  
Andrew Binder .....May 20  
David Ferolino .....May 20  
Franz Spycher.....May 20  
Heidi Hollister.....May 21  
Susie Hall .....May 21  
Marc Cedrick Galicia .....May 22  
Merrick Stokes .....May 23  
Russell King .....May 25  
Sally Christensen .....May 25  
Ligia Borlean .....May 26  
Roger Haddad.....May 28  
Elizabeth Borlean.....May 30

## Sermon Notes



May 1: Jim Brewster  
May 8: Jim Lorenz  
May 15: Pastor Mel  
May 22: Pastor Mel  
May 29: Darrel Crane

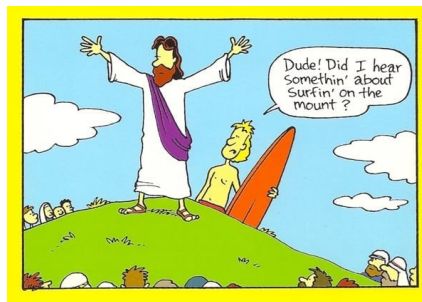


## Upcoming Events

**April 30-May 1:** Christian Men's Retreat Virtually on the Christian Men's Retreat Facebook Page or on the NCCSDA YouTube page. Speaker for this year is Douglas Tilstra, Vice President for Student Life at Walla Walla University

**July 19-24 & July 26-31:** Redwood Camp Meeting (In 2 In-person Sessions) Space is limited to 100-200 campers per session. Registration is now open!

**Tahoe Camp Meeting—**Pending Approval Call Tahoe Valley Campgrounds to find out and to make reservations—530/541-2222



## Auburn SDA Community Church

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## Jan's Healthy Recipes

## Positive Choice

### Breakfast Tostadas

#### Ingredients:

8 Corn Tortillas (Small)  
1-15 Ounce can Black Beans  
1 hand full fresh Cilantro  
1/2 Median sized onion  
1 cup Shredded Monterey Jack Cheese  
Salt & pepper to taste  
3 Eggs  
1 /2 cup nonfat milk  
1 small Avocado (Optional)

#### Instructions:

Place the beans, drained into a small bowl and mash slightly

Mix the eggs, milk, salt and pepper and cook over median heat.

Heat the beans for 10-15 seconds in a microwave.

Place the beans on one of the tortillas, spreading evenly.

Place another tortilla on top and add the rest of the ingredients.

Makes 4 Servings

### Healthy Work at Home Habits

If you are still working from home, take advantage of the opportunity to practice healthy habits. There is no excuse! The American Institute of Cancer Research suggests the following key activities:

1. Make a standing desk yourself.
2. Walk while you work--especially during meetings.
3. Take time for daily physical activity.
4. Use household items to strength train.

Don't forget to stick to eating healthy meals, drink water at regular intervals, and involve the whole family. Visit the AICR website for more practical tips on how to apply these principles.

**PositiveTip:** Make working at home a step toward better health for you and the whole family.

### Reduce Risk of Dementia

A large study of more than 872,000 Koreans discovered a strong relationship between waist circumference and risk of dementia. After controlling for many factors, researchers found a stepwise increased risk of dementia in both men and women as their waist circumference increased.

Low amounts of harmful visceral fat conveyed the lowest risk of dementia.

**PositiveTip:** A powerful tool to reducing your risk of dementia and preserving brain health may be simply keeping your body weight down!

### More Time at Home—More Weight Gain

How did you do during the pandemic? Did you use some of that extra time at home to walk more and eat less? Unfortunately, researchers found people do not move as much during lockdowns--and they tend to eat more. A small study of 267 people from 39 states (52% women, 77% white, average age was 52) found each person gained more than 1/2 pound every 10 days. That added up to almost 2 pounds per month! Study authors suggested this was just the tip of the iceberg in an already overweight society.

**PositiveTip:** Fight a growing waistline by eating less (especially if you are sitting more), and use your extra time to get up and move more!





# 3 Things We Can Do To Save Our Planet

Earth Day ~ April 22



## The 3 Things We Must Do

The stakes couldn't be higher. If we follow the path that science shows us, we have the power to save nearly all habitat types across the world's lands. That's a huge win for wildlife, birds, plants, insects and the diversity of life that makes our natural world such a treasure.

Urgent action is essential, and we must seize the unprecedented opportunities to change the course of history. The international community is preparing to make path-defining choices for the future, with once-in-a-lifetime agreements that have the power to stop catastrophic climate change and preserve biodiversity on Earth.

This could be the decade we save the planet. But we must follow through on the promises, policies, and collaborative effort needed to protect nature from collapse. Here are three top ways we need to up-end 'business as usual' and act boldly to advance conservation. Read on or check out our interactive graphic of the big impact these solutions can make.

## 1. Produce More Food on Less Land TARGETED AGRICULTURAL EXPAN-

**SION** Identify areas where crops grow best to avoid destroying nature.

### Problem:

Today's version of large-scale agriculture is the biggest source of land conversion, drives deforestation that worsens climate change, uses 70 percent of the world's freshwater supply and relies on fertilizer practices that pollute our waters. As the need to feed a billion more people increases, agricultural expansion could devastate habitats, release even more carbon into the atmosphere, and dry up rivers.

### How to fix it:

Produce food where it's most likely to thrive, which will use less water and less land.

### How we're taking action right now:

We're analyzing satellite images and local yield potential to pinpoint where soy farming and cattle ranching can expand without destroying nature. This approach is especially vital in Brazil's Cerrado region, where half of all natural habitat has already been converted to cropland and pasture. Cooperating with farmers on sustainable practices can help save what's left of the Cerrado's rich savanna.

**SAVING A FOREST HOME** Conversion to agriculture and cattle ranching is the greatest threat to Brazil's unique tropical habitats. The Nature Conservancy is actively working with farmers and ranchers throughout the country to identify how they can produce more while also restoring the forests and savannas wildlife rely on. © Haroldo Palo Jr.

## 2. Eliminate Overfishing

**TARGETED FISHING** Use technology to catch only the right species.

### Problem:

Overfishing and poor fisheries management is not only devastating to the fish species being pushed to the brink of collapse. It endangers food webs and ocean ecosystems by disrupting the balance of all sea life. And it threatens billions of people who rely on seafood as an important source of livelihood and animal protein. Without serious changes, 84 percent of the world's fish stocks will be in

peril in our lifetime.

### How to fix it:

Refine our fishing methods to only take what the fish populations can tolerate now, so our oceans can be more abundant and healthier in the future.

### How we're taking action right now:

We're making it fast, easy and affordable for fishers to use data to manage their catches more sustainably. Like image recognition software, FishFace technology we're pioneering in Indonesia uses artificial intelligence and machine learning to identify fish species and track their numbers so fishers can avoid catching too many or the wrong kind.

**FISHING FOR MORE DATA** One of the biggest challenges in managing vital fisheries in developing countries is lack of data on which species are being caught and in what quantities. The Nature Conservancy is pioneering innovative technology and data tools that have the power to help bring back oceans teeming with fish. © Jeff Yonover

## 3. Increase Clean Energy

**TARGETED ENERGY SITING** Use already degraded land for energy development.

### Problem:

Climate change is the single most serious threat facing our planet today. We must reduce carbon emissions to, or below, levels agreed to in the Paris Climate Agreement to prevent catastrophic harm. And with global energy demand expected to increase 56 percent over the next couple decades, it will be impossible to meet those emissions targets if we stick primarily with traditional fossil fuels.

### How to fix it:

Shift 85 percent of the world's energy supply to non-fossil fuel sources and invest in strategies like reforestation that capture carbon dioxide.

### How we're taking action right now:

We're championing regulations that allow former mining lands to be repurposed for solar and wind energy. Tens of thousands of acres of degraded mine sites in Nevada's Great Basin are now available for renewable energy development. By targeting already-disturbed land, new turbines and solar panels won't need to destroy more natural habitat.

**MINING THE SUN** A single utility-scale solar facility can be as large as downtown San Francisco. To preserve fragile desert habitat, The Nature Conservancy's goal is to encourage the development of clean energy by repurposing already degraded former mine sites. © Dave Lauridsen for The Nature Conservancy

**We truly do have the power to build a future in which nature and people can thrive together.**

A more sustainable path is possible. But we need to rally individuals, governments, companies and communities around the world to take action with us. Sign our pledge today and add your name in support of our audacious path to a sustainable planet. When we're at the table with leaders around the world, it gives us great strength to show how many people are with us.

