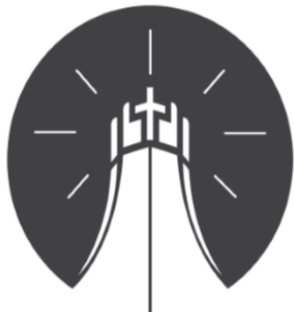


# Community Newsletter



## Auburn

SEVENTH-DAY ADVENTIST CHURCH

*June 2021 Issue*

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## Fellowship Lunch Today

Join us for a modified fellowship lunch today after the worship service. All food and drinks will be provided and served to you. All are welcome!



### First Church Fellowship Lunch

On May 15, 2021 Auburn was grateful to have the Pine Hills Adventist Academy Strings Group and the Choir perform during the worship service. The string group played several numbers. Auburn also had its first church-wide potluck since the pandemic hit over a year ago. The Children's Story also resumed (see page 4 for more photos).

# INSPIRATION CORNER

## Our Reunion in Heaven

I made a good friend today.  
We talked of God and other things  
and along the way  
it touched my heart strings.

You can never have too many  
of those kinds of friends,  
in times of famine and plenty  
the support it lends.

We met seeming by chance  
but was it really?  
I'm inclined toward the stance  
a God thing really.

God knew my state of mind  
and He sent the one  
that I sorely needed to find,  
His will be done.

I may never see him again.  
If our paths never cross  
it'll be too bad, but then  
it's up to the Big Boss.

When we parted finally  
I learned my lesson.  
I'm looking forward eagerly  
to our reunion in heaven.

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## Church Birthdays

Campbell Rose.....Jun 01  
Claire Ludwig.....Jun 01  
Irina Shchedrov.....Jun 04  
Maxine Mehner.....Jun 05  
Jake Brower.....Jun 06  
Gina Wallace.....Jun 08  
Michael Sutter.....Jun 08  
Richard Price.....Jun 11  
Lisa Allington.....Jun 12  
Victor Ibarra.....Jun 14  
Lilyan Baker.....Jun 15  
Rose Horsman.....Jun 15  
David Van Zant.....Jun 16  
Edward Rouse.....Jun 16  
Julie Baga.....Jun 17  
Nikki Wehtje.....Jun 18  
Lorelie Krussow.....Jun 20  
Edward Jackson.....Jun 21  
Kellan Jackson.....Jun 21  
Mark Husse.....Jun 21  
Sherri Gerking.....Jun 21  
Santee Crane.....Jun 22  
Stephen Holm.....Jun 23  
Marilyn Cuccia.....Jun 24  
Shawn Wallace.....Jun 24  
Adrienne Brower.....Jun 28  
Alanna Jackson.....Jun 30

## Upcoming Events

**June 3 - Last day of school at PHAA**

**July 19-24 & July 26-31 Redwood Camp Meeting** (in 2 in-person sessions) Space is limited to 200 campers per session. Registration is now open.

**Tahoe Camp Meeting has been canceled due to COVID-19 precautions.**

**August 16 - First day of school**

**Sept. 10-12 Church campout—Leoni Meadows.** Make reservations and pay fees to the church office by June 1. Coming up for the day is always a great option too.



## Sermon Notes



**June 5: Pastor Mel  
June 12: Pastor Mel  
June 19: Pastor Mel  
June 26: Pastor Mel**



## Auburn SDA Community Church

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## Jan's Healthy Recipes

### Chocolate Ricotta-Filled Pears

From Better Homes & Gardens  
Easy Dinners Healthy Recipes

#### Ingredients:

- ♦ 1 cup ricotta cheese
- ♦ 1/3 cup sifted powdered sugar
- ♦ 1 Tablespoon unsweetened cocoa power
- ♦ 1/4 teaspoon vanilla
- ♦ 2 tablespoons miniature semi-sweet chocolate pieces
- ♦ 1 teaspoon finely shredded orange peel
- ♦ 3 large Bosc, Anjou, or Bartlett pears
- ♦ 2 tablespoons orange juice
- ♦ 2 tablespoons slivered, or sliced toasted almonds
- ♦ Optional-fresh mint sprigs and/or-orange peel curls

#### Directions:

In a medium bowl beat ricotta cheese, powdered sugar, cocoa power, and vanilla with an electric mixer on medium speed until combined. Stir in the chocolate pieces and the shredded orange peel. Set aside.

Peel the pears, cut in half lengthwise and remove cores. Remove a thin slice from the rounded side of each pear half so that halves will sit flat. Brush the pears all over with orange juice.

To serve, place the pear halves on 6 desert plates. Spoon the ricotta mixture on top of the pear halves and sprinkle with almonds. If desired garnish with mint sprigs and orange curls.

## Positive Choice

Kaiser Permanente Positive Choice Integrative Wellness Center—Garfield, 6th floor 5893 Copley Drive, San Diego, CA 92111, (858) 616-5600 —WEIGHT LOSS [positivechoice.org/](http://positivechoice.org/)

#### You can lose weight, keep it off, and regain your health.

Our Medical Weight Loss Programs can help you achieve your goals. We know we can help you because we have helped over 40,000 San Diegans to lose weight, get in shape, and change their lives in one of our medical weight loss programs. Whether you are hoping to lose 10 pounds or over 500 pounds, we offer a medical weight management program that is customized to help you lose weight in a way that is right for you. Most importantly, we offer you hope.

**Benefits of Medical Weight Loss**  
You may think that you need to lose all of your excess weight to regain your health, but research shows that even losing a small percentage of excess weight can offer a variety of health benefits. Losing between 5% and 10% of your excess weight can promote positive changes in your blood pressure, cholesterol levels, and can also improve glucose tolerance. Many of our patients with type -2 diabetes are able to discontinue insulin and other medications within the first few weeks on one of our weight loss plans; and most people are able to discontinue or greatly reduce their medications for blood pressure or elevated blood cholesterol as they progress through the program. Losing just 15-20 pounds can greatly enhance your sleep, increase your energy, or reduce back and knee pain. Even conditions such as arthritis, sleep apnea, or migraines can improve with modest weight loss.

Practicing a healthier way of eating and losing weight has long-term health benefits as well, like greatly reducing your risk of developing certain cancers and heart disease.

As you become lighter it becomes easier and more fun for you to move. You may find yourself doing activities you haven't done in a long time... even enjoying exercise!

Most people who lose weight feel an increase in self-esteem and a feeling of being in control. It doesn't matter how much you have to lose or whether you choose to lose a lot or a little. The one thing that is certain is that you have only positive benefits to gain and nothing but weight to lose.

#### Benefits of a Specialized Medical Weight Management Team

Most people who come to us for help feel like they could teach a course on eating right and exercising, and you may feel the same way. We find that a lack of knowledge isn't usually your biggest obstacle. The problem is that living a healthy lifestyle on a consistent basis is really, really hard to do. It requires a complete change in how you view and manage your life. That is why choosing a well-established medical weight management program combined with a specialized, experienced medical team is so important.

There are many underlying reasons that can frustrate your long term success, including anxiety, depression, stress over-load, emotional over-eating, and food addictions. Our Medically Managed Weight Programs approach weight loss holistically. We recognize that weight loss is a transformation not only of your outer-physical self, but also of your inner emotional and mental self. We provide comprehensive medically managed weight management programs that offer success for losing weight and long-term support for maintaining weight loss.



## CHILDREN'S STORY RESUMES



## CHOIR AND STRINGS BY PHAA

