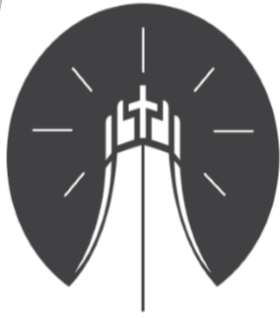


Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

August 2021 Issue

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- Page 2:** Inspire, Sermon Notes, Birthdays, Events
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Church Picnic, Pool & Vespers Social

July 17, 2021 marked the return of Auburn's annual church picnic, thanks to the generosity of Heidi Magorian who helps out with the Community Services Ministry. She opened her wonderful home to the kids, as well as some adults enjoyed her Olympic sized pool as well. The potluck meal was a welcome *de ja vu* as well. We closed the evening with music and a worship talk by Pastor Dana Rae. (See more pictures on Page 4)

INSPIRATION CORNER

A God Like No Other

I have a God like no other:
He is my Savior.
He is my Redeemer.
He is my inspiration.
He is my salvation.

I have a God like no other:
He is my substitute.
He is my absolute.
He is my nourishment.
He is my refreshment.

I have a God like no other:
He is my refuge.
His love is a deluge.
He is my counselor.
He is my consoler.

I have a God like no other:
He is my friend,
my life He can mend.
He has taken my sin,
so again I can begin.

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Upcoming Events

Jul 29 Youth outing on Jim Ferolino's boat

Aug 6 Youth & Family Outing to Six-Flags Magic Mountain

Sept. 10-12 Church Campout—Leoni Meadows. Make reservations and pay fees to the church office.

Oct 1-3 & 8-10 Christian Woman's Retreat, Leoni Meadows, Registration opens Aug 16. After Sept 20 \$5 fee added. Please call 209-836-2299 or e-mail sbirdahn@yahoo.com

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Sermon Notes



Aug 7: Pastor Mel
Aug 14: Pastor Mel
Aug 21: Pastor Mel
Aug 28: Pastor Mel

Church Birthdays

Jayne Weir.....Aug 02
Herbert Douglass.....Aug 04
Kaylie Wareham.....Aug 04
Charleen Nugent.....Aug 05
Drew Whitson.....Aug 05
Dana Rae De Tar.....Aug 06
Steve Nicola.....Aug 07
Cheryl Haggerty.....Aug 08
Ken Osborn.....Aug 10
Darran Sim.....Aug 11
Cheryl King.....Aug 12
Sharon Weir.....Aug 16
Janice O'Haver.....Aug 17
Shauna Methereil-Ibarra...Aug 18
Jill Genobaga.....Aug 20
Susan Excell.....Aug 20
Lori Hanson.....Aug 21
Frances Benedickt.....Aug 23
Darrell Mulligan.....Aug 24
Rianna Krussow.....Aug 27
Gayle Willock.....Aug 29
Patsy Cooke.....Aug 30
Pheobe Maciel.....Aug 30



Jan's Healthy Recipes

Cranberry/Pineapple Jell-O

Ingredients:

- ♦ 20 Oz can of crushed pineapple
- ♦ 8 Oz red Jell-O (raspberry, cherry, or strawberry)
- ♦ 1 median apple, chopped or grated
- ♦ 2/3 cup chopped walnuts

Directions:

- 1) Drain the pineapple.
- 2) Keep and or add enough water to make 3 cups.
- 3) Bring to a boil, add Jell-O,
- 4) Stir until completely dissolved.
- 5) Add cranberry sauce.
- 6) Stir in pineapple.
- 7) Pour into a large bowl.
- 8) Chill 1-1/2 hours.
- 9) Stir in other ingredients.
- 10) Chill 4 more hours, and serve.



Prevention Not Cure

Arsenic—The Silent Killer

By Dr. Alan Inglis, MD

Arsenic was a favorite poison for killing people as far back as ancient Rome. Why? Because it lacked odor, color, and taste, and it was easy to obtain. It can be administered in small doses without triggering obvious symptoms — before the victim dies.

The worst part is that arsenic can be found in the food we eat and the water we drink even today.

Arsenic has been ranked #1 toxic environmental health hazard by the Agency for Toxic Substances and Disease Registry.

Arsenic is an element on the earth's crust. It enters water supplies from natural deposits in the earth or from industrial and agricultural pollution. So since arsenic is in our soil and groundwater, we ingest it from drinking water and certain food.

A 2000 study showed 56 million Americans had unsafe levels of arsenic in their drinking water. Once you are exposed, arsenic is quickly absorbed in your digestive tract and lungs.

There are 2 types—organic and inorganic. Inorganic arsenic (300 times more toxic) comes from non-living compounds, such as minerals and chemicals.

The primary sources for arsenic other than drinking water are rice and poultry. Chickens and turkeys get it from the antibiotics they are fed to fatten them up.

So how does arsenic kill you? It triggers inflammation, which so happens to be a primary factor in heart disease. It also attacks your body's mitochondria, which make the energy your heart needs to pump blood 24/7.

A maximum of 10 micrograms per day is the limit for human consumption. For every 15 micrograms over that limit, there is an additional 38% increase risk of a heart attack. Those with the higher exposure levels were 65% more likely to have heart disease with a 3-fold higher risk of a fatal stroke.

Possibly the biggest problem with arsenic is that it goes everywhere in your body. It increases your risk of diabetes, cancer and neurological dysfunction as well.

Test Yourself—tests have shown that 25% of US residents have urine arsenic levels above 13.7 milligrams/gram creatinine. This is a dangerous level. Most certified medical labs will test your urine for arsenic. Hair testing is another way to check arsenic levels as well as pinpointing when these levels occurred.

And whether you have municipal water or a private well, check your local or state health department for advice and get your water tested. It can run as low as \$20 or \$30.

Water Filters—Reverse osmosis technology is available from companies such as Multi-Pure in under the sink models for around \$500. There are also table top filters from ZeroWater for around \$30.

Avoid eating any kind of rice and stick to organic poultry.

Church Picnic, Pool & Vespers Social

