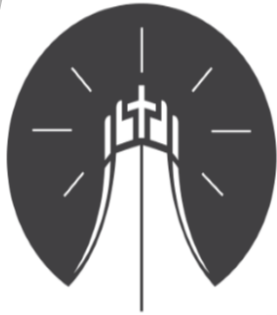


# Community Newsletter



## Auburn

SEVENTH-DAY ADVENTIST CHURCH

*September 2021 Issue*

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## Church Campout Canceled

The church campout at Leoni Meadows has been canceled due to the **Caldor Fire** which destroyed nearly all the homes in the town of Grizzly Flats, a community of about 1,200 people. Leoni Meadows had to be evacuated, and the campgrounds closed to visitors. The main structures were saved but several out buildings were lost. As of August 23 the fire was only 5% contained after burning 106,562 acres. In place of the campout being canceled, the church is planning various social activities in the near future.

# INSPIRATION CORNER

It's the Trying to, that Counts

To try to be as good as our Lord,  
Most of us feel we only inch along.  
I know the more I study His word,  
The more I doubt I'll ever belong.

Before we can run we must first crawl,  
Because when we crawl we're on our knees.  
So, things will be the same as before the fall,  
We must beg forgiveness, if you please.

Then we can walk, it doesn't seem so hard,  
If we pick up the pace a little at a time,  
We can get to know Him and call Him a pard,  
Soon we'll be walking away from the crime.

Some people inch, some people crawl,  
Some people walk, some people run,  
Some people keep getting up after they fall,  
Some people keep running after the son.

All of our journeys to follow in His path,  
Progress at different rates,  
If a trail leads to Leoni Meadows do the math  
We know with Him it rates.

Although we may never match His stride,  
All your fears He may denounce.  
If you remember He is on your side,  
It's the trying to, that counts.

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## Upcoming Events

**Sept. 10-12 Church Campout at Leoni Meadows. CANCELED**

**Sept. 11 - Church Fellowship Lunch & Business Meeting**

**September - Church Day Trip to Angel Island**

**Oct. 3 - Broadside of the Barn Movie Social at the Porco's**

**Oct 1-3 & 8-10 Christian Women's Retreat (Maybe)**  
Leoni Meadows, Registration opened on Aug 16. After Sept 20 \$5 fee added. Please call 209-836-2299 or e-mail [sbirdahn@yahoo.com](mailto:sbirdahn@yahoo.com)

**Oct. 30 - Church Fall Social at the Roderick's**

**Oct. 31 - PHAA Fall Festival**

**Nov. 13 - Go Kart Night Social**

## Sermon Notes



**Sept 4: Pastor Mel**  
**Sept 11: Pastor Mel**  
**Sept 18: Pastor Dana Rae**  
**Sept 25: Pastor Mel**

## Church Birthdays

Zeva Hall.....Sep 02  
Jonalyn Cooke.....Sep 03  
Sebastian Gannon.....Sep 03  
Wanda Rasche.....Sep 04  
Karen Koehler.....Sep 05  
Rocio Mojica-Bierwirth.Sep 06  
Annmaree Gipson.....Sep 08  
John Kaster.....Sep 08  
Keith Murillo.....Sep 08  
Mace Stokes.....Sep 10  
Ashley Meg Galicia.....Sep 14  
Dennis Hanson.....Sep 14  
Rodney Wehtje.....Sep 14  
Bonnie Carter.....Sep 16  
Elizabeth Porco.....Sep 17  
Joseph Fralick.....Sep 21  
Victoria Borlean.....Sep 22  
Delores Trest.....Sep 23  
Lloyd Teff.....Sep 23  
Satchel Genobaga.....Sep 23  
Chris Genobaga.....Sep 24  
Ivanette Osborn.....Sep 24  
Marilyn Herron.....Sep 26  
Mike Wood.....Sep 29

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## Jan's Healthy Recipes

### Banana Hotcakes

From Pillsbury Heart Healthy Recipes

#### Ingredients:

- 1-1/4 cups unbleached flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg
- 3/4 cup skim milk
- 1 cub (about 3 medium) ripe bananas
- 2 tablespoons oil
- 2 teaspoons lemon juice
- 1 teaspoon vanilla
- 2 egg whites

#### Directions:

Spray skillet or griddle with nonstick cooking spray; heat to 375 degrees.

Lightly spoon flour into measuring cup; level off. In a large bowl combine flour, sugar, baking powder, salt, and nutmeg; mix well. Add remaining ingredients; stir just until dry ingredients are moistened. To form hotcakes, pour about 1/4 cup batter onto hot griddle. Turn hotcakes when edges look cooked and bubbles begin to break on the surface. Makes 12-4-inch hotcakes.

#### Nutrition Information:

1 hotcake - 100 calories

Protein - 3 g

Fat - 3 g

Carbohydrates - 17 g

Sodium - 115 g

Potassium - 125 g

Dietary fiber - 1 g

## Prevention Not Cure

### Resistance Bands

If you want to build muscle and improve power and endurance, resistance bands are one of the best strength training tools you can use. Unlike dumbbells and kettlebells, resistance bands put less pressure on the joints and can target small and large muscle groups at once. Ranging from light to heavy, there are different levels of resistance you can work with.

"Resistance bands are great because you can bring them with you anywhere, and there are a varying degrees to make it more challenging, or scale it back," says Betina Gozo, Nike master trainer and creator of STRONG with Betina Gozo: Total-Body Fitness In Under 20 Minutes.

Resistance bands are particularly useful for working your lower body, including the legs and glutes, because they force you to move with better form and produce power from the right muscles, Gozo says. If you suffer from knee pain, resistance bands are especially handy for strengthening the muscles around the joint so they can stand up to a heavier load.

"The external feedback of the resistance can help you adjust your stance or think about activating certain muscles to get the most out of the exercise," Gozo says. "For example, if you're someone that tends to let their knees cave in when you squat, placing a resistance band above your knees is a good reminder to drive your knees out," she says. Not sure how to get started? Gozo designed this resistance band leg workout below.

**Reps:** 15 to 20 reps for two to three rounds

**Equipment:** One medium to heavy resistance band and a yoga mat.

**Apparel:** Nike Running Tank, Nike Epic Lux Tights, and Nike Zoom Air Fearless Flyknit 2 AMP Training Shoes. For 10 exercises you can do go to: **10 Best Resistance Band Exercises for Strong, Toned Legs in 2020** (prevention.com)



# Farewell Rose



Rose Horsman, while not an official member of Auburn SDA, was loved by many as is evident by her farewell at Sizzlers.



Rose moved to Southern California to be closer to her business.

