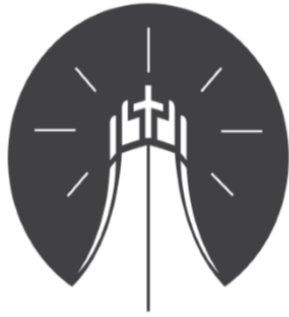


Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

October 2021 Issue

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ARC Sabbath



On September 25 we had a special Sabbath dedicated to the Auburn Renewal Center. ARC Director, Steve Holm shared wonderful stories and the impact that it's had on the community over the years. The Pacific Union also created a video about the ARC and that was shown during the worship service. Afterwards, the ARC had an open house that allowed anyone to check out the inside of this wonderful ministry that we have here in Auburn. They are always looking for volunteers. If you can help out in any way, please contact Steve Holm.

More photos on the back page.

INSPIRATION CORNER

The Power of Love

Love should be like a flower.
Growing because of the power,
That comes from God above.
The showers that water your love,
May dampen you a little,
But the dust, they also settle,

When the warm sun shines down,
You can enjoy the love you've found.
You can bask on a sunny day.
Your time to run and play.
Your love will spread roots and grow.
Strong enough to stand any blow.

The colors a flower shows,
The facets your love shows,
And you can celebrate,
The happy whims of fate.
It takes some of each,
Appreciation of true love to teach.

True love will set you free,
Coming from God is the key.
When you share this holy love,
The devil you can give a shove.
You will finely see what's true,
The power of love for you.

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Upcoming Events

Oct 15-17 & 22-24: Christian Women's Retreat,
Moved to PUC, Registration
opens Aug 16. After Sept 20
\$5 fee added. Please call
209-836-2299 or e-mail
sbirdahn@yahoo.com

Oct 3: Broadside of a Barn
Social at the Porco's

Oct. 22-24: Help for Grieving Hearts Seminar Led out
by Karen & Steve Nicola.

Oct 30: Fall Social at the
Roderick's

Oct 31: PHAA Fall Festival
Nov 13: Go Kart Night

Auburn SDA Community Church

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Church Birthdays

Julie Fralick.....Oct 01
Sandie Dyer.....Oct 02
James Brewster.....Oct 03
Judy Doyle.....Oct 03
Georgia Genobaga...Oct 06
Robert Robbins.....Oct 06
Lee Gipson.....Oct 08
Joshua Allington....Oct 09
Horst Mehner.....Oct 10
Dorothy Young.....Oct 11
Marquelle Woods...Oct 12
Jenell Wareham.....Oct 16
Kathleen Brewster..Oct 20
Holly Graham.....Oct 21
Norman Henderson..Oct 22
Isabella Toppel.....Oct 24
Jamison Ibarra.....Oct 25
Cambria Sim.....Oct 26
Deanna Kindrick.....Oct 28

Sermon Notes



Oct 2: Pastor Mel
Oct 9: Pastor Mel
Oct 16: Adam Weeks
Oct 24: Karen Nicola
Oct 30: Pastor Mel



Jan's Healthy Recipes

Penne With Fennel

From Better Homes & Gardens
Easy Dinner Healthy Recipes

Ingredients:

- ◇ 6 ounces dried penne (mostaccioli)
- ◇ 2 medium fennel bulbs
- ◇ 1 tablespoon olive oil or cooking oil
- ◇ 1 tablespoon margarine or butter
- ◇ 3 gloves garlic, minced
- ◇ 1/4 teaspoon crushed red pepper
- ◇ 1 cup red and/or green sweet pepper cut into thin, bite-size strips
- ◇ 15 ounce can Green Northern beans, rinsed and drained
- ◇ 1/4 teaspoon dried thyme, crushed
- ◇ Crushed ground black pepper to taste
- ◇ 1/4 cup shaved or shredded Parmesan cheese

Instructions

- 1) Cook penne according to package directions. Drain penne. Return to pan. Cover, keep warm.
- 2) Cut off and discard upper stalks from fennel bulbs. If desired, reserve some of the feathery leaves for garnish. Cut fennel bulbs lengthwise into quarters. Remove and discard core. Cut fennel into thin strips.
- 3) In a large skillet heat oil and margarine or butter. Cook garlic in skillet over medium heat for 30 seconds. Add fennel and crushed red pepper; cook and stir for 5 minutes more. Add sweet pepper strips, cook for 3 minutes more. Add beans and thyme; cook about 2 minutes or until heated through.
- 4) To serve, add fennel mixture to hot cooked pasta; toss gently. Season to taste with black pepper. Serve with Parmesan cheese. Garnish with fennel leaves.

Positive Choice

HEALTH GOALS TOURNAMENT

Here's a tip from the book *The On-Purpose Person* to prioritize your health goals. Run a tournament; a health goals tournament.

Make a list on paper of all your possible health goals, but don't prioritize them, just let them flow. Then simply work your way down the list and pit them against each other in pairs like a sports tournament (see image). It can be hard choosing a winner, but the "losers" aren't discarded; they're just delayed. You've just created a hierarchy of health goals.

Now you can start reading and filtering health info to help achieve your top goals. Instead of feeling overwhelmed, you'll have a sense of purpose in your health info choices.

TWO ADDITIONAL RECOMMENDATIONS

1. Health is a broad, wholistic concept. You may find it helpful to run four health goal tournaments, one each for emotional, physical, social and spiritual health goals. This may give you a more balanced approach to your health goals.
2. Your goals will likely change over time, so it's good to revisit your tournament periodically.

Remember:

"Know-It-All's" try to fit everything for use.
"Know-Enough's" only use what actually fits.

Broadside-of-a-Barn Family Social

At the Porco
Ranch

Oct 3 at 6:15pm



ARC Sabbath Continued



Pastor Dana Rae De Tar Sermon

On September 18, 2021 Auburn SDA enjoyed a wonderful sermon by our Youth Pastor Dana Rae De Tar.

She preached about the myths we tell ourselves, or believe from others. These myths range all the way from "You are unlovable," to "You are doomed by your sins."

She urged us to believe the most important non-myth—"Jesus saved us by His grace on the cross."

