

# Community Newsletter



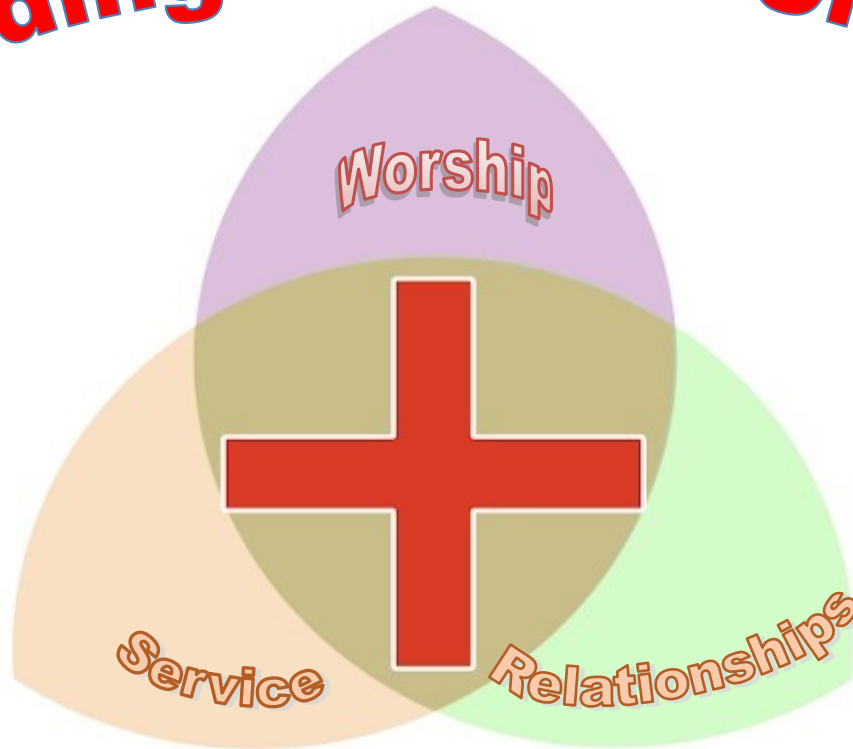
## Auburn

SEVENTH-DAY ADVENTIST CHURCH

May 2022

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# Building a Better Church



**The Better Church Experience—where  
Worship, Service, & Relationships,  
all centered on God,  
Intersect**

With the dawning of a new year—2022, and the downtrend in COVID cases Pastor Mel assigned a special Church Task Force. This task force was to be headed by Dave Krusow with the charge of outlining how our church can recover from the devastating consequence of this unprecedented pandemic.

Dave and his task force consisting of Deborah Price, Pastor Mel, Pastor Adam, Lisa Al

lington, & Chris Genobaga completed their initial assignment and requested that they continue on with the charge of outlining how to implement their findings. The Church Board indorsed their work and whole heartedly supported the continuation. “Building a Better Church” was what the task force came up with.

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# INSPIRATION CORNER

He Offers us Salvation

He offers His love to us,  
An unconditional love,  
And it is left up to us,  
If we accept it or not.

He offers us forgiveness,  
For all of our many sins,  
And it is left up to us,  
If we accept it or not.

He offers us salvation,  
To live a life eternal,  
If we make a reservation,  
It'll be up to Him to honor.

We can't earn it by our works,  
No matter how good we are.  
That is not how it all works,  
It is a gift, that's freely given.

Our salvation is like a boat,  
That we row with two oars,  
On one oar someone wrote,  
"Grace" and on the other "works."

You will never get there,  
By rowing with one oar.  
You will only get there,  
By grace and by works.

© 9-11-10 by D. Michael O'Haver  
from a sermon by Dave Carreon

## Upcoming Events

**May 7** - Mother's Day Sabbath

**May 13 - 14**—PHAA Alumni Weekend

**May 21** - Church Picnic at Meadow Vista Park

**June 2** - PHAA 8th Grade Graduation at Gracepoint

**June 3-5** - PHAA Class of 2022 Graduations

### Auburn SDA Community Church

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### Sermon Notes



**May 7: Julie Baga**  
**May 14: Pastor Mel**  
**May 21: Pastor Adam**  
**May 28: Pastor Mel**

## 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  
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  
David Ferolino.....May 20  
Franz Spycher.....May 20  
Lucas Bende.....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  
Adam Weeks.....May 27  
Roger Haddad.....May 28  
Elizabeth Borlean.....May 30



## Jan's Healthy Recipes

From Healthy Recipes Classic Pillsbury Heart Healthy Recipes

### Fruited Coffee Cake

#### Ingredients:

- ◆ 1-8 oz package dried fruit, coarsely chopped
- ◆ 1/2 cup orange juice
- ◆ 1 cup all purpose or unbleached flour
- ◆ 1 teaspoon backing powder
- ◆ 1/4 teaspoon backing soda
- ◆ 1/8 teaspoon salt
- ◆ 1/4 cup margarine, softened
- ◆ 1/2 cup sugar or sugar substitute—Splenda, etc.
- ◆ 1/4 cup frozen cholesterol-free egg product, thawed
- ◆ 1 teaspoon vanilla
- ◆ 3 tablespoons plain lowfat yogurt
- ◆ Powdered sugar

#### Directions:

1. In small heavy sauce pan combine dried fruit and orange juice. Bring to a boil, reduce heat, simmer for 5 minutes, or until thickened, and fruit soft, stir occasionally, set aside.
2. Heat oven to 350°.
3. Spray 9-inch round, or 8-inch square pan with nonstick cooking spray.
4. Combine flour, baking soda, baking powder, and salt. Mix well, set aside.
5. In small bowl beat margarine, and sugar until light and fluffy. Add egg product and vanilla, blend well.
6. Alternately add dry ingredients and yogurt to sugar mixture, beating well after each addition.
7. Spread batter in spray-coated pan, top with fruit mixture.

## Fighting Free Radicals with Antioxidants

Summarized by Michael O'Haver

From Better Homes & Gardens, March 2022, Page 100

What are Free Radicals you ask? These are the bad guys found in our environment that cause damage to our cells, accelerate the aging process which raises our risk of numerous diseases.

What are Antioxidants? These are compounds found in food that fight Free Radicals and are key to our good health. They help prevent or slow down oxidative stress to our cells.

Here are foods highest in antioxidants:

1. **Dark chocolate**
2. **Pecans**
3. **Blueberries**
4. **Strawberries**
5. **Raspberries**
6. **Goji Berries**
7. **Artichokes**
8. **Kale**
9. **Red Cabbage**
10. **Beans**
11. **Beets**
12. **Spinach**

If you can't remember all 12 of these Super Antioxidants, just remember to eat lots of fruit, vegetables, whole grain, and plant-based foods. Bright colors and strong flavors are tip-offs for high antioxidants. As foods sit, they lose their nutritional value. Keep them fresh by refrigerating them at 40 degrees F. Frozen items that have been picked ripe and frozen soon are also high in antioxidants

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#### Fruited Coffee Cake Recipe Continued

8. bake for 30—40 minutes until toothpick comes out clean.
9. If necessary cover with foil halfway through baking to prevent overbrowning of fruit.
10. Cool for 10 minutes, remove from pan, sprinkle with powdered sugar. Serve warm
11. Serves 8

# BUILDING A BETTER CHURCH, CONTINUED

## REPORT FROM THE CHURCH PLANNING TASK FORCE

### WHY CHURCH EXISTS? THE PURPOSE OF CHURCH.

- 1. The Worship Experience** - A place to **CONNECT to God**
  - The “Day Of” experience
  - The sermon is not ‘the Message’, the SERVICE is ‘the Message’ (music, prayer, sermon, children’s story, community, and Sabbath School time)
- 2. Community & Fellowship** - A Place to **CONNECT with Others**
  - Socialize, share, and give
  - Build and reinforce new and old relationships
  - Be the “friendliest place in town”
  - RELATIONSHIPS, not theology, are the key to effective evangelism
- 3. Discipleship Process** - A Place to **Serve God & Serve Others**
  - Church was never meant to be a ‘Spectator Sport’
  - Belonging to a church involves service (ministry)
  - All members (old and new) should have a ministry outlet(s) – music, greeter, children’s classes, safety, potluck, prayer, etc.
- 4. Evangelism & Outreach** - Active & **intentional** process for bringing in new members
  - Meet Jesus’ Great Commission, as well as the church’s basic need for growth
  - A definitive focus for encouraging new people (‘newcomers’) to join our church and effectively integrating them into our congregation
  - Balance our ‘in-reach’ with our ‘out-reach’: Focus less inward and more outward
  - Join forces with other churches in the area to host community-building and out-reach events

### WHAT DO PEOPLE LOOK FOR IN A CHURCH?

- The ‘friendliness’ of a church
- The character of the worship service
- A place for children
- Adult programming
- The building and the facilities & grounds
- The church’s image in the community

### OUR PLAN

- 1. SHARE the Plan** - the VISION
  - Let people know what we are DOING...and what THEIR PART is
  - Start incorporating this plan into sermons, announcements, general conversations, and PRAYER
- 2. A PURPOSE statement that becomes PROCESS**
  - A visual model that explains WHAT we are doing and HOW we do it
  - Our church should be filled with people who are BECOMING: More like Jesus; more LOVING and JOYFUL; and becoming TRANSFORMED
- 3. Intentionally build COMMUNITY & FELLOWSHIP**
  - Become the ‘friendliest place in town’
  - Re-think the Courtyard area and the Foyer to make them as inviting as possible
- 4. Create a Worship Planning Team**
- 5. Define and Build a Defined DISCIPLESHIP Process**
- 6. Fellowship Groups” (Small groups) – RELATIONSHIPS bridge the process**

