

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

June 2022

- Page 1:** Church Picnic at last
- Page 2:** Inspire, Sermon Notes, Birthdays, Events
- Page 3:** Healthy Recipe, Connectiveness
- Page 4:** More Church Picnic Photos, Mission Trip Dedication, Anniversary

Church Picnic at Last



The many times postponed, but much anticipated Auburn Church Picnic in Meadow Vista Park finally came to fruition May 21, 2022.

Thanks to Dana Rae who made the reservations long ago and Susan Excell who followed through and brought the fun event together.

See more photos from the picnic on the back page.

INSPIRATION CORNER

I Worship a

Mighty Master

I worship a mighty Christ,
Creator of the Universe,
Stars and planets, spiced
With the rings around Jupiter.

I worship a mighty God,
Creator of the planet Earth,
Oceans, mountains, sod,
Flowers, trees and icebergs.

I worship a mighty Lord,
Creator of all life on Earth,
Fish and animals came aboard,
Birds, insects and plants too.

I worship a mighty master,
Creator of everyone on Earth,
All races, creeds and colors,
They are all equal in His sight.

I may do some small things right,
But when I start relying on myself,
Is when I start loosing sight,
Of who is the Master of all.

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Upcoming Events

June 1, 2022 – Church Task Force Meeting 7 P.M. at the church

June 2 - 8th Grade Graduation at Gracepoint Church

June 6-8, 2022 – PHAA Class of 2022 Graduation

June 18 - Father's Day Sabbath

June 25, 2022 – Melba Spycher Memorial Service

July 2 - Communion Service

Church Birthdays

Claire Ludwig.....	Jun 01
Irina Shchedrov.....	Jun 04
Maxine Mehner.....	Jun 05
Gina Wallace.....	Jun 08
Michael Sutter	Jun 08
Richard Price.....	Jun 11
Lisa Allington	Jun 12
Victor Ibarra	Jun 14
Lilyian 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
Sherri Gerking.....	Jun 21
Sandee Crane.....	Jun 22
Stephen Holm.....	Jun 23
Marilyn Cuccia	Jun 24
Shawn Wallace.....	Jun 24
Alanna Jackson	Jun 30

Auburn SDA Community Church

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Sermon Notes



June 4: Dana Rae De Tar
June 11: Pastor Mel
June 18: Pastor Mel
June 28: Pastor Mel

Grief Tip of the Month

When a person is experience the grief of a loved one's death, send a card and include a personal thought ~ something you remember of that person.

Jan's Healthy Recipes

Don't be Afraid of Your Food

Fettuccine With Stir-Fried Vegetables

From Classic Pillsbury Cookbook Heart Health Recipes

Ingredients:

- ♦ 4 oz. uncooked fettuccine
- ♦ 1-1/2 teaspoons cornstarch
- ♦ 3/4 cup vegetable broth
- ♦ 1/2 cup diagonally sliced carrots
- ♦ 1 teaspoon chopped fresh thyme or 1/4 to 1/2 teaspoon dried thyme leaves
- ♦ 1 cup broccoli florets
- ♦ 1 red bell pepper cut into 1/4-inch strips

Instructions:

Cook fettuccine to desired doneness as directed on package. Drain, rinse with hot water. Set aside but keep warm.

In a small bowl, combine cornstarch and 1/2 cup vegetable broth. Set aside.

Spray large skillet with nonstick spray or use nonstick skillet. Heat over medium-high heat until hot. Add carrots; stir-fry for 1 minute. Add remaining 1/4 cup vegetable broth and thyme; cover and cook 1 to 2 minutes until carrots are crisp-tender. Add broccoli and bell pepper; cook and stir 2-3 minutes more until crisp-tender. Pour cornstarch mixture over vegetables; cook and stir until thickened. Pour over fettuccine; toss to combine.

Makes 4 one-cup servings

A Positive Choices Article by Max Hammonds

Are you afraid of your food? Was it grown in poor soil and not have the right nutrition? What if it has been contaminated by pesticides? Will you get cancer?" "Did someone irradiate the food? Is there need to avoid a certain types of food?"

These are questions heard by nutritionists every day from concerned people – who are misinformed.

We eat food for the nutritional elements it contains – the vitamins, minerals, phytochemicals, carbohydrates, amino acids, fats, and fiber. If the plant is deficient in some nutritional element, it will look off-color, deformed, stunted. These elements are just as essential for the plant as they are for us. If the plant looks healthy, it has the nutritional elements it needs – and that you need. Some thin-skinned foods – like berries and apples – can become contaminated with pesticides, especially if they are over-utilized. But foods that have thick skins or foods in which we normally peel off the outer layer – like oranges and some vegetables – only need to be washed. This includes most leafy vegetables – washed not so much for the pesticides as for the hands that picked and processed them. Pesticides are responsible for 2% of cancers. High fat foods cooked at extreme temperatures increase cancer risk by 36%. Which one is more risky?

Radiation of foods kills germs; it does not alter the nutritional elements of food. Radiation can alter the DNA of living cells to become cancerous; it does not alter dead foods. Radiation is not "stored" or trapped in foods. You can't "eat" radiation.

Most food-caused illnesses are due to contamination in unhygienic food processing. Food should be inspected, packaged properly, cleaned, served from a clean kitchen on clean dishes, and put away in a fridge after serving. All these strategies are good public health recommendations that have been in place for decades – though not always followed.

Don't be afraid of your food. The truth is – in general – food in the United States is safe.

Auburn Church Picnic



Mission Trip Blessing & Anniversary Celebration from May 28

