

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

April 2023

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He Has Risen



**Let all rejoice; He has risen
He was crucified; that's a given
The tomb's vacant; door unsealed
He has risen; prophecy revealed.**

INSPIRATION CORNER

He Died so We Could Live

Jesus was born and lived a perfect life,
In an imperfect world.
Wounded He still conquered the strife,
That was dealt out to Him.

He was without sin and lived and died,
For a world full of sinners.
He took a soldier's lance in His side,
For you and for me.

He endured a painful crown of thorns,
Bore the pain and humiliation,
He chose to into this world be born,
Instead of a crown of gold.

He went through a death on that old cross,
So we would have a chance to live,
He came down and paid the ransom for us,
From the corruption of Satan.

His hands were pierced and nailed,
Instead of folded in prayer,
Those hands that only healed,
Were bloodied and broken.

Jesus was punished and crucified,
For acts He never committed.
He lived for us all and He died,
So we could live forever.

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Coming Events

April 1 - Communion Sabbath

April 8 - Easter Sabbath

April 15 - Escondido Academy Concert at 4pm

May 5-7 - Christian Men's Retreat at Leoni Meadows

May 6 - Teacher Appreciation Sabbath

May 20 - Baptism Sabbath



Be Gentle. Let go of the timeline, allow the feelings to ebb and flow naturally. You can't force a sprained ankle to heal faster than it needs to. The same applies to emotional injury. Practice self-compassion as you find your way through the grief journey.

Birthdays

Gertrude Mulvihill.....Apr 01
Glenda Miller.....Apr 03
Grace Ferolino.....Apr 04
Jerome Murillo.....Apr 07
Larry Messner.....Apr 07
Micah Brown.....Apr 07
Nathaniel Krussow.....Apr 09
Karen Nicola.....Apr 12
Abby Shchedrov.....Apr 13
Jean Rouse.....Apr 13
Jacquie Brown.....Apr 15
Jeremiah Shchedrov.....Apr 17
Katherine Price.....Apr 17
Michael O'Haver.....Apr 21
Micah Baga.....Apr 24
Lisa Ojeda.....Apr 26



Save the Date for VBS!

July 17-21 at Auburn Church

Sermon Notes



April 1: Pastor Mel
April 8: Pastor Mel
April 15: Pastor Mel
April 22: Pastor Mel
April 29: Pastor Mel

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Jan's Healthy Recipes

Blueberry Oatmeal Bread

From Classic Pillsbury Cookbook Heart Healthy Recipes

Ingredients:

- ♦ 2 cups unbleached flour
- ♦ 1 cup quick-cooking rolled oats
- ♦ 3/4 cup sugar
- ♦ 2 tbs baking powder
- ♦ 1/2 tsp baking soda
- ♦ 1/2 tsp salt
- ♦ 1-1/4 cups skim milk
- ♦ 1/3 cup oil
- ♦ 2 tsp vanilla
- ♦ 1 tsp grated lemon peel
- ♦ 2 eggs, slightly beaten
- ♦ 1 cup fresh or frozen blueberries

Directions:

Heat oven to 350° Grease bottom only of a 9 x 5 inch loaf pan. Lightly spoon flour into measuring cup; level off. In large bowl. Combine flour, oats, baking soda, baking powder, and salt; mix well. In a small bowl combine milk, oil, vanilla, lemon peel, and eggs; blend well. Add to dry ingredients; stir just until dry ingredients are moistened. Gently fold in blueberries. Pour into greased pan. Bake for 50 - 60 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Wrap tightly and store in refrigerator 1 (16-slice) loaf.

Hugh altitude: Above 3,500 feet, increase flour to 2 cups plus 2 tablespoons. Bake as directed.

Nutrition:

1 slice = 170 calories, 4 Gm protein, 27 Gm carbohydrates, 27 mg cholesterol, 160 mg sodium, & 1 gm fiber.

And, The Moral Is

A group of highly established alumni got together to visit their old university professor. The conversation among them soon turned into complaints about their stressful work and life. The professor went to his kitchen and returned with a large pot of coffee and an assortment of cups, including porcelain, plastic, glass, crystal, some plain-looking, some expensive and some exquisite. The professor told them to help themselves to the coffee.

After all the students had a cup of coffee in their hands, the professor said: "Did you notice all the nice looking cups are taken and only the plain inexpensive ones are left behind. While it is normal for everyone to want the best for themselves, but that is the source of problems and stress in your life. The cup itself adds no quality to the coffee. In most of the cases, it's just more expensive and hides what we drink."

The professor continued. "What all of you really wanted was coffee, not the cup, but all of you consciously went for good looking expensive cups and then began eyeing each other's cups."

"Let's consider that life is the coffee and the jobs, houses, cars, things, money and position are the cups. The type of cup we have, does not define or change the quality of our lives."

Moral: Sometimes we fail to enjoy our lives by concentrating only on the what makes up our lives. Being happy doesn't mean everything's around you is perfect. It means you've decided to see beyond the imperfections and find peace. And the peace lies within you, not in your career, jobs, or the houses you have.

March Worship Service Highlights

