

Community Newsletter



Auburn
SEVENTH-DAY ADVENTIST CHURCH

August 2023

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Vacation Bible School!

Photos from a fun "Fiercely Faithful" VBS on July 17-21, 2023.

Thank you to all our wonderful volunteers for their time and dedication!



INSPIRATION CORNER

God's Way

Often it's hard to know God's way.
Sometimes it's not the easy way.
We can learn to just talk with Him
when we just need something from Him.

To only use Him, we can't afford.
But for us to grow in the Lord,
we need to open wide our heart,
when the way in our life we chart.

It takes the trials we have to face
to really grow, out of our place.
When we're outside our comfort zone
something brand new we then are shown.

Some of the things to overcome
in life seem from Satan to come,
but they're just the catalysts for
changes that know no other door.

God's way is the only right way.
He knows what we're afraid to say.
We may say we're doing His will,
but in our heart, it's our own will.

Take everything to Him in prayer.
Bank in Him when He's the payer.
To really make God's will our own,
a relationship we must own.

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Upcoming Events

August 3 - Youth Six Flags Trip

August 4 - Youth Vespers

August 11 - Youth Vespers

August 12 - Teacher Dedication
at Auburn Church

August 16 - First Day of School
at Pine Hills

September 2 - Franz Spycher
Memorial

September 8-10 - Fallen Leaf
Campout (No Church on Sept.
9)

Auburn SDA Community Church

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Sermon Notes



Aug 5: Pastor Mel
Aug 12: Pastor Mel
Aug 19: Pastor Mel
Aug 26: Auburn Abroad

Church Birthdays

Jayne Weir.....Aug 02

Herbert Douglass.....Aug 04

Kaylie Wareham.....Aug 04

Drew Whitson.....Aug 05

Chad Hanson.....Aug 07

Steve Nicola.....Aug 07

Ken Osborn.....Aug 10

Darran Sim.....Aug 11

Cheryl King.....Aug 12

Sharon Weir.....Aug 16

Janice O'Haver.....Aug 17

Katherine Weeks.....Aug 17

Susan Excell.....Aug 20

Lori Hanson.....Aug 21

Frances Benedickt....Aug 25

Rianna Krussow.....Aug 27

Patsy Cooke.....Aug 30

Pheobe Maciel.....Aug 30



Express Yourself. Do this in the ways that suit you best. You may want to cry on someone's shoulder, or you may prefer to journal while alone, sing your heart out in the car, scream out loud, pray, or talk in a support group. Experiment with all the avenues available and use them to practice expressing yourself.



Jan's Healthy Recipes

Blueberry Cantaloupe Salad

From Taste of Home—Vegetarian made Easy

Ingredients:

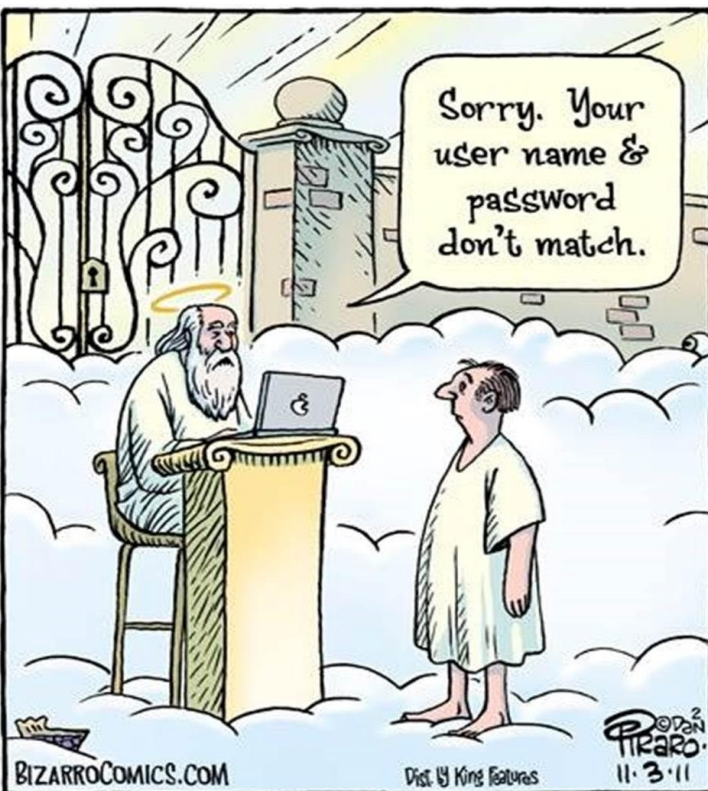
- 3/4 cup orange yogurt
- 1-1/2 tsp lemon juice
- 1/4 tsp poppy seeds
- 1/2 tsp grated orange zest
- 2 cups diced cantaloupe
- 1 cup fresh blueberries

Directions:

A small bowl mix yogurt, lemon juice, poppy seeds, and orange zest.

To serve divide cantaloupe and blueberries into 4 dishes. Cover with yogurt dressing.

Takes 10 minutes, Makes 4 servings.



Prevention Not Cure

One of the best exercises for staying healthy is regular running or walking. And for that you need good shoes. Prevention Magazine listed the top women's walking/running shoes. Here are the top 5.

No. 1— Bondi 8

Comes in widths
Colors: Aria Blue ,
Sunlit Ocean \$165



No. 2— New Balance

608 V-5 Cross Trainer
Comes in widths Col-
ors: White, Pink \$59.95



No. 3—Vionic Tokyo
Colors: Black,
Tan, Grey
\$ 129.95



No. 4 — Brooks Adrenalain 126
Colors: Alloy,
Blue, Green
\$109.95



No. 5 — ALTRA Women's AL0A4VQV Rivera
Colors: Teal, Green
\$ 102.76



Not Just For Kids Classes

Various photos from **some** of the Not Just for Kids Classes that we've had so far. Photos below include welding, CPR, baking and iPhone Photography. If you are interested in leading out or joining a class please contact Susan Excell.

