

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

September 2023

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Teacher Dedication



August 12, 2023 was Teacher Dedication Day at the Auburn SDA Church. The principal, teachers, and staff for the 2023-24 school year for Pine Hills Adventist Academy were honored for their dedication to the concept of a high-quality Christian education for our youth. Please keep them in your prayers throughout the school year.



INSPIRATION CORNER

Ask your Father to Help you Out

A little boy was playing in his sandbox,
With his little shovel and his little pail,
Great fun building roads for his trucks,
Digging tunnels and bridges that didn't fail.

Then his shovel hit against a large rock,
So he started trying to dig the rock up,
Forgotten were his tunnels for his truck,
The rock was big but he finally dug it up.

Then he had to get it out of the sandbox,
The rock was so big he had to roll it instead.
Finally he reached the edge of the sandbox,
And he realized the hardest part was ahead.

Trying to get it over the sandbox's edge,
He shoved and pried and pushed and lifted,
But he could not get the rock over the ledge,
He almost had it once then the rock shifted,

And it fell back and smashed his little fingers.
As he started to cry in pain and frustration,
A shadow ever-watching, that nearby lingers,
Darkened the rock and the boy in his tribulation

Why couldn't you manage to get the rock out,
The little boy's father admonished him?
I tried and I tried, said the boy with a pout.
But you did not ask me for my help.

A kind hand gently dried the tears away,
And a strong arm lifted the rock out.
Remember son next time before you fail,
You can ask your father to help you out.

© 8-10-02, by Michael O'Haver,
from a sermon by Dave Carreon

Upcoming Events

Sept 9-10: Fallen Leaf Lake Campout, **Church to be Closed**

Sept. 24 - Not Just For Kids
Classes: Cooking Decorating

Oct. 6-8 & Oct. 13-15 - Christian Women's Retreat at Leoni Meadows

Oct 22 - Not Just For Kids Classes: Lumpia/Pancit *Date subject to change

Auburn SDA Community Church

12225 Rock Creek Road,
Auburn, CA 95602
Phone 530/885-4232
Head Pastor—Mel Baga
Youth Pastor - Adam Weeks
Office e-mail - office@aubstda.net
Website - www.aubstda.org
Newsletter Editor -
Michael O'Haver E-mail -
GodsScribeMike@gmail.com

Sermon Notes



Sept 2: Pastor Mel
Sept 9: Church Closed
Sept 16: Pastor Mel
Sept 23: Pastor Mel
Sept 30: Pastor Mel

Church Birthdays

Jonalyn Cooke..... Sep 03
Wanda Rasche..... Sep 04
Annmaree Gipson..... Sep 08
John Kaster..... Sep 08
Keith Murillo..... Sep 08
Mace Stokes Sep 10
Nathan Riojas..... Sep 10
Rachael McDonald Sep 10
Ashley Meg Galicia Sep 14
Dennis Hanson..... Sep 14
Rodney Wehtje..... Sep 14
Bonnie Carter Sep 16
Elizabeth Porco Sep 17
Lloyd Teff Sep 23
Ivanette Osborn..... Sep 24
Mike Wood Sep 29



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, pray, or talk in a support group. Experiment with all the avenues available and use them to practice expressing yourself.



Jan's Healthy Recipes

Zucchini Brownies

From Taste of Home—*Vegetarian Made Easy*

This is a fast to fix peanut butter and chocolate frosting tops these moist brownies that are a sweet way to use up your green garden squash. You will love the cakelike texture of the bars.

Ingredients:

- 1 cup butter, softened
- 1-1/2 cups sugar or sweetener
- 2 large eggs room temperature
- 1/2 cup plain yogurt
- 1 tsp. vanilla extract
- 2-2/3 cups all purpose flour
- 1/4 cup baking cocoa
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 cups shredded zucchini

Frosting:

- 2/3 cup semisweet chocolate chips
- 1/2 cup creamy peanut butter

Directions:

1. Preheat oven to 350°
2. In a large bowl cream butter and sugar until light and fluffy. Add 1 egg at a time, beating well after each addition. Beat in yogurt and vanilla. In another bowl combine flour, cocoa, baking soda, and salt. Gradually add 2nd bowl to creamed mixture. Gradually stir in zucchini.
3. Pour into a greased 9"X13" baking pan. Bake until a toothpick inserted in the center comes out clean (35-40 minutes)
4. Frosting—in a small saucepan, combine chocolate chips and peanut butter. Cook and stir over low heat until smooth. Spread over warm brownies. Cool on a wire rack. Cut into bars.

Prep time—20 minutes, Baking Time—35 minutes + cooling, Makes 1-1/2 dozen, 1 piece—307 calories, 17g. of fat, 285 mg. sod., 37g. carb., 21g. sugar, 2g. fiber, 5g. pro.

Prevention Not Cure

9 Superfoods Proven to Improve Your Well-Being

HEALTH VICTORIA STEPHENS 9/22/2022

Nowadays, more people struggle with weight problems. Obesity is becoming a real issue, and healthy diets can't cope with the constant temptations of junk food, snacks, and sweetened beverages.

Fortunately, the past decade has recognized some common ingredients as natural improvements for human health. These are the superfoods – a category of organic foods that can help you lose weight, increase your immunity and nourish you properly. Here are the top 10 healthiest superfoods!

Wild Fish

Fish caught from natural lakes are rich in rare compounds like omega-3 fatty acids. These compounds prevent heart disease and fight off bad cholesterol.

Goji Berries

These small Chinese berries are rich in antioxidants. They can be consumed in various forms to increase immunity and energy and support a high-running metabolism.

Spirulina

This is a green mix of various powdered algae. Its main benefits can be found in the rich composition of minerals and enzymes that detoxify your body.

Spinach

Spinach and other green-leafed vegetables have a high level of alkalis and iron. These compounds improve blood pressure and prevent heart diseases.

Coconut Oil

This essence is ideal for weight loss and healthy digestion. Coconut oil is among the best nourishing cooking oils on the market and the one with the less amount of fat.

Chia Seeds

These tiny granules contain nutrients like magnesium, calcium, fibers, and fatty acids. You can add Chia seeds to numerous foods, sauces, and salads for an extra pinch of health.

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Super Foods Continued

Nuts

Nuts are some of the most accessible superfoods. These seeds are rich in natural oils and precious vitamins with a wide range to choose from.

Maca

Maca is an ancient Peruvian ingredient obtained from a root vegetable. Its consumption can increase libido, fertility, and energy.

Bee Pollen

Bee pollen is an excellent source of vitality and energy. The unique composition of proteins, antioxidants, and nutrients increases the production of antibodies. It is a superfood especially recommended for the cold season.

Katherine & David Baptized



Above Katherine Price speaks out and takes a stand for her Lord.

Below David Ferolino takes the plunge to dedicate his life to serving Jesus.