

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

November 2023

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2023 Christian Women's Retreat at Leoni Meadows

By: Rhonda Rajaofera

This year we had 14 women who attended the retreat, either from our church or friends of our members. It was not only fun but the guest speaker, Carol Kent, was so dynamic and inspiring. The guest artist, singer/song writer Sandy Smith-Gunnarson, is amazing and shared her story of God's weaving the events of her life that lead her to her husband. Karen Nicola had the prayer garden which was incredible and enjoyed by a record number of women this year. Lorna Lawrence graciously volunteered her time as a counselor. Rhonda, Joann, Sandee and Sharon W. put together beautiful name tags and goodie bags for our group, which were enjoyed by all. We laughed, hugged, and cried together as we were brought closer to Jesus and each other. Check out more retreat photos on the last page.

INSPIRATION CORNER

Let Your Light Shine

On the cape sits an old lighthouse,
Out to sea its beam no longer shines,
Ships no longer can depend on it,
Their way home safely to find.

Like lots of people now days,
They think God has left us,
We no longer can depend on Him,
His support we can no longer trust.

Lighthouses may be picturesque,
With backdrops of rustic cliffs,
But with all the modern technology,
Are they needed to conquer life's rifts?

When Jesus returned to Heaven,
He left us the Holy Spirit instead,
But the Spirit works through us,
If we are open and willing to be led.

Let your light shine far and bright,
Don't hide it away in the dark,
Lighthouses are not obsolete,
When to His call we hark.

Do you come to church for service,
Or to erase your hectic week?
A Christian who isn't serving,
Is a contradiction no one should seek.

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Upcoming Events

Nov 11 - Franz Spycher Memorial Service at 2pm

Nov. 20-24 - PHAA Thanksgiving Break

Dec. 8 - PHAA 7-12 Christmas Concert at the Auburn Church

Dec. 9 - Philippine Meistersingers Concert at 2pm in the Sanctuary

Dec. 23 - Christmas Pageant

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Sermon Notes



Nov 4: Pastor Adam
Nov 11: Pastor Mel
Nov 18: Pastor Mel
Nov 25: Pastor Mel

Church Birthdays

Ema Ludwig.....Nov 03
Faith Johnson.....Nov 04
Mitchell Sim.....Nov 05
Rose Kaster.....Nov 05
Daulton Teff.....Nov 06
Cary Allington.....Nov 07
Janet Kahler.....Nov 07
Brad Ludwig.....Nov 11
Janie Evazkhani.....Nov 11
Zachary Allington....Nov 13
Hope Sekulic.....Nov 14
Rhonda Rajaofera....Nov 16
Jim Ferolino.....Nov 17
Jonathan Crane.....Nov 17
Deborah Price.....Nov 20
Ava Brown.....Nov 21
Cyndee Holm.....Nov 22
Phil Evazkhani.....Nov 25
Sydney Fanselau.....Nov 26



An important part of self-care is eating well. During a period of grief, it may feel difficult to eat adequately. Sometimes depression and physical symptoms of grief can result in a worsened diet and decreased ability to eat normally. Because of these physical and emotional demands, it is even more crucial to consume a healthy diet.



Jan's Healthy Recipes

Jan's Famous Thanksgiving Dressing

One of Jan's contributions to the Thanksgiving dinner, which we celebrate with our daughter Lisa and her husband Tom is the dressing. Tom always deep fries a turkey in oil and Jan usually does the dressing, as well as a homemade apple pie.

Here is Jan's recipe for the dressing:

Ingredients:

- 1 Tablespoon Olive oil
- 2 Tablespoons unsalted butter
- 2 Cups Celery, sliced, about 6 stalks
- 1 large onion, chopped
- 1-1/2 tablespoons Thyme, chopped
- 1-1/2 teaspoons Kosher salt
- 1 teaspoon black pepper
- 2 cups Turkey broth, divided
- 4-1/2 cups corn bread, dried & cubed
- 4-1/2 cups whole wheat bread, dried & cubed
- 3 large eggs, lightly beaten
- 1 Tablespoon fresh flat-leaf Parsley, chopped

Directions:

Preheat oven to 375

Heat oil and butter in a large nonstick skillet over high until the butter melts.

Stir in celery and onion. Cook stirring occasionally, about 5 minutes or until tender, add the thyme, and the rest of ingredients.

Place in the oven and cook until done, about 30 minutes.

Prevention Not Cure

THE SECRET TO A HEALTH BRAIN, IS YOUR HEART

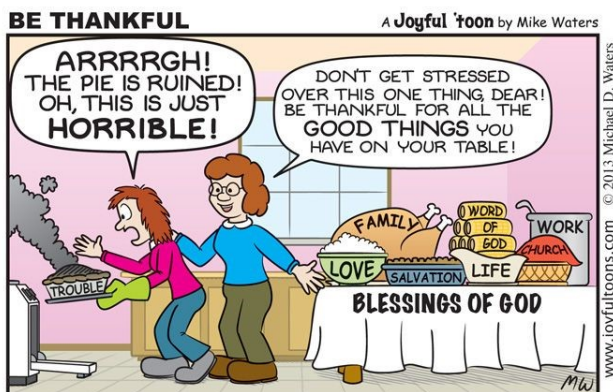
BY PETER CROWTHER

If it seems that there are more people with dementia than there used to be, it's not your imagination. Right now 6.5 million Americans ages 65 and older are living with it, and by 2050 that number is projected to have risen to 12.7 million, according to the Alzheimer's Association. A big reason: the state of our heart health.

The brain requires fuel to function, and it gets its fill when the heart pumps lots of oxygen and glucose-containing blood upward, says Constantino Iadecola, M.D., director of the Feil Family Brain and Mind Research Institute at Weill Cornell Medicine. But the brain doesn't have any reserves of this crucial resource. Consider your heart and blood vessels as supply lines to a remote city with no grain silo, Dr. Iadecola says. "If the tracks don't work, the city doesn't eat and the people starve." The lifestyle factors that keep your heart in good shape are the same ones that may dramatically lower your risk of brain-health issues as you age. Though there is no cure for dementia, "taking steps to prevent heart disease, which we do know how to do, can have a big impact on cognitive disorders," explains Rebecca Gottesman, M.D., Ph.D., senior investigator and stroke branch chief at the National Institute of Neurological Disorders and Stroke.

In fact, your cardiovascular fitness may be the most important factor in keeping your mind sharp for the long haul. The evidence overwhelmingly supports this notion: In a study from Finland, people with the best cardiovascular scores at midlife cut their risk of developing dementia later in life by up to 40% compared with those who had the worst scores. In another study, Swedish researchers found that the more quickly people developed cardiovascular risk factors, the more likely they were to experience Alzheimer's and dementia.

But this is not just an older-person issue. One study on heart-healthy habits—this time in young adults—showed that those who practiced more of these positive actions had fewer changes to the blood vessels in their brains, a measure of dementia risk. Essentially, the better shape you're in early on, the younger your brain age will be in the future, according to another study. "What you do when you're young is extremely important," says Dr. Gottesman, perhaps even more so than taking charge of risk factors later in life.



Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

— COLOSSIANS 3:15 NIV



More Retreat Photos



OCTOBER IS PASTOR APPRECIATION MONTH

Let's appreciate and support Pastor Mel and Pastor Adam not just in October, but all throughout the year!

