

Community Newsletter



Auburn
SEVENTH-DAY ADVENTIST CHURCH

January 2024

- Page 1: The Philippine Meistersingers Concert
- Page 2: Inspire, Sermon Notes, Birthdays, Events
- Page 3: Healthy Recipe, Prevention not Cure
- Page 4: Photos of Christmas Social & Pageant

The Philippine Meistersingers in Concert



The Auburn Church was so blessed to be able to host the internationally acclaimed Philippine Meistersingers for two concerts in December. With such powerful voices and talented singers, everyone who attended was in awe. We look forward to the next time they return to Northern California.



INSPIRATION CORNER

Joseph did you know?

Your son would grow up to perform miracles?

Joseph did you know...

Your son would be crucified for your sins?

Joseph did you know...

Your son would be an itinerate preacher?

Joseph did you know...

Your son would defy the Romans?

Joseph did you know...

Your son would be God Himself?

Joseph did you know...

Your son would change the world?

Joseph did you know...

Your son would found a religion?

Joseph did you know...

Your son would become a martyr?

Joseph did you know...

Your son would die and rise again?

Joseph did you know...

Your son would pay it forward?

© 12/17/2023 by Michael O'Haver



Upcoming Events

Jan 6 - Communion Sabbath

Jan 8 - PHAA School Resumes

Feb 2-4 - Freshman/Sophomore Retreat at Leoni Meadows

Feb 17-18, 24-25 - Singin' in the Rain PHAA Drama Performance

Church Birthdays

Matthew Stokes.....Jan 01

Todd Reese.....Jan 02

Mark Porco.....Jan 07

Cherie Blasquez-Tracy.Jan 9

Nancy Fowler.....Jan 18

Rafael Ojeda.....Jan 21

Christiana Teff.....Jan 25

Cara Roderick.....Jan 30

Delaina Jewkes.....Jan 30

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



Jan 6: Pastor Adam
Jan 13: Pastor Mel
Jan 20: Pastor Mel
Jan 27: Pastor Mel

Be Supportive of Remembering

This could include reaching out to acknowledge that you're thinking of the griever on special occasions like holidays, birthdays, or the anniversary of a death.



Jan's Healthy Recipes

Prevention Not Cure The Flu

Oatmeal Surprise Cookies

From Taste of Home—Cookies, Bars & More

The holiday season is a time for family get togethers and parties. And that means all the delicious goodies and especially cookies. Here is a recipe with a special surprise you'll love.

ingredients:

- ♦ 1 cup butter, softened
- ♦ 3/4 cup packed brown sugar
- ♦ 1/2 cup sugar or artificial sweetener
- ♦ 2 eggs
- ♦ 1-1/2 cups all-purpose flour
- ♦ 1 teaspoon baking soda
- ♦ 1 teaspoon pumpkin pie spice
- ♦ 2-3/4 cups quick-cooking oats
- ♦ 1-1/2 cups chocolate-covered raisins

Directions:

Preheat oven to 350 °. In a large bowl cream butter and sugars until light and fluffy. Beat in eggs. Combine baking soda, flour, and pumpkin pie spice gradually and add to creamed mixture and mix well. Stir in oats and raisins.

Drop by tablespoonfuls two inches apart onto greased baking sheet. Flatten slightly. Bake 13-15 minutes or until golden brown. Cool five minutes before moving to a wire rack. Store in an air tight container.

Prep time 20 minutes, cooking time 15 minutes/batch, makes three dozen.

From Prevention Magazine

How long is the flu contagious?

There's a spectrum here. People with the flu are most contagious in the three to four days after they develop symptoms, the [CDC](#) says. Most people can infect other people up to a day *before their symptoms start* and up to five to seven days after they show signs of the virus. Kids and people with weakened immune systems may be able to pass on the virus for more than seven days.

But there are a few variables that come into play. "Contagiousness for an infectious disease is not an on-and-off switch," says Amesh A. Adalja, M.D., a senior scholar at the Johns Hopkins Center for Health Security. "But it's important to remember that, as you get further out from when your symptoms started, you could still be contagious."

Things like taking oseltamivir (Tamiflu) and being vaccinated against the flu should also shorten the amount of time you're sick—and infectious, adds [Thomas Russo, M.D.](#), professor and chief of infectious disease at the University at Buffalo in New York. [Baloxivir](#) (Xofluza) "does likely diminish contagiousness as seen in household attack rate studies," Dr. Adalja says. One [study](#) published in 2022, for example, found that other family members got the flu 9.5% of the time when a patient took baloxivir compared to 19% when the patient took oseltamivir.

Still, Dr. Russo says, **"I like to consider people infectious up to seven days, just to be safe."**

As a whole, "people are generally most contagious one to four days after they fall ill," says David Cennimo, M.D., assistant professor of medicine and infectious disease at Rutgers New Jersey Medical School. "This time of maximal infectivity generally coincides with the time of the worst symptoms [and] most household infections happen right away," he adds.

How does the flu spread?

The flu is thought to be mainly spread by droplets



Continued on Page 4

The Flu Continued from Page 3

that are created when an infected person coughs, sneezes, or talks. Those droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into their lungs, the [CDC](#) explains. Less commonly, a person could get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or eyes.

How to keep from spreading the flu

If you have the flu and you're able to isolate, Dr. Adalja recommends doing just that. That means you should try to sleep apart from other members of your household and use a different bathroom if you have one. You should stay in isolation until you're fever-free for 24 hours, Dr. Adalja says. And, if you need to be around others, he suggests wearing a high-quality mask to lower the risk you'll infect them.

"The same things that work with [COVID](#) should work with the flu," Dr. Russo says. If it's within seven days since you were diagnosed and you're out and about, Dr. Russo recommends wearing a [mask](#) to help lower the risk you'll spread the virus to others. "That's particularly true if you're interacting with vulnerable people," like the elderly, very young, or pregnant people, he says.

"I'm hoping that people will be considerate of others and do what they can in terms of minimizing risk of spreading the flu to others if they get infected," Dr. Russo says. "Influenza is still a lethal virus."

Photos from the Church Christmas Social and 2023 Christmas Pageant

