

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

June, 2024

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Teacher Appreciation Sabbath



On May 4, we had a Teacher Appreciation Sabbath where we recognized and loved on all of our school teachers and staff for the hard work they've accomplished this school year.

Let's thank our teachers not just once a year, but all throughout the year!

INSPIRATION CORNER

The Breath of Life

Cradled in my loving Savior's arms,
I can imagine how it feels to me,
To have His actions alley alarms,
As He breathes the breath of life.

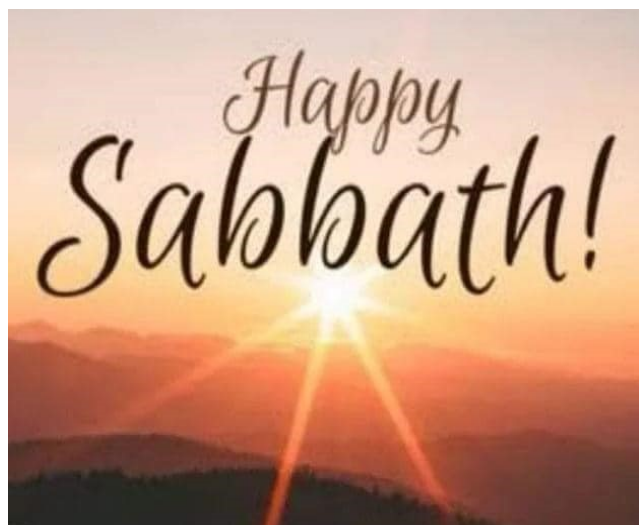
I imagine Jesus' tenderness when,
He first formed Adam from dust,
As He lowered His face and then,
Breathed the breath of life to him.

I imagine Adam's feelings as he,
First opens his eyes and gazes,
Into the Creator's eyes to see,
The love of a Father for his child.

How similar it must be for each one,
Who first realizes his holy commission,
As it is passed down from Father to son,
"Go, and spread the word to the world."

Jesus is waiting to breathe the breath
Of life into each of his sons and daughters,
So they can feel the inspirational breath,
Of His sanctifying Holy Spirit within them.

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Upcoming Events

June 1 - Celebrating Our Auburn Graduates
June 2 - Cookie Decorating Class
June 8 - Baccalaureate Sabbath
June 19-July 4 -Philippines Mission Trip
June 14 - Youth Vespers
June 21 - Youth Lake Day
July 14 - How To Make Tamales Class

Auburn SDA Community Church

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Church Birthdays

Claire Ludwig.....Jun 01
Audrey Lockwood.....Jun 05
Maxine Mehner.....Jun 05
Gina Wallace.....Jun 08
Lorelie Krussow.....Jun 10
Richard Price.....Jun 11
Lisa Allington.....Jun 12
David Van Zant.....Jun 16
Edward Rouse.....Jun 16
Julie Baga.....Jun 17
Joshua Jewkes.....Jun 18
Nikki Wehtje.....Jun 18
Sherri Gerking.....Jun 21
Josephine Spieth.....Jun 22
Sandee Crane.....Jun 22
Alexa McBride.....Jun 23
Stephen Holm.....Jun 23
Marilyn Cuccia.....Jun 24
Shawn Wallace.....Jun 24
Barry AcMoody.....Jun 25

Sermon Notes



June 1: Pastor Mel
June 8 Joe Fralick
June 15: Pastor Mel
June 22: Julie Baga
June 29: Pastor Adam



Give Yourself the Compassion You'd Give Others

Be gentle with yourself about your grief journey. When people indicate that "you should be over this," gently remind them that everyone experiences grief differently and tell them how they can help you.

Jan's Healthy Recipes

Prevention Not Cure

From *Recipes from the World of Beta Sigma PHI*

California Ranch Rice

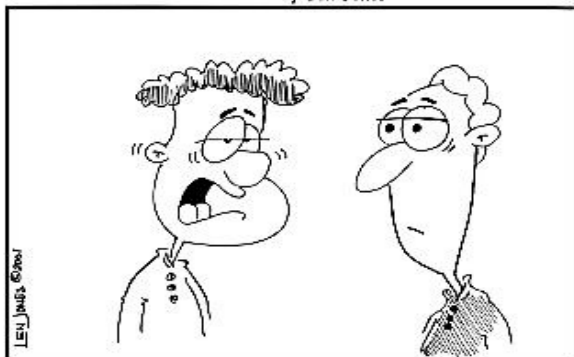
Ingredients:

- ⇒ 1 cup chopped onion
- ⇒ 1/4 cup butter
- ⇒ 4 cups cooked rice
- ⇒ 2 cups sour cream
- ⇒ 1 cup cream-style cottage cheese
- ⇒ Salt & Pepper to taste
- ⇒ 2– 8-ounce cans whole unseeded chilies cut into strips
- ⇒ 2 cups grated Cheddar cheese

Directions:

Saute onions in butter in a large frying pan until limp. Add rice, sour cream, cottage cheese, salt, and pepper; mix together. Spread 1/4 of rice mixture in greased casserole. Add layer of 1/3 of chilies and 1/2 cup cheese. Repeat, ending with layer rice and reserving remaining 1/2 cup cheese. Bake at 375° for 25 minutes. Sprinkle remaining 1/2 cheese on top. Bake for 10 minutes longer. Yields 8 servings.

ALTAR EGO. by Len Jones



"I was just fine with the concept of sharing my faith until Pastor said we actually had to talk to people."

Zinc-The Hero of the Mineral World

Zinc is known for its immune-boosting properties. If you are wondering why and if there's an optimal time to take this supplement, read on.

Some older adults, those over 50 years of age, may have decreased zinc absorption or take medications that may interfere with zinc absorption. A multivitamin-mineral supplement with zinc should be able to help those individuals meet the recommended zinc intake. Zinc deficiencies are more common in individuals who are elderly, pregnant, breastfeeding, have a history of alcohol abuse, or are vegan.

Before you buy, be sure to review the serving size of the supplement and the amount of zinc in the supplement. It is important to limit zinc from both supplements and food to no more than 40 mg/day, as more zinc may interfere with copper absorption and lead to a copper deficiency.

When cold season is in full swing, many people start to take a Zinc supplement as a way to prevent a cold in the first place. Research suggests that taking Zinc lozenges within the first 24 hours of a cold and then every few hours during the day will shorten the duration of a cold. However, don't keep taking extra Zinc once you're feeling better—taking Zinc lozenges for more than 6-8 weeks could cause a copper deficiency.

Foods that are natural sources of Zinc are: Beans, Seeds, Whole grain, Dairy products, & Fortified cereals.

When should you take Zinc? If you need Zinc supplementation, absorption is optimal on an empty stomach. However, if it irritates or upsets your stomach, take it along with a meal or snack.

Zinc can also be less absorbed if taken with high-fiber foods like whole grains and beans so do not take a Zinc supplement with one of these foods. Do not take it within a couple hours of antibiotics.

The best time to take Zinc is whenever you remember to.

2024 Christian Men's Retreat



The Christian Men's Retreat held annually since 1987 at Leoni Meadows the first weekend in May saw a significant increase in attendance over last year. In spite of the slightly undesirable weather, it snowed on Sabbath afternoon, the Devotional Speaker Pastor Walter Groff and the Guest Speaker Dr. MyRon Edmonds had a captive audience for their presentations which were well received. We hope those from the Auburn Church will be able to attend next year!

