

# Community Newsletter



## Auburn

SEVENTH-DAY ADVENTIST CHURCH

*August, 2024*

**Page 1:** Philippine Mission Trip—2024

**Page 2:** Inspire, Sermon Notes, Birthdays, Upcoming Events, Grief Relief Tip

**Page 3:** Mission Trip Overview, Prevention

**Page 4:** More Mission Potos

## Philippine Mission Trip ~ 2024

Darrel Crane, Jim & Grace Ferolino, and Carl & Fraulein Bringas (Eagle Rock), teaching Jesus and the Good News



Pastor Mel, along with Robert and Aimee Arcinas were preaching on Revelation. Over 1,400 were baptized over the week long event.

# INSPIRATION CORNER

## Surrender to Him

In times of good and times of bad,  
When you're happy; when you're sad,  
In times of thick; in times of thin,  
All should know you can turn to Him.

When someone you think has your back,  
Turns and instead stabs you in the back,  
When they hide their evil behind a grin,  
All should know you can trust in Him.

When all your friends seem to desert you,  
Even those you thought tired and true,  
And your trust is wearing really thin,  
All should know you can rely on Him.

When you have just received another blessing,  
And you know He stood for you, no guessing,  
And you know He has blessed you again,  
All should know you can stand for Him.

When you realize Jesus died just for you,  
The most painful death He could go through,  
Just so we could shed all our sin,  
All should try to live just for Him.

Many pride themselves on self sufficiency,  
How they can live their lives efficiently,  
It's not time to rely on yourself again,  
We should all surrender to Him.

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## Upcoming Events

**Aug 3** - Missions Sabbath

**Aug 15** - Registration opens for Women's Retreat

**Aug 17** - Teacher Dedication Sabbath

**Aug 21** - PHAA First Day of School

**Sept. 6-8** - Church Fallen Leaf Campout (Church Closed on Sept. 7)

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## Sermon Notes



**Aug 3:** Pastor Mel  
**Aug 10:** Pastor Mel  
**Aug 17:** Pastor Mel  
**Aug 24:** Pastor Mel  
**Aug 31:** Pastor Mel

## 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  
Brennan Reese.....Aug 11  
Darran Sim.....Aug 11  
Cheryl King.....Aug 12  
Sharon Weir.....Aug 16  
Janice O'Haver.....Aug 17  
Katie Weeks.....Aug 17  
Susan Excell.....Aug 20  
Lori Hanson.....Aug 21  
Frances Benedickt.....Aug 25  
Rianna Krussow.....Aug 27  
Pheobe Maciel.....Aug 30



**Here are 3 ideas that might help you cope when someone you love has died:**

- Join in rituals. Memorial services and funerals are times to express your feelings.
- Accept your emotions. Don't stop yourself from having a good cry if you feel one coming on.
- Talk about it when you can but don't force it.

## Philippines Mission 2024

Our Auburn church family sent Pastor Mel Baga and three other families to Mindanao, Southern Philippines for an Evangelism and Medical trip at two sites. We joined with the Northern California Conference which organized preaching at 25 sites with 21 pastors and 4 lay teachers.

Pastor Mel preached at a church called Polomolok East, located about 10 miles north of General Santos City. He preached a series titled "Simply Jesus," which focused on the Kingdom of God as the joining of heaven and earth in Jesus. Supporting him nightly through songs and health nuggets were Micah and Havilah Baga, Ema Ludwig; Aimee, Robert and Rozni Arcinas as well as many local church members.

Darrel Crane, Jim & Grace Ferolino, and Carl & Fraulein Bringas (Eagle Rock), taught at another site — teaching Jesus and the Good News. Grace and Fraulein (Jim's sister) taught Newstart principles and covered CPR, choking, febrile seizures and bleeding control to the very interested attendees. Both Jim's and Carl's kids also assisted with the First Aid teaching, and also modeled intercessory prayer for the many members and visitors that attended each night.

A medical clinic was also held on our first Sunday there with dental care and various other medical treatments. Hundreds of needy people came. The medical-dental was made up of Adventist medical professionals and local government units. The more than 70 folks who came from Northern California Conference lent their support. One of the churches we supported, Dreamland SDA, was founded as a daughter church about 13 years ago. Since that time, Dreamland SDA has founded four daughter churches of her own. Each church has around 200 members in the suburbs. The city churches can have up to 800 members. Sabbath services last all day, with a variety of worship and recreation activities, as well as meals at all meetings.

The thing that struck us most, is how much the family connections, service and worship, were like what we share at Auburn. There were more than 1,712 baptisms over the week, and more interests that remain after our presentations.

## Prevention Not Cure

### Multivitamins—Good or Bad?

People take vitamins for all kinds of reasons—from vitamins for stress to vitamin B12 supplements—but many add them to their routine with the hope of boosting longevity. However, new research shows that your daily multivitamin may not help you live longer after all.

A study published in *JAMA Network Open*, from the National Institutes of Health (NIH), analyzed data from nearly 400,000 adults spanning 20 years. Participants had a median age of 61.5 and were generally healthy, with no history of chronic diseases. Over the 20-year period that the participants were followed, researchers reported nearly 165,000 deaths.

Researchers found no evidence that taking a daily multivitamin lowered the risk of death from conditions such as heart disease or cancer. In fact, rather than living longer, otherwise healthy people who took daily multivitamins were slightly more likely (4%) than non-vitamin-takers to die in the study period, according to the research.

The study, however, did not analyze data from people with pre-existing vitamin deficiencies (so people who may need to take certain vitamins and supplements). Therefore, more research is needed for populations with nutritional deficiencies to determine if multivitamin use shows similar results.

So, what is the purpose of taking a multivitamin, then? Well, multivitamins provide some, all, or more than the recommended amounts of vitamins and sometimes minerals, says Melissa Prest, D.C.N., R.D.N., national media spokesperson for the Academy of Nutrition and Dietetics and member of the Prevention Medical Review Board. "They are used to supplement nutrients you may miss from your diet. However, for most people who eat a balanced diet, multivitamins may not add much to their already balanced plate," she points out.

Most longevity studies find that diet and lifestyle are more important than vitamin supplements for longevity, says Prest. "As a registered dietitian nutritionist, I recommend multivitamins, after completing a diet assessment, for individuals with a sustained poor appetite or other health conditions that impede their ability to eat a diet rich in fruits and vegetables," she advises.



# More Philippine Mission Photos

