

# Community Newsletter



**Auburn**  
SEVENTH-DAY ADVENTIST CHURCH

*September 2024*

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## Teacher Dedication Sabbath 2024



On August 17, during the worship service we took the time to dedicate and pray over all of our teachers and school staff as a new school year begins. We pray that God gives them the wisdom, guidance and encouragement for a wonderful school year.

# INSPIRATION CORNER

## He Died So We Could Live

Jesus was born and lived a perfect life,  
in an imperfect world.  
Wounded He still conquered the strife,  
that was dealt out to Him.

He was without sin and lived and died,  
for a world full of sinners.  
He took a soldier's lance in His side,  
for you and for me.

He endured a painful crown of thorns,  
bore the pain and humiliation,  
He chose to into this world be born,  
instead of a grown of gold.

He went through a death on that old cross,  
so we would have a chance to live,  
He came down and paid the ransom for us,  
from the corruption of Satan.

His hands were pierced and nailed,  
instead of folded in prayer.  
Those hands that only healed,  
were bloodied and broken.

Jesus was punished and crucified,  
for acts He never committed.  
He lived for us all and He died,  
so we could live forever.

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## Upcoming Events

**Sept 6-8:** Fallen Leaf Church  
Campout, Tahoe—**Church  
Will be Closed on Sept 7**

**Sept 21:** PHAA K-6 Sings at  
Auburn Church

**Oct 4-6 & 11-13:** Christian  
Women's Retreat: at Leoni  
Meadows. Registration is  
open until Sept 27.

**Oct 26:** Broadside of a Barn  
Church Movie Social

## Church Birthdays

Wanda Rasche.....Sep 04  
Emerson Spieth.....Sep 07  
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 Galicia.....Sep 14  
Dennis Hanson.....Sep 14  
Rodney Wehtje.....Sep 14  
Bonnie Carter.....Sep 16  
Elizabeth Porco.....Sep 17  
Grant Lockwood.....Sep 21  
MeeRa Chong.....Sep 22  
Hannah McBride.....Sep 23  
Lloyd Teff.....Sep 23  
Ivanette Osborn.....Sep 24  
Michael Lockwood.....Sep 25  
Mike Wood.....Sep 29

## Auburn SDA Community Church

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## Sermon Notes



## ASTRONOMER

A Joyful 'toon by Mike Waters



The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. — PSALM 19:1-2 NIV

**Sept 7: Church Campout**  
**Sept 14: Pastor Mel**  
**Sept 21: Pastor Mel**  
**Sept 28: Pastor Mel**



God  
is good  
all the time

## Jan's Healthy Recipe

### Vegetarian Chili

#### Ingredients:

- 1 lb. dried kidney beans
- 2 qt. water
- 1 qt. vegetable stock
- 1 yellow onion (Large -, diced)
- 1 bell pepper (Large -, diced)
- 1 jalapeno pepper (Large -, diced)
- 6 garlic cloves (minced)
- 30 oz. canned tomatoes (Diced)
- 1 yellow squash (diced)
- 1 zucchini (diced)
- 15 oz. canned corn (drained)
- 1 chili seasoning (Packet)

#### Instructions:

- Add beans and water in a large pot, bring to a boil for 5 minutes.
- Cover and let sit for 1 hour.
- Bring beans and water back up to a light simmer over medium heat.
- Add stock, onions, peppers, garlic and diced tomatoes.
- Cover and reduce the heat to medium low and let simmer for 1 hour.
- Add zucchini, squash, corn and seasoning packet.
- Let simmer with the lid off for 30 minutes or until the beans are tender and it has slightly thickened.
- **Enjoy!**

## Grief Relief Tip

### Coping Mechanisms to Heal from Grief

A whirlwind of pain and emotions may make you feel stuck when loss happens. Creating memorials and sharing positive memories may help you manage your grief.

Loss is a part of life. You can feel grief anytime you lose something important to you. Sources of grief can be:

- Death of a loved one
- Job loss
- Forced moving
- Financial hardships
- The breakdown of relationships

It's okay to not want to focus on managing grief right away. Grieving is an individual process; there's no right or wrong way to go about it.

You can come back from grief. Symbolism, memorials, and journaling are just some ways to start the process.

#### Symbolism

Koger suggests honoring your loss through symbolism. "Finding things that remind you of the person (or pet) you have lost to be reminders of the importance they have in your life," she says.

Keepsakes and pictures of positive moments can help you recall feelings of joy. If your loss didn't involve death, reminders of positive outcomes could be helpful.

If you lost a job, for example, a picture on the refrigerator of your dream job may inspire you to go back to school or may motivate you to follow your passion.

It might also help to build shrines, memorials, or to plant a tree. These and other aspects will be discussed next month.



# Stories With Morals

From her bedroom window, Rebecca eyed the children playing in the snow enviously. How she longed to play with them!

"Now, Rebecca," she remembered her father telling her that morning. "You can't play in the snow today."

"Why not, Father?" Rebecca had asked. Every day, the neighborhood children gathered at a park just behind Rebecca's house.

"Just trust me, Rebecca. It's not what's best for you today," her father had replied.

At the time, Rebecca had responded by kissing her father on his cheek and assuring him that she would stay inside and read. But now she was having second thoughts.

*It is beautiful outside*, she thought to herself. It was true: the sun *was* shining brilliantly. Why wouldn't her father let her go play?

Why should she have to miss out on all the fun?

When a snowball exploded just outside her window, Rebecca decided she couldn't stand it any longer. She simply had to go join the others!

Leaving her book on the table, Rebecca slipped outside. She tried to tell herself she was having a good time, but all the while her heart felt uncomfortable. She kept looking this way and that, fearful lest her father see her.

After a few hours, Rebecca finally said her goodbyes and headed back towards the house. She wanted to be safely lodged in her room before her father came home.

Intent on getting to her room as quickly as possible, Rebecca didn't see the mitten someone had left on the stairs until her foot slipped on it. Next thing she knew, she had fallen several stairs. To her horror, she noticed that she had hit her father's favorite picture when she fell! A huge gash ran along the front of the picture.

Normally, Rebecca would have hurried immediately to her father after such a fall so he could doctor her up and make her feel better. But not this time. How could she face her father right now? She had disobeyed him and ruined his favorite picture! Biting her lips to keep from crying out, Rebecca grabbed the ruined picture and hobbled to her room. For the remainder of the day, she lay in agony. Her body ached from the bruises she received on her fall. But her heart—ah, that ached worse of all! She felt certain that her father would no longer love her. She had messed up in the past, but surely this time she had gone too far! He would probably never want to speak to her again. How could he still love her?

Finally her conscious got the upper hand and she, still shaking and trembling with fear, limped down the hall to the living room. She paused at the doorway. Her father was sitting in his favorite chair, just like he did every night. He looked up when she entered, and a smile radiating with love illuminated his face.

"Ah, you've come at last! I've been waiting. Come, sit here on my lap." As he spoke, he opened his arms widely.

Rebecca couldn't stand it. "Oh, you don't understand, Father! You can't love me anymore. I've been terribly wicked and—" Rebecca held up the picture frame for her father to see.

"I know, Rebecca—more than you think. I watched you go outside. I watched you fall and hit the picture frame. I saw it all."

You did?" Rebecca was flabbergasted. "But-but weren't you at work?"

Her father shook his head. "I took the day off to spend some special time with you. That's why I told you not to go outside to play. Ever since I saw you fall, I've been longing for you to come to me so I could bandage your wounds and help you. Won't you come now?"

Rebecca could hardly believe her ears. Her father had planned to spend the afternoon with her...and she had missed it. Oh, what foolishness! Yet her father knew it all...and loved her anyway. Could it be? "But, Father, how can you love me now?"

Rebecca's father smiled a smile she would never forget. "Rebecca, dear, I loved you before you were born. You're my daughter. And I will always love you. Although sometimes your actions will result in consequences you could have avoided, nothing can ever separate you from my love. Now won't you come and let me help you with those bruises?"

*"Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us." Romans 8:35-37*