

Community Newsletter



Auburn
SEVENTH-DAY ADVENTIST CHURCH

February, 2025

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Week of Prayer

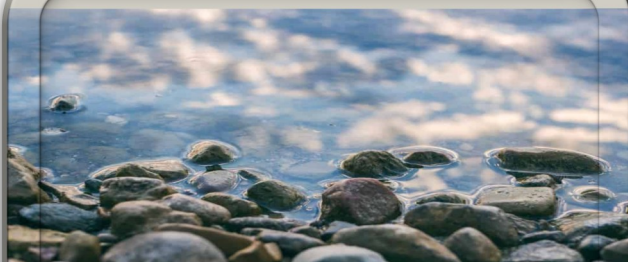
THEME: NEW BEGINNINGS



Each day brings the promise of a new beginning, the opportunity to learn from my experience and the chance to make a different choice...



NICOLE RIGATO



"Your life does not get better by chance. It gets better by change."

AM ROHN

INSPIRATION CORNER

God Loved us That Much



*Would you sacrifice your life for your child?
if it ever came down to that.
It is not a question that is all that wild.
You probably would if needed.*

*The love of a parent for their child,
is the strongest love there is.
You'd do anything to save you child,
even sacrifice your own.*

*But would you give your child up,
to save a complete stranger?
That's a question with which to stump,
probably not so many takers.*

*It is hard for us to even comprehend,
that kind of love,
to give up one's child even for a friend,
beyond our understanding.*

*But that is just what God did for man.
He gave his only son,
so we can all go to the Promised Land,
if only we believe.*

*I praise God for what we understand,
and I praise Him even more,
for all that we do not understand,
that God could love me.*

*It must take a love beyond belief,
to make such a sacrifice.
For all of us it is quite a relief,
that God loved us that much.*

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Upcoming Events

Feb 7-8 - Freshman & Sophomore Retreat at Leoni

Feb 15 - Grilled Cheese & Games Social

Feb 22 & 23, March 1 & 2 - PHAA Performing Arts "Music Man"

March 13 - Church Business Meeting

March 15-30 - PHAA Spring Break

Church Birthdays

Karina Ludwig	Feb 01
Jonah Jewkes	Feb 02
Rosalie Spieth	Feb 03
Jenny AcMoody.....	Feb 05
Denephine Bevins.....	Feb 06
Patti Lutz.....	Feb 07
Olivia Ludwig	Feb 08
James Maddox	Feb 09
Starr Wallace.....	Feb 10
Lovie Thomlinson	Feb 14
Steven Maciel.....	Feb 14
David Krussow	Feb 16
Sandy Douglass	Feb 17
Brian McBride.....	Feb 18
Jon Cicle	Feb 18
Douglas Roderick.....	Feb 19
Macey Galicia	Feb 19
Daniel Ferolino	Feb 21
Kara Dyer	Feb 22
Wyatt McBride.....	Feb 23
Luke Ferolino	Feb 26
Stephen Price	Feb 26
Dayton Roderick	Feb 27
Donald Dyer	Feb 27
Jason Brown	Feb 28

Auburn SDA Community Church

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Sermon Notes



Feb 1: Dana Rae

Feb 8: Pastor Mel

Feb 15 Pastor Mel

Feb 22: Pastor Mel



If you are left alone after your loved one's death there are several ways to get help managing your grief: 1) go online and find a support group in your area; 2) look for grief consolers at you church; or 3) you can check the newspaper want ads.

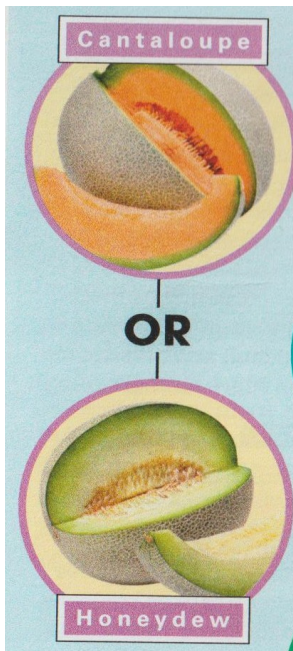


Jan's Healthy Recipe

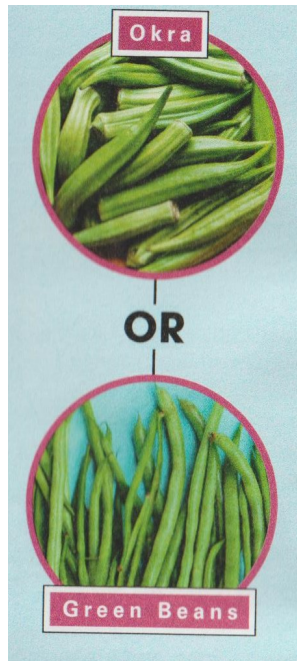
Instead of a recipe this month try taking the Hydration Face-off quiz. See if you know your nutrition.

Which of the following pairs are better for hydration? For the answers see page 4

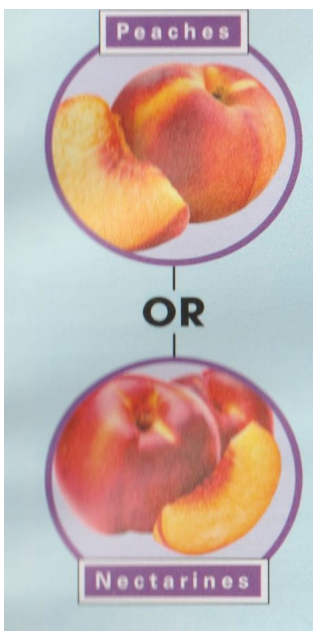
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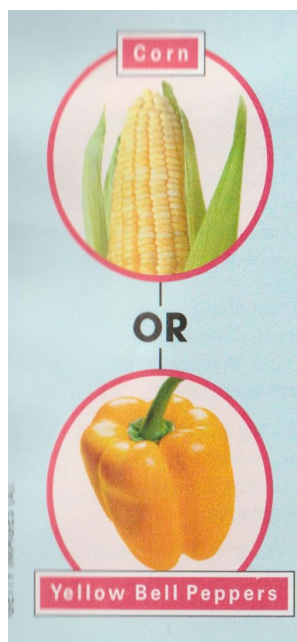
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Caught in God's Hands

By Michael O'Haver

It was a cool crisp March Day in Northern California. Jan and I were on our way to visit Jan's oldest son in Brookings, Oregon. We had gotten a late start, and it was getting on toward dusk. We had only made it as far as the little town of Orick with still about 50 miles to go to reach the Oregon boarder.

We were discussing whether to try and find someplace to stop overnight or to continue on to Brookings. We were driving a Subaru Forester mini-SUV when we rounded a curve and suddenly we were sliding out of control. We had hit a patch of Black Ice and were headed toward some berry bushes on the side of the road. Unbeknownst to us the bushes were the only barrier between the road and Prairie Creek. All we had time for was a quick prayer – "God help us."

We crashed into the bushes and went down the steep bank and when we stopped our front wheels were in the creek, but the berry bushes had cushioned us so well our air bags didn't even deploy. As we sat there stunned Jan said, "It was as if God had caught us in His hands." We had a tow truck pull us back up onto the road and other than an alignment for the front wheels we were good to go.

God does answer prayers.

Answers to the Hydration Face-Off Quiz

Answers thanks to June 2024 Prevention Magazine

Which is better for hydration—Cantaloupe or Honeydew melon? (1)

Cantaloupe with 90.2% water inches out Honeydew with 89.8%.

Both boost hydration on a hot summer day. They also contain electrolytes which helps balance fluid levels and prevents dehydration related muscle cramps.

Which is better for hydration—Okra or Green Beans? (2)

Green Beans win out by a fraction—89.7% to 89.6%. These green vegies can be the basis for super side dishes filled with fiber and potassium.

Which is better for hydration—Peaches or Nectarines? (3)

It's a tie—Peaches and Nectarines are related both with 89% water. They are both also the source of beta carotene an antioxidant that helps protect the body from free radical damage, which can lead to chronic disease and other health problems.

Which is better for hydration—Corn or Yellow Bell Peppers? (4)

Yellow Bell Peppers are far ahead of corn when it comes to water content-92% verses 76%. Both deliver lots of nutrition. But 1/2 cup of Yellow Bell Peppers yields more than your minimum daily requirement of vitamin C.

Week of Prayer—



To begin a new year, Grace Ferolino and the prayer team embarked on seven days of prayer as a church with an overall theme of new beginnings. They met each night starting on Jan 17-24 for an hour and had an opening devotional, a special music and then time in prayer together.

1 Peter 1:3

11 He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

Isaiah 40:31

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Jeremiah 29:11

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Luke 7:47

47 Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little.