

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

March, 2025

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Grilled Cheese Social



February 15, 2025 was the Auburn church's grilled cheese social. Susan Excell and her crew grilled up delicious grilled cheese with any extras you could possibly desire. And afterward there were fun board and card games, as well as good old socializing. A fun time was had by all who participated.

INSPIRATION CORNER

How Does God Love me?



How do I know that God loves me?
 God is supposed to love everyone.
 But a sinner so bad, could He love me?
 None of us are worthy of His love.

How does God show His affection,
 Even when we have not earned it?
 He won't subject us to rejection.
 Every sinner is given a fair portion.

How does God show His grace?
 Will I have to wait until
 I get to look into His face?
 The grace was nailed to the cross.

I know God truly loves me,
 By the blessings in my life.
 His love has set me free.
 I'm no longer bound by my sin.

God's affection is shown by
 The extra blessings we receive,
 Bread on our table in times of famine,
 Each and every goal we achieve,

Is God's way of showing His love.
 Even the adversity we go through,
 Are showers sent from above.
 To strengthen us for future trials.

© 4/25/09, by D. Michael O'Haver
 from a sermon by Dave Carrion

Upcoming Events

Mar 1 & 2 - PHAA Drama Performance of "Music Man"

Mar 5 - Fallen Leaf Reservations Open at 7am

Mar 5-8 - PUC Music Festival

Mar 13 - Church Business Meeting

Mar 15-31 - PHAA Spring Break

April 11-13 - Weekend to Remember Marriage Retreat

Church Birthdays

Carolyn Crane.....Mar 02
 Emma Garbutt.....Mar 03
 David Porco.....Mar 06
 Chase Crane.....Mar 07
 Louis Cuccia.....Mar 09
 Peter Hollister.....Mar 09
 Cassie Crane.....Mar 11
 Julia Riojas.....Mar 12
 Addyson Van Zant.....Mar 16
 Lisa Stokes.....Mar 16
 Kara Wareham.....Mar 18
 Tryg Stokes.....Mar 23
 Mel Baga.....Mar 25
 Taylor Toppel.....Mar 25
 Alexander Weeks.....Mar 27
 Charlotte King.....Mar 29
 Samuel McDonald Carollo..Mar 29

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Sermon Notes



Mar1: Pastor Adam

Mar 8: Pastor Mel

Mar 15 Pastor Mel

Mar 22: Pastor Jon

Mar 29: Pastor Mel



Basic Self-Care

Take care of yourself in the basic ways: Eat regularly and hydrate yourself. Rest. Be as consistent as possible in maintaining fundamental health routines. Dealing with grief can have a significant impact on your emotions and can be a shock to the body, too.

Jan's Healthy Recipe

Mini Fiesta Pizzas

From Pillsbury Heart Healthy Recipes

ingredients:

- ◇ 1 6 oz. can , no salt added tomato paste
- ◇ 1 teaspoon dried oregano leaves
- ◇ 5 English muffins split
- ◇ - 11 oz. can Green Giant Mexicorn whole kernel golden sweet corn with red and green peppers, drained
- ◇ 1 (2-1/4 oz.) can sliced ripe olives, drained
- ◇ 3 oz. (3/4 cup) shredded lowfat part-skim mozzarella cheese

Directions (Microwave):

In a small bowl combine tomato paste and oregano; blend well. Spread each muffin half with about 1 tablespoon tomato paste mixture. Top each with corn and olives; sprinkle with cheese. Place on a microwave-safe plate. Cook 5 pizzas on high for 2-1/2 to 3 minutes, until cheese is melted. Rotate once. Repeat with remaining pizzas.

Tips:

For crisp crust , toast English muffin halves before adding toppings.

To microwave one pizza, place on microwave-proof plate, cook on high for 30—60 seconds, until cheese is melted.



Prevention Not Cure

How much do you know about Allergies?

March is the start of Spring. With Spring comes so do allergies. Try taking the Allergy Quiz.

1) What is the smartest way to protect your eyes from pollen?

- a. Wear sunglasses
- b. Avoid touching your eyes when outside
- c. Don't go outdoors on high-pollen days
- d. All of the above

2) If you didn't have seasonal allergies as a kid, you won't be affected by them as an adult.

True ☐

False ☐

3) Which of these is not an effective home remedy for allergies.

- a. An air filter
- b. A saline nasal rinse
- c. A humidifier
- d. Eye drops

4) Which one of these do not help fight allergies

- a. Ginger
- b. Grapefruit
- c. Turmeric
- d. Honey

For the answers, see page 4

More Grilled Cheese Social



Answers to Allergy Quiz:

- 1) D Wearing sunglasses, not touching your face, and avoiding lengthy bouts outdoors on high pollen days all can help minimize unpleasant allergy symptoms.
- 2) False Seasonal allergies can hit at any age. Generally if you didn't have them as a child you won't as you get older either. But often when moving to a new area you get exposed to different allergies. And sometimes when living in the same place all your life, your immune system adapts.
- 3) C All are effective except a humidifier, as it creates a moist environment and could potentially make allergy symptoms worse by enabling dust or mold mites to grow.
- 4) D It's smart to stock up on allergy fighting foods during allergy season. Ginger has anti-inflammatory properties, as does Turmeric, along with antioxidants. Citrus fruits are high in vitamin C a natural antihistamine. There has been a buzz that consuming local honey helps to become desensitized to an area's pollen, but the research hasn't proven that it works.