

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

May, 2025

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Easter-Communion, Agape Supper, & Service 2025

Good Friday started the festivities with a special Vespers which included Communion, Singing "The Old Rugged Cross," a short Sermonette, and concluded with an Agape supper.



The recently started Church Choir, led by Bethany Riojas serenaded us with several numbers. There were several special musical presentations.



Pastor Mel's sermonette took us from Good (Terrible) Friday to Easter (Resurrection) Sunday. He reminded us there was a day in between, which was (Troubled) Sabbath when Jesus was placed in the tomb, guarded by soldiers.



There were testimonials on what Easter means to several church members.

The celebration of our savior's ultimate sacrifice on the cross was concluded Sabbath morning with a sermon entitled—"He Is Risen Indeed"



INSPIRATION CORNER

I WAS THERE

I was there when they crucified Him
And heard His agonizing cry
Father please forgive them
For they know not what they do

If they had walked by His side
They might have understood
They might have headed when He cried
In his pain and tribulation

If they had been at the Last Supper
To have their feet washed
It might have given them the proper
Attitude to employ

If they had been there at Gethsemane
To hear His prayer
It might have set them free
From their bondage

If they had listened at his trial
It might have gotten through to them
But their ears were closed all the while
They just couldn't hear

If they had been at His tomb
When he rose Easter morn
It might have lifted the gloom
That had settled everywhere

If they had seen his nail scared hands
After he arose from the dead
It might have changed their plans
But their eyes were dimmed

In order to fulfill prophecy
Their ears had to be closed
Their eyes could not see
Their minds had to be closed

The fault was not their own
It wasn't their fault at all
Even the ones who were shown
The disciples betrayed him too

So don't despair when it is hard
For divine truths to see
I was there to seen how hard
And it is still hard today

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Upcoming Events

May 10 - Mother's Day Sabbath

May 17 - Teacher Appreciation Sabbath/Potluck

May 18 - Estate Planning Seminar/NCC Constituency Meeting

June 5 - 8th Grade Graduation at Auburn Church

June 7 - Baccalaureate Sabbath/Potluck

June 14 - Father's Day Sabbath

June 27 - Philippines Choir Vespers Concert & Potluck

Church Birthdays

Erik Fanselau.....May 01
Kendall Porco.....May 03
Chelsea Mensink.....May 05
Scott Wallace.....May 05
Isabella Ojeda.....May 06
Heather Cicle.....May 08
Dylan Van Zant.....May 10
Benjamin Toppel.....May 15
Jonathan Jewkes.....May 15
Alanna Hollister.....May 17
Cheryl Wood.....May 17
Jesse Hollister.....May 17
Patrick Taaffe.....May 17
Jordan Toppel.....May 18
Pamela Mamouelis.....May 19
David Ferolino.....May 20
Lucas Bende.....May 20
Heidi Hollister.....May 21
Susie Hall.....May 21
Marc Cedric Galicia.....May 22
Jacob Jackson.....May 23
Merrick Stokes.....May 23
Asher Thomlinson.....May 24
Russell King.....May 25
Sally Christensen.....May 25
Adam Weeks.....May 27
Roger Haddad.....May 28

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Sermon Notes



May 3: Pastor Adam

May 10: Brian Toppel

May 17: Pastor Mel

May 24: Pastor Mel

May 31: Pastor Mel



Write Your Feelings on a Letter

If you've recently lost a loved one, try expressing your feelings through a letter. Writing a message about your emotions can be cathartic and aid with coping.

Jan's Healthy Recipes

Fritos Chilli Pie

Ingredients:

- ♦ 1 bag (9.25) Fritos Corn Chips
- ♦ 4 cups Chili of your favorite Chili brand
- ♦ 3/4 cup diced white onion
- ♦ 1 cup shredded Cheddar cheese

Directions:

In 4 wide bowls, arrange Fritos in the bottom of each bowl.

Top with Chili.

Sprinkle onions and cheese on top.

Repeat with another layer of chips, Chili & cheese

Makes 4 servings.

Optional: Add tomatoes and lettuce, with your favorite dressing for a Taco Salad.

Prevention Not Cure

Which exercises are best for brain health?

Doctors generally agree that any kind of movement is good for your brain (and your body) compared to doing nothing. But research has found that certain types of exercises provided specific cognitive benefits.

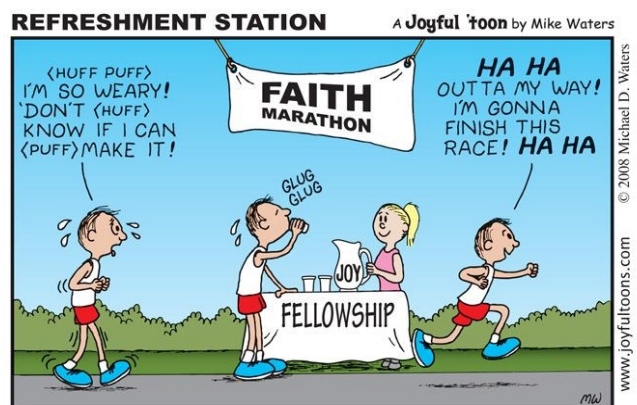
"Aerobic exercises like walking, jogging, swimming, and biking enhance blood flow, stimulate BDNF release, and support memory and executive function," Ben Singh, Ph.D., lead study author and a postdoctoral researcher at the University of South Australia says. Strength training, including resistance exercises like weightlifting and bodyweight movements, helps regulate insulin levels, reduce inflammation, and improve cognitive resilience.

"High-intensity interval training (HIIT) has been shown to boost neuroplasticity and cognitive flexibility," Singh says. "Mind-body exercises such as yoga, tai chi, and dance combine movement with mindfulness, improving coordination, reducing stress, and enhancing cognitive function."

"Even light-intensity activities, such as walking or gardening, can provide cognitive benefits, highlighting the importance of regular movement for brain health," Singh says.

If you have the choice, it's a good idea to do what you can to get your heart pumping, says Clifford Segil, D.O., a neurologist at Providence Saint John's Health Center in Santa Monica, CA. "Activities which increase your heart rate are better for brain health, as these result in increased blood flow to the brain while exercising," he says.

Ultimately, if brain health is a priority for you, it's a good idea to get moving.



so that by God's will I may come to you with joy and together with you be refreshed.
- ROMANS 15:32 NIV



Deanna Jo Kindrick

Deanna Jo Kindrick, neé Comstock, was born October 28, 1939 in San Jose, CA, and died February 14, 2025 in Auburn, CA. She is survived by her husband her son Joel Comstock Kindrick and his wife Rozy Lee Kindrick. She was a resident of Auburn for 54 years and attended the Auburn Seventh-day Adventist church. She graduated from Golden Gate Academy in Oakland, CA, in 1957, and received her Associate's degree in secretarial arts from Pacific Union College in Angwin, CA, in 1959. She worked as a secretary for both the United States Department of Agriculture in Berkeley, CA, for 10 years and for Adventist Health in Roseville, CA, for 30 years.

Deanna Jo was the second child to her parents, Josephine Carter Comstock and Howard Freeman Comstock. Deanna Jo attended the Seventh-day Adventist church school in Richmond, CA. She then attended Golden Gate Academy in Oakland, CA, graduating as secretary of her class in 1957. Interestingly, 30 years later, her son Joel would also graduate as secretary of his class.

After graduation, she went to Pacific Union College and received a two-year secretarial certification (what we would now call an AA degree). Although a self-understood introvert, her melancholy tendencies always gave her the will to decorate and entertain for church, school and work events. When a party was needed to be hosted and maintained, it was Deanna who was called upon to decorate, and find performers and often rehearse with and star as entertainment. For years, once a month she would host an evening social that was attended by so many Auburn church members in her multi-purpose room.

IN MEMORY OF



KINDRICK, Milton &
Deanna

Milton Earl Kindrick

Milton Dec 9, 1940—March 21, 2025 He died the day of Deanna's memorial service.

Milton worked at the Regal gas station in Richmond where he often waited on a lovely young lady named Deanna Jo. Yes, back then self-serve gas stations were few and far between. He flirted with her until he finally got up the nerve to asked her out. They went skating. A literal few weeks later, Milton asked her to marry him. She

declined, saying that she'd only marry somebody who was a Seventh-day Adventist. As Milton had already been on a quest to find some meaning to life, and as he had already narrowed his world religion search down to Roman Catholicism and Seventh-day Adventism, he agreed to take Bible studies. Two years later, after Milton was baptized in the Adventist church, Deanna and Milton were married on August 12, 1962 in Oakland.

Milton often volunteered for church mission trips and served as a church greeter. He regularly attended services even after Deanna stopped attending. He only stopped recently because he said it just wasn't the same with out his beloved Deanna.

A Memorial service will beheld for Milton on June 28 in the afternoon.

More Easter Service Photos

