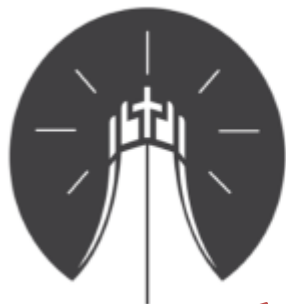


Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

- July, 2025*
- Page 1:** PHAA Graduation
- Page 2:** Inspire, Sermon Notes, Birthdays, Up-coming Events, Grief Relief Tips
- Page 3:** Jan's Healthy Recipe, Prevention not Cure
- Page 4:** Father's Day Sabbath

Blessings to the Graduates



June 8, 2025 was graduation day at Pine Hills Adventist Academy. Shown above is the Senior Class of 2025. Congrats to Zach Allington and Addyson Van Zant on the far right from the Auburn Church. Not pictured were the 8th Grade Graduates from the Auburn Church: Roman Weeks, Lucas Bende, Beckett Reese, Jonah Jewkes and Micah Brown that had their graduation here on June 5. We are so proud of their accomplishments!

INSPIRATION CORNER

A Father After All

My first marriage had no children

With no one being the villain

Because we both were willing

It would have been thrilling

After running the whole gamut

From reluctant to expectant

And finally resigning to my fate

When it seemed almost too late

I find one more thing a blessing

Coming out of a marriage's passing

And that is without any of the bother

That goes along with being a father

Skipping right to the good stuff

The Lord's blessings not enough

Finally another holiday to celebrate

And one that makes me feel great

Even the responsibility that comes

With any of them turning out bums

Does not seem to phase me

Maybe because they all please me

Two sons and one daughter

When one of them calls me father

Finally a reason to stand tall

That is being a father after all

©7-22-05 by Michael O'Haver

Upcoming Events

July 5 - Communion Sabbath

July 12 - Fellowship Potluck Lunch

July 18 - Youth Vespers at Krussow's Home

July 25 - Youth Vespers by Allington's at Heidi's Home

July 27-Aug 2 - Redwood Camp Meeting

Aug 1 - Youth Vespers at Porco's Home

Church Birthdays

Timothy Barr..... Jul 05
 Havilah BagaJul 07
 Rowan KingJul 07
 Cameron Maciel.....Jul 10
 Sharon Munoz..... Jul 13
 Betty Henderson..... Jul 14
 Laura ReeseJul 14
 Bonnie TeffJul 15
 Roman Weeks..... Jul 15
 Brian ToppelJul 16
 Jeanette Murillo..... Jul 17
 Donald Dyer..... Jul 18
 Gary Wareham..... Jul 19
 Caleb Sim..... Jul 21
 Traci Van Zant..... Jul 21
 Diana Barr..... Jul 22
 Kimberlee Maciel..... Jul 22
 Pamela HaddadJul 24
 Chris Stokes..... Jul 30
 Darrel CraneJul 30
 Jackie WhitsonJul 30
 Blanca Fanselau..... Jul 31
 Dax Whitson.....Jul 31
 Lillian Ludwig..... Jul 31

Auburn SDA Community Church

12225 Rock Creek Road,
 Auburn, CA 95602
 Phone 530/885-4232
 Head Pastor—Mel Baga
 Youth Pastor - Adam Weeks
 Office e-mail - office@aubstda.net
 Website - www.aubstda.org
 Newsletter Editor -
 Michael O'Haver E-mail -
GodsScribeMike@gmail.com

Sermon Notes



July 5: Pastor Mel

July 12: Pastor Mel

July 19: Pastor Mel

July 26: Pastor Mel



Ways to Help the Grieving:

Learn to Talk it out, but there are things to remember before you do.

How you go about it is entirely up to you. Establish first:

- ✦What is off limits
- ✦How much detail to go into, and
- ✦whether you want your loved one referred to by name



Jan's Healthy Recipes

Oatmeal Jam Squares

From Taste of Home—Cookies, Bars & More
Graduations mean parties. And parties mean deserts, here is one you can indulge in.

Ingredients:

- 1-1/4 cups quick cooking oats
- 1-1/4 cup all-purpose flour
- 1/2 cup Splenda (or you favorite sugar substitute)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup butter, melted
- 2 teaspoons vanilla extract
- 1 jar (10 oz) seedless raspberry or your favorite jam
- 4 whole gram crackers, crushed

Directions:

1. Preheat oven to 350°. In a large bowl mix the first 5 ingredients. In a small bowl mix melted butter and vanilla; add to oats mixture,, stirring until crumbly. Reserve 1 cup of mixture for topping.
2. Press remaining mixture onto bottom of a greased 9-inch square baking dish. Spread jam over the top until 1/2 inch of the edges. Add the crushed gram crackers to the reserved topping and sprinkle over the jam.
3. Bake 25-30 minutes or until edges are golden brown. Cool in ban on a wire rack. Cut into squares to serve.

Prevention Not Cure

The Best High-Protein Breads

Ask yourself—do I need high-protein bread?

If you have trouble getting enough protein into your meals, you may benefit from boosting your morning toast with an enriched loaf. The international recommended dietary allowance (RDA) of protein is 0.8 grams per kilogram of body weight, which translates to about 54 grams per day for someone who weighs 150 pounds.

That said, dietitians often customize protein recommendations depending on a person's age, sex, goals, and activity level. For example, some research supports a higher protein intake of one to 1.2 grams per kilogram for older adults to help preserve muscle mass, roughly 68 to 82 grams daily for a 150-pound person. People going through menopause may benefit from a similar range, to support muscle mass and aid in weight management. Athletes may need even more, up to 1.6 to two grams per kilogram, or about 109 to 136 grams per day for a 150-pound person.

If you fall into one of these categories, enriched bread could help you meet your needs more easily—especially if you already enjoy sandwiches or toast.

Still, it's important to remember that high-protein bread isn't the only solution. "Ask yourself whether you can boost protein through other foods," Plus, a regular whole grain bread already offers some protein, along with important nutrients like fiber, which supports satiety and gut health.

Here are the top 4 High-Protein Breads. Their recipes will be featured in later issues, or if you can't wait, just google them.

- Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread
- Dave's Killer Bread 21 Whole Grains and Seeds
- Alvarado Street Bakery Sprouted Whole Wheat Bread
- P28 High Protein Bread

Father's Day Toast



June 14, 2025 Father's Day was celebrated at Auburn SDA Church. Pastor Mel led the fathers in a Dad's Root Beer toast.



Fallen Leaf Campout is coming up soon on September 5-7!

If anyone has a reservation that they won't be able to use contact Michael or Janice O'Haver—209-595-9728

