

Community Newsletter

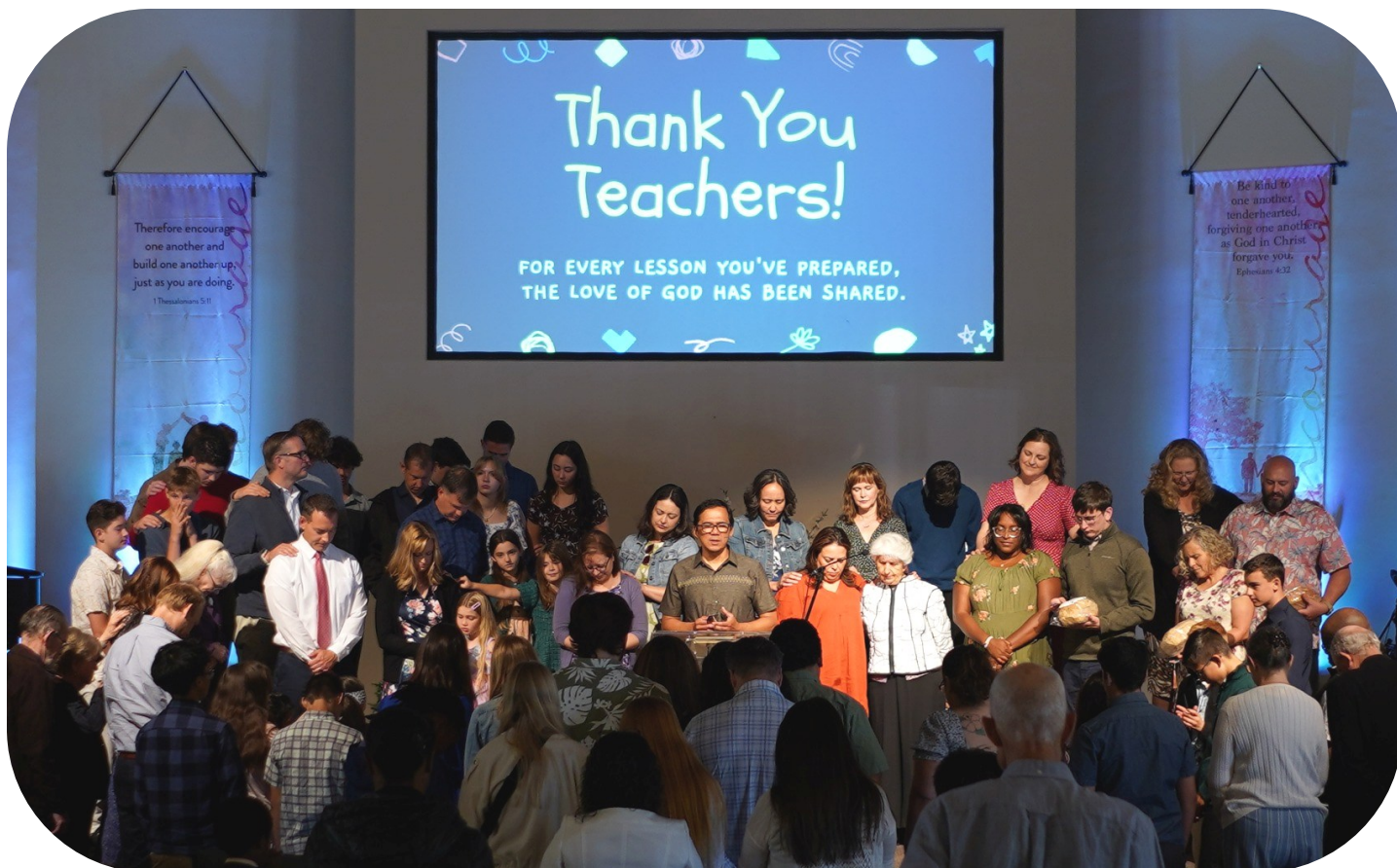


Auburn

SEVENTH-DAY ADVENTIST CHURCH

- June, 2025*
- Page 1:** Teacher Appreciation Day
 - Page 2:** Inspire, Sermon Notes, Birthdays, Upcoming Events, Grief Relief Tips
 - Page 3:** Jan's Healthy Recipe, Men's Retreat
 - Page 4:** Men's Retreat Continued

May, 17, 2025 was Teacher Appreciation Day



May 17, 2025 was Teacher Appreciation Day at Auburn SDA Church. Pastor Mel called all the church members present to come forward and surround the teachers, both at Pine Hills Adventist Academy and other schools as well, while he said a special prayer and distributed his loaves of specially prepared bread, as well as other gifts in recognition of the many sacrifices they make to give our children a quality Christian education.

INSPIRATION CORNER

Daddy, read me a story

Daddy, can you read me a story?
Which story would you like?
You know, one of your stories
A chance too good to pass up.

A parent of a child has a chance
to be a mentor to their young.
To reinforce the right stance.
They are only young once.

When your child's tiny hand
gives you that special book
it could be the very same hand
that a few short years later

might go on a mission trip
that is caring for a leper,
helping someone get a grip,
or could be opening a bible,

or they could be pointing a gun,
a gun that is loaded with bullets,
at someone and not in fun
or shop lifting from a store.

So, teach them while you can
and use your writing gift
the generation gap to span.
Your chance may slip away.

The hand right now is small
but it is being held in your hand,
it is susceptible to your call.
It is the hand of the future.

© 4/21/205 by D. Michael O'Haver

Upcoming Events

June 5 - 8th Grade Graduation at Auburn Church

June 7 - Baccalaureate Sabbath at Auburn Church

June 13 - Youth Lake Day

June 14 - Father's Day Sabbath

June 27 - Potluck & Filipino Choir Vespers Concert

June 28 - Milton Kindrick's Memorial Service 4pm

Church Birthdays

Claire LudwigJun 01
Audrey LockwoodJun 05
Maxine Mehner..... Jun 05
Gina Wallace.....Jun 08
Lorelie KrussowJun 10
Richard Price..... Jun 11
Lisa Allington.....Jun 12
David Van Zant.....Jun 16
Edward Rouse..... Jun 16
Terri Taaffe..... Jun 16
Julie Baga..... Jun 17
Joshua JewkesJun 18
Nikki Wehtje..... Jun 18
Sherri Gerking..... Jun 21
Josephine Spieth..... Jun 22
Sandee Crane..... Jun 22
Alexa McBride.....Jun 23
Stephen Holm..... Jun 23
Marilyn CucciaJun 24
Shawn Wallace..... Jun 24

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



June 7: Terri Taaffe

June 14: Pastor Mel

June 21: Pastor Mel

June 28: Pastor Mel



Ways to Help The Griefers:

- 1) Be present and accepting.
- 2) Listen without judgement
- 3) Validate their experience.
- 4) Stay connected and be supportive of remembering

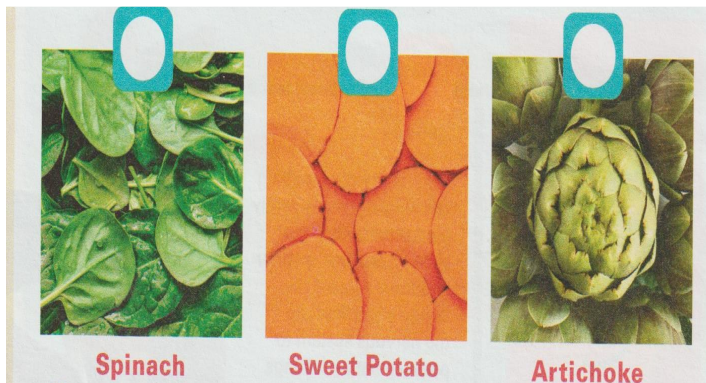
Jan's Healthy Recipes

PROTEIN POWER

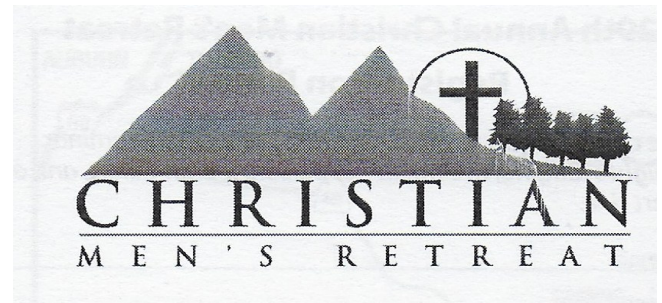
From March 2025 Prevention Magazine

Protein is a macronutrient that is crucial for much more than just building and maintaining muscle. It is important for your body to use to grow and repair cells, and it also aids in hormone regulation, keeping blood sugar stable and maintain healthy hair and nails. Vegetables are probably not the first food that pops to mind as protein sources, but many provide at least a little bit of it. So making them a consistent part of your diet can help in achieving your protein goals.

Below are some common vegetables. Can you guess which of them provide the most protein?



For the answers go to page 4



May 2—May 4, 2025



Built for Freedom: Reflections from the Blueprint for Men Retreat By Michael O'Haver

The *Blueprint for Men* retreat was an inspiring gathering where Seventh-day Adventist men explored the theme *Built for Freedom*—an invitation to step into the role God intended for them. Marty Miller, president of Blueprint for Men, opened the weekend with an eye-opening session: *God's Kingdom is Freedom*.

Miller likened men's ministry to gardening—breaking up the soil before planting seeds. Just as gardens flourish after careful cultivation, men must confront their imperfections to grow into the leaders, fathers, and brothers God designed them to be. "No man is perfect," Miller emphasized, "but like mountains shaped by time and trial, brokenness can lead to beauty."

Freedom vs. Liberty—What's the Difference? Miller challenged attendees to reflect on the true meaning of freedom. While liberty is defined as the absence of oppressive restrictions, freedom is the power to act, speak, and think—yet always within boundaries. Just as God granted mankind freedom within His divine structure, men must recognize the responsibilities that come with their choices.

Continued on page 4



The Challenge of Communication

Another key discussion centered on relationships—specifically the difficulties many men face in communicating with their wives. Miller noted that different ways of thinking often lead to misunderstanding. Strengthening relationships requires intentional effort, patience, and learning each other's unique language.

The retreat set the tone for deep reflection, equipping men with spiritual insights and practical wisdom. As the weekend continued, attendees engaged in discussions, workshops, and prayer, all aimed at fostering authentic, faith-filled leadership.

As the *Blueprint for Men* retreat unfolded, one of the most transformative sessions was *Freedom to Love*. True freedom isn't about doing whatever we please; it's about stepping into our God-given responsibilities—especially as men, fathers, and leaders.

Marty Miller challenged attendees to reflect on the defects in manhood and their solutions. He emphasized that strong men require **knowledge and discipline, a walk with God, guidance and leadership, wise planning and smart goals, and brotherhood with accountability**. When these qualities are cultivated, men step into their true purpose—not just for themselves but for those who look up to them.

The Father's Role in Shaping His Children

A father's words and presence shape the hearts of his children. Miller reminded men that every child needs to hear three vital affirmations:

- **"I love you"** – to offer affection.
- **"I'm proud of you"** – to provide affirmation.
- **"You're good at..."** – to build admiration and confidence.

Beyond words, fathers must instill foundational values. Miller outlined **eight core principles** fathers must teach their sons:

- ◆ Honor your father and mother.
- ◆ Respect and honor women.
- ◆ Be a man of integrity.
- ◆ Take responsibility.
- ◆ Work hard.
- ◆ Love others.
- ◆ Love God.
- ◆ Be a gentleman.

True manhood is built on these pillars—without them, freedom turns into recklessness.

A Vision for Manhood

Every man must possess:

- **A manhood vision** – a clear understanding of his purpose.
- **A code of conduct** – values and principles to guide his actions.
- **A transcendent cause** – a mission that goes beyond himself.

Miller presented a powerful metaphor: *Men, what kind of tree are you?* Are you standing tall in a forest, growing strong with support, or are you isolated, bent, and twisted by the weight of living without guidance? A tree standing alone may appear free, but without structure, it risks growing distorted.

One of man's hardest tasks is to let God love them. When a man lives a lie, he is like the solitary tree—rotten inside, twisted by falsehood. True freedom begins when men surrender to God's love and truth.

The Power of TIME

Miller encouraged fathers to embrace the acronym **TIME** when raising children:

- **T – Touch:** Physical affection and presence build security.
- **I – Interest:** Show engagement in their passions and struggles.
- **M – Memories:** Create lasting experiences of love and wisdom.
- **E – Encouragement:** Speak life and belief into their future.

The *Blueprint for Men* retreat was not simply a gathering—it was a call to action. As men step up in leadership, love, and faith, they don't just shape their own destiny; they become the foundation upon which generations will stand.

Answers to the Protein ratings: Spinich-5 Grams, cooked; Sweet Potatoes-4 Grams, cooked; Artichokes-5 Grams, cooked; Corn-5 Grams, cooked; Brussel Sprouts-5 Grams, cooked; Peas-8 Grams, cooked.

