

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

August, 2025

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A Daily Rhythm of Scripture Meditation

We are reissuing this month's newsletter without the main article originally included. While we wholeheartedly encourage prayer and meditation as life-giving spiritual rhythms, some practices, like transcendental meditation, can pose subtle spiritual risks that many new believers may not be aware of.

Instead, we encourage the practice of biblical meditation, which centers on God's Word and draws us closer to Him. Here's a simple method you can try today:

1. Choose a Scripture – Select a short passage, such as Psalm 23:1 or John 15:5.
2. Read Slowly – Read the verse out loud two or three times, unhurriedly, letting the words sink in.

3. Reflect Deeply - Let the Holy Spirit highlight a word or phrase that speaks to your heart.

4. Respond in Prayer – Turn your reflections into a personal prayer, thanking God, confessing, or asking for His help.

5. Rest in His Presence – Sit quietly for a few moments, simply enjoying God's presence without rushing to the next thing.

Biblical meditation is not about emptying the mind, but about filling the heart and mind with the truth, beauty, and life of God's Word. While it does offer mental health benefits, that is not our primary motivation. We practice prayer and meditation to deepen our awareness of God's presence and to experience His power at work in our lives.-

Pastor Mel Baga, DMin



INSPIRATION CORNER

God's Purposes

Have you wondered God's purposes for us,
To fulfill us and give our lives propose?
The first should be to give our heart to Him,
So we can truly bow down and worship Him.

Another purpose should be to love not hate,
To love our neighbor as ourselves is our fate,
Just as Jesus loved the lowly and meek,
We must learn to turn the other cheek.

Another purpose that He has given,
For our lives to be surely driven,
Is to become more and more like Him,
So our lives can be more than a whim.

Another purpose that He has for us,
Is to use our spiritual gifts He gave us,
To discover just what they all are,
Will help us to succeed and go far.

His last purpose is to tell others,
All of our sisters and brothers,
About His son's death on the cross,
And that He gave His life for us.

The Bible is written as a Codebook.
The Bible has worship aids.
The Bible is written as a Casebook.
The Bible gives us prophecy.

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Thanks Rick Warren



It was my secretary's fault. She forgot to put breathing on my "to-do" list.

Upcoming Events

Aug 16—Mission/
Baptism Sabbath

Aug 21 — PHAA First
Day of School

Aug 23 — Teacher
Dedication Sabbath

Sept 5-7 — Fallen Leaf
Lake Church Campout
(No Church Service)

Church Birthdays

Robinson BendeAug 01
Jayne WeirAug 02
Evrick MensinkAug 03
Kaylie Wareham.....Aug 04
Drew Whitson..... Aug 05
Chad HansonAug 07
Steve Nicola..... Aug 07
Ken Osborn..... Aug 10
Brennan Reese..... Aug 11
Darran Sim..... Aug 11
Cheryl King..... Aug 12
Sharon WeirAug 16
Janice O'Haver..... Aug 17
Katherine WeeksAug 17
Josh Miller.....Aug 20
Susan ExcellAug 20
Lori Hanson.....Aug 21
Abigail MillerAug 24
Elizabeth McBride..... Aug 25
Frances BenedicktAug 25
Rianna Krussow.....Aug 27
Pheobe MacielAug 30

Auburn SDA Community Church

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Sermon Notes



Aug 2: Pastor Mel

Aug 9: Pastor Mel

Aug 16: Pastor Mel

Aug 23: Teddy M.

Aug 30: Darrel Crane



Types of Grief:

- **Anticipatory grief** – this type occurs before a loss
- **Complicated grief** usually arises from the death of a loved one, where the loss has left you stuck in a state of bereavement.
- **Disenfranchised grief** can occur when your loss is devalued, stigmatized, or you cannot openly mourn

Jan's Healthy Recipes

Prevention Not Cure

Italian Omelet from Pillsbury Heart Healthy Recipes



Ingredients

- 1/4 cup chopped Zucchini
- 1/4 cup sliced fresh mushrooms
- 2 tablespoons chopped green onions
- 1 tablespoons chopped fresh basil (or 2 teaspoons dried basil leaves)
- 1 garlic clove, minced
- 3/4 cup frozen cholesterol-free egg product, thawed
- 1/4 cup chopped seeded tomato
- 1 tablespoon grated Parmesan cheese

Directions

Spray a small nonstick skillet or omelet pan, heat over medium heat, stir-fry zucchini, mushrooms, basil, garlic, & green onions until crisp-tender. Remove, spray skillet again and pour egg product into skillet. Cook gently lifting ends so uncooked portion flows underneath. It is done when it is set up but top is moist. Spoon vegetable mixture onto half, top with tomato and cheese and fold over.

Makes one serving

Waning Energy?

As you get older it seems to be harder to have the necessary energy to do what you want to do. According to the February, 2025 issue of Prevention Magazine, there are several things you can do to boost your energy.

Sleep: There is strong evidence that good sleep is vital for brain and metabolism health. Dim the bedroom lights as you wind down, avoid activating media and screens, and keep the bedroom at 65° or lower.

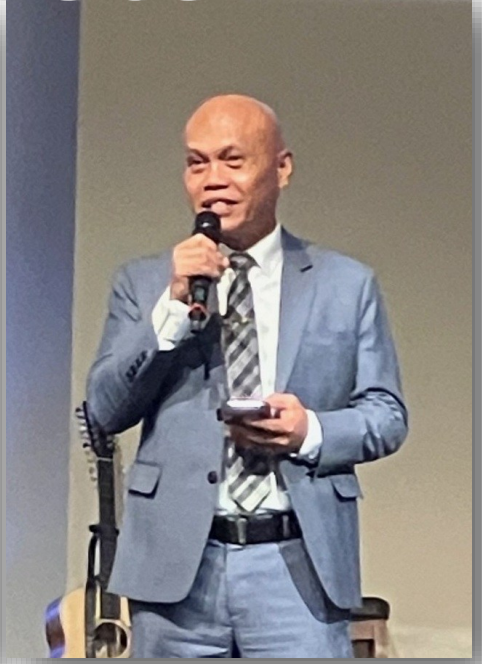
Sugar: Metabolism is your body's process of converting food into energy. High-fructose sugar such as those found in packaged goods, drinks, and sauces can sabotage it. A sweet snack may give you a short surge of energy, but the crash that soon follows will leave you feeling wiped out. Try fruit rather than cookies and eat fewer processed foods.

Eat More Often: Aim to eat a meal or snack every 3-4 hours. This schedule supports stable energy through steady blood sugar release. It also helps prevent over-eating which leaves you feeling tired. Choose snacks that contain protein, fiber, and healthy fat, such as veggies, cheese, or hard-boiled eggs with whole grain crackers.

Nap: Catching a nap when your energy is waning is a good idea, but think – Catnap, not more than 30 minutes. Napping for longer than that or too late in the day could impact going to sleep later, which will affect your energy level the next day.



Filipino Guests



On July 19, 2025 we had guests from the Philippines. The visiting dignitaries shown above, Left to right— Pastor Nilo Mamac (Southern Mindanao Mission President), Pastor Enrile Yata (Executive Secretary of Southern Mindanao Mission), and Aldrin Heramil (Treasurer of Southern Mindanao Mission)



NOT JUST FOR KIDS CLASSES

FUN CLASSES FOR **EVERYONE!**

Thank you to Susan Excell and team for another wonderful summer of fun classes for everyone!

