

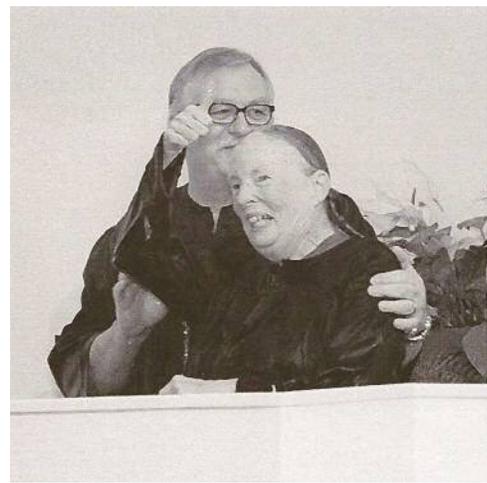
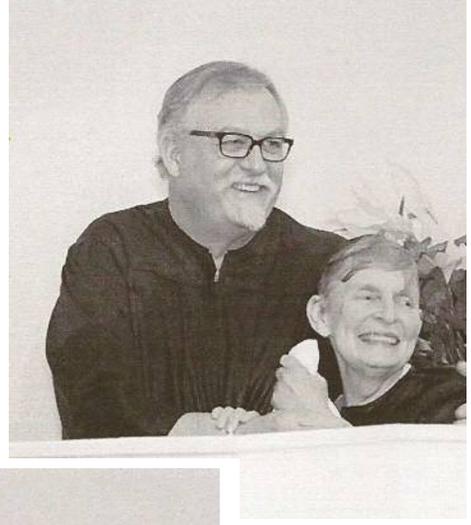
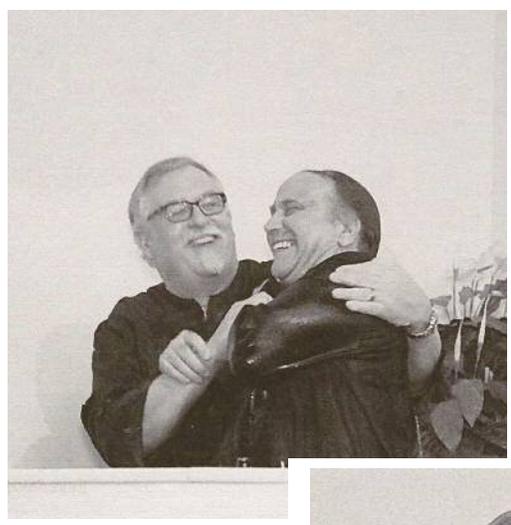


March
2014
Issue

Because we believe Jesus is returning our mission is to attract and grow passionate followers of Jesus, through worship, relationships and service

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Baptisms



Photos by
Jason
Settlemier

On February 8, 2014, there were three baptisms at church. See photos above. Kenneth Williams, Bobette McClellan and Rhonda Phelps were all baptized. Welcome to the church family.

Sermon Notes

- March 1-** Dan Appel/Matthew 15:1-20
- March 8-** Dan Appel/Matthew 15:21-28
- March 15-** Dave Carreon/Matthew 16:1-4
- March 22-** Dan Appel/Matthew 16:5-12
- March 29-** Dan Appel/Matthew 16:13-20

Church Birthday

Troy Schmidt	March 2
Jon Gee.....	March 3
David Porco.....	March 6
Max Rudometkin.....	March 8
Cheryl Neumann.....	March 9
Sherry Swisher.....	March 11
MaryAnn Medeiros.....	March 13
Addyson Van Zant.....	March 16
Erica Schmidt.....	March 17
Dick McDaniel.....	March 19
Jenna Davidson.....	March 23
Tryg Stokes.....	March 23
James McMicken.....	March 25
Taylor Toppel.....	March 25
Charlie King.....	March 29
Ronnie Gadreault.....	March 30
Laurie Sayre.....	March 31

Health Bites

Childhood Sleep Loss Verses Later Substance Abuse

From the May 2011 Health Bites by Fred Hardinge, DrPH, RD

The frontal lobes of the brain are where we make all our decisions. Our personal success in life depends on the quality of our daily decisions. One of these functions is called response inhibition. This is our ability to say NO to inappropriate actions that might interfere with our goals. Say your goal is to graduate from college, but when faced with the temptation of drugs and alcohol, succumbing to the temptation would negatively impact your grades and the achievement of a college degree.

But what about the things we do now, that don't seem to have any bad effects? Could our choices today influence our response inhibition years later? Scientists at Idaho State University did a study comparing over-tiredness in children and its impact on them years later. The study followed over 400 high risk children from childhood to young adulthood.

The study found that kids who had sleep problems were twice as likely to have sleep problems in adolescence. Over-tiredness in childhood directly predicted higher alcohol and alcohol related problems in young adulthood. Lack of sleep for kids and teens also increased the rate of negative drug use when they grew up.

It is possible that irregular schedules, combined with watching TV and playing video games, are robbing our children of the sleep they need and setting them up for substance abuse later on. What important choices will they fail to make as adults because their response inhibition has been impaired from lack of sleep? Are you sometimes frustrated that the choices you make seem to interfere with your goals? Perhaps you need more sleep – for today and the future!

Jan's Healthy Recipes

Cartoon

Acorn Squash Soup

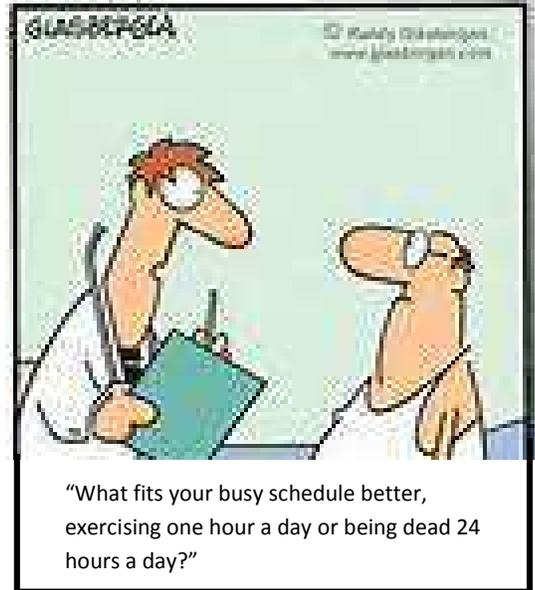
Ingredients:

1 tablespoon Olive Oil
2 Acorn squash (peeled, seeded & cut into large cubes)
1 onion (diced)
2 carrots (sliced)
Chili flakes
Nutmeg (freshly grated)
Salt & Pepper
2 garlic cloves (minced)
5 cups water (+more if needed)
Crème Fraiche
Chives (minced)

Instructions:

1-In a large heavy bottomed pot over medium high heat, add olive oil. Add squash, onion, carrot, chill flakes, nutmeg and season with generous pinch of salt. Cook for 10 minutes or until vegetables have broken down a bit.
2-Add the garlic and cook for 1 minute longer. Add the water and bring to a boil and then reduce to a simmer. Cook for 15-20 minutes more.
3-Blend the soup until smooth and creamy. Adjust seasoning.
4-Serve with a drizzle of good olive oil, a dollop of Crème Fraiche and a sprinkle of chives.

Serves 6



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Children in Church

One Sabbath morning, the pastor noticed little Alex was staring up at the large plaque that hung in the foyer of the church. The plaque was covered with names, and small American flags were mounted on either side of it.

The seven-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the boy, and said quietly, "Good morning Alex."

"Good morning pastor," replied the young man, still focused on the plaque.

"Pastor McGhee, what is this?" Alex asked.

"Well, son, it's a memorial to all the young men and women who died in the service."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he asked, "Which service, the 8:30 or the 11:00?"

A Sabbath school teacher was telling her class the story of the Good Samaritan, in which a man was beaten, robbed and left for dead.

She described the situation in vivid detail so her students would catch the drama. Then she asked the class, "If you saw a person lying on the roadside all wounded and bleeding, what would you do?"

A thoughtful little girl broke the hushed silence, "I think I'd throw up!"

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

Poem

Just a Country Boy

By Jack Sturgill, February 1968

Seems the learnin' that comes in schools and books
Just wasn't meant for one who'd be
So much happier out where he is free;
A boy like me.

And tho I learned my lessons very well,
There were some things the books didn't tell
To a boy like me.

For, when carrying water from the spring,
I wondered who taught the birds that sing,
To a boy like me.

When in no hurry on the ole spring path
To a game of bunny tag I'd sneak,
Or watch the squirrels playing hide and seek;
That's a living,
To a boy like me.

To loose a slingshot or pocket knife
That was real trouble in the life
Of a boy like me.

But there is One who's a Friend indeed
And He answered the call of one in need:
Even a boy like me.

He has a Son to Him so dear,
Who came and died, for mortals here,
Such a price!
For a boy like me.

A mansion He is preparing for everyone
Who will love him and believe in His Son;
A mansion!!
For a boy like me.

But I know 'tis true, as I have read,
"My son give Me thy heart," He said.
Who could resist such love divine?
God now has this heart of mine.
Yes, He has the heart of the boy,
...me.